



## Low Vitamin D

### What is Vitamin D?

Vitamin D helps regulate the amount of calcium and phosphate in the body.

These nutrients are needed to keep bones, teeth and muscles healthy.

A lack of vitamin D can lead to bone deformities such as [rickets](#) in children, and bone pain caused by a condition called osteomalacia in adults.

### Treatment

If the levels are very low we will recommend a treatment with a high dose supplement. A prescription has been issued for this.

This medication is taken on a weekly basis and **NOT** daily. Please read the instructions on the box carefully.

### Long Term Over The Counter to Maintain your Levels

Following this course we strongly recommend you should obtain a **long-term maintenance** dose of Vitamin D supplements which you should get over the counter from your local chemist or health food shop. (Note - We cannot prescribe the maintenance dose, as per CCG guidelines).

The recommended dose for maintenance is **1000 units per day.**

If you do not do maintain your vitamin D then the chances are you will become deficient again

If you are unsure your local pharmacist will be able to advise on a suitable product.

For more information see;

<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>