**WELLING MEDICAL PRACTICE**

**Vitamin D Insufficiency (low Vitamin D Levels)**

Your recent blood result shows that you have a low Vitamin D level. Vitamin D is needed to absorb calcium to make healthy bones.

Low Vitamin D can produce various symptoms such as bone pain, muscle weakness and tiredness. It is therefore important to ensure you are getting enough Vitamin D.

The main source of Vitamin D is from sunlight, this does not require you to sunbathe but we would recommend exposing your face and forearms for about 15 minutes most days in the summer between 11am to 3pm without sunscreen.

There are a few foods that contain vitamin D with the most significant amount in oily fish such as salmon and tuna. Small amounts are available in red meat, liver, egg yolks, and fortified breakfast cereals.

In many cases it is not possible for everyone to obtain enough Vitamin D through sunlight and diet alone. It is likely that you may experience symptoms of muscle weakness, bone pain, general tiredness if your Vitamin D levels remain low.

We would recommend you take over the counter supplement containing 1000 IU (25μg) of Vitamin D daily. Pharmacies will sell the appropriate Vitamin D supplement and are aware of the correct dose and frequency that you require for this condition. This costs approximately 50p per month to purchase.

Please remember that Vitamin D is used to absorb calcium into the bones. It is therefore important to consume foods that have enough calcium, which is often found in dairy products and fortified breakfast cereals.

For condition leaflet please visit the following website:

<https://patient.info/bones-joints-muscles/osteoporosis-leaflet/vitamin-d-deficiency>