

Diabetes Team

## Vitamin D – Low Levels (Insufficiency)

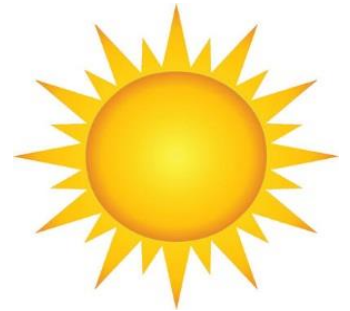
Information for patients, parents, carers

### Introduction

This leaflet has been included with your diabetes letter as your blood test shows low Vitamin D levels.

### Why is Vitamin D Important?

Vitamin D is needed for strong bone health. Improving low levels can also help with diabetes control. Unlike other vitamins, the main source is the sun rather than food. However in the UK, the sun can only make Vitamin D in summer months. This is why people often need supplements.



### What Should I Do?

We would suggest having daily supplements. They can be in the form of tablets or sprays from pharmacies or supermarkets. The advised dose for children over 1 years of age is 10 micrograms (sometimes abbreviated to mcg or  $\mu\text{g}$ ) or 400 international units daily. Over the counter multivitamin supplements may contain some vitamin D and you should check the list of ingredients on the packaging to see the amount.

Please speak to your pharmacist if you are vegetarian or vegan to make sure the supplement is suitable.

If you have any questions, please contact your diabetes team.

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust  
Alder Hey  
Eaton Road  
Liverpool  
L12 2AP

Tel: 0151 228 4811  
[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)

