

Ask your local pharmacist for further information on product choice(s) and cost comparisons.

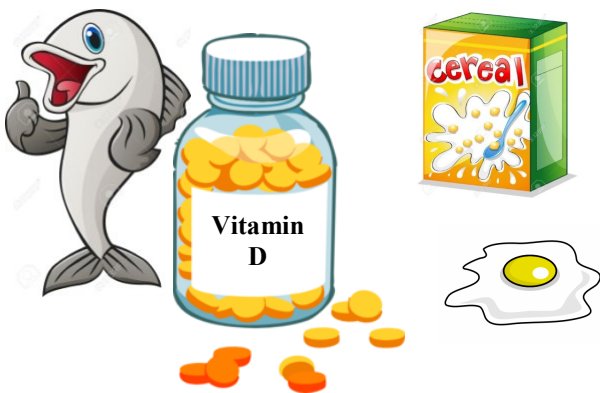
**Your doctor or health professional recommends the following dose and duration of treatment unless otherwise advised.**



**800iu—1000iu DAILY**  
For 6 Months.

Useful source of information

Patient.co.uk: <http://www.patient.co.uk/health/Vitamin-D-Deficiency.htm>



**Riverside Surgery**  
**George Street**  
**High Wycombe**  
**HP11 2RZ.**  
**Tel : 01494 526500**

### Which foods contain Vitamin D ?

It is difficult to get enough Vitamin D from food alone. It is contained naturally in :

- Oily fish, such as salmon, sardines, herring, mackerel, trout, fresh tuna,
- Egg yolk
- Fortified milk and some cereals
- Fish-liver oils
- A vegan source of Vitamin D are mushrooms and UV irradiated yeast.

### How is vitamin D deficiency diagnosed?

It may be suspected from your medical history, symptoms, or lifestyle. A simple blood test for vitamin D level can make the diagnosis.

### How is Vitamin D deficiency corrected ?

Vitamin D levels can be replenished /or 'Topped-up' by

- \* Sun exposure
- Dietary measures
- Vitamin D supplementation.( prescribed and or OTC purchase)

Depending upon the degree of vitamin D deficiency, your doctor or health professional may commence your treatment on a course of high dose Vitamin D for a short duration of a number of weeks, after which, you will be asked to continue the replenishment by **purchasing** an over the counter (OTC) supplement. Both the vitamin levels and the symptoms generally respond well to treatment. However, it can take time (months) for bones to recover and symptoms such as pain to get better or improve.

The strength or dose you may require can be between 800-1000iu of Vitamin D.

### Maintenance Vitamin D supplements

- Fultium 800iu capsules (contains Gelatin)
- Valupak Vitamin D 1000iu (v)
- Desunin 800iu tablets (v)
- Pro D3 400iu, 1000 iu caps (v) (P) (S) (H)
- Pro D3 drops 100iu/ml & 2000iu/ml (v) (P)(S) (H)

(v) vegetarian (P) Peanut free (S) Soya free (H) Hahal



## Patient information Leaflet : Vitamin D

### What is Vitamin D ?

- a fat soluble vitamin known as colecalciferol
- Vitamin D is otherwise known as the 'sunshine Vitamin'. Approx. 90% of Vitamin D is made by the body in response to sunlight on the skin.
- 5-15 minutes of daily sun exposure between 10am and 3pm April to October would be sufficient to improve Vitamin D status. Prolonged exposure to sunlight should be avoided due to concerns over pigmentation and in some cases skin cancer. Please speak to your doctor or health professional about any concerns or questions regarding sun exposure.

### Why do I need Vitamin D ?

Vitamin D is activated by the body in the kidneys. It regulates the concentration of calcium in the blood stream promoting the healthy growth of bone. Vitamin D together with Calcium helps to protect older adults from osteoporosis. In addition, vitamin D is also important for nerve and muscle function.

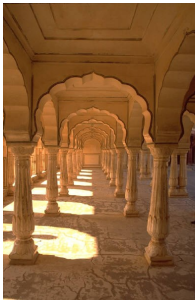
### What is Vitamin D deficiency ?

- there is insufficient Vitamin D in the body
- Dependent upon the degree of deficiency, low mood, muscle and bone pain can be symptoms of very low Vitamin D. A simple blood test can confirm suspected vitamin D deficiency



## Main Inside Heading

The most important information is included here on the inside panels. Use these panels to introduce your organization and describe specific products or services. This text should be brief and should entice the reader



**Caption describing picture or graphic.**

to want to know more about the product or service.

You can use secondary headings to organize your text to make it more scannable for the reader.

### Business Name

George Street  
High Wycombe  
HP11 2RZ.  
Tel : 01494 526500  
Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

### Secondary Heading

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