

Vitamin D, Are you getting enough?

**Vitamin D is essential for health.
Having enough during pregnancy can reduce the risk of
pre-eclampsia and of having a premature baby.**

Pregnant or breastfeeding: Take 10 micrograms of vitamin D daily. Take 20 micrograms of vitamin D daily if you are pregnant or breastfeeding and

- Have darker skin or**
- Usually wear clothes that cover most of your skin outdoors or**
- Spend most of your time indoors or**
- Are overweight**

Follow your doctor's advice if told to take a different amount.

From birth to 1 year of age give 8.5 to 10 micrograms of vitamin D daily (if breastfed or having less than 500mls/17.5oz of infant formula per 24 hours).

From 1 to 4 years Give 10 micrograms of vitamin D daily.

You can get vitamin D supplements from supermarkets and pharmacies.

Ask your midwife, health visitor or pharmacist for further information.

You may be eligible for free vitamins if you qualify for the Healthy Start Scheme.

Visit the website healthystart.nhs.uk or call 0345 607 6823.

Healthy Start vitamins can be purchased for a small cost in some areas.