

Vitamin D Guidance for General Population

- Vitamin D deficiency is very common. In 2017, the Scottish Government issued guidance on people who might benefit from supplementation. This can be viewed at <http://www.gov.scot/Topics/Health/Healthy-Living/Food-Health/vitaminD>
- The preferred method of vitamin D supplementation in non-deficient or insufficient states is from diet and/or low dose over the counter (OTC) vitamin D products.
- Everyone age 5 years and above should consider taking a daily supplement of 10 micrograms vitamin D, particularly during the winter months (October-March).
- It is recommended that those at greatest risk of vitamin D deficiency take a daily supplement all year round. These groups include:
 - Pregnancy and breastfeeding mothers
 - Children under 5 years of age
 - People who are not exposed to much sunlight, such as frail or housebound individuals, or those that cover their skin for cultural reasons; and
 - People from minority ethnic groups with dark skin such as those with African, African-Caribbean and South Asian origin, because they require more sun exposure to make as much vitamin D.
- Healthy start vitamins are available from community pharmacy for eligible patients. See <https://www.healthystart.nhs.uk/healthy-start-vouchers/do-i-qualify/> for further details.