

ARE YOU GETTING ENOUGH VITAMIN D?



Vitamin D is important for healthy bones, keeping our muscles in good condition and for our immune system. 50% of us have low levels of vitamin D in the winter in the UK. A fair skinned person requires 20-30 minutes of UVB exposure at midday to face and forearms, three times weekly to achieve healthy vitamin D levels.

We naturally get most of our vitamin D from sunlight but skin protected by sunscreens, and dark or older skin are not so good at producing vitamin D. Oily fish are a good source of vitamin D as well as omega 3s which are good for the heart.

Pregnant women should take vitamin D supplements. If you don't get out in the sun much, or don't eat oily fish often, think about taking vitamin D supplements. Take high strength 400iu tablets 3 per day for an adult, 1 daily for children.

If you have muscle aches, for example in fibromyalgia, please ask your doctor or nurse to check your vitamin D level.