

Vitamin D

The Sunshine Vitamin

For Care and Nursing Home Residents

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed for healthy bones, teeth and muscles.

The main source of vitamin D is from the action of sunlight on skin. It is difficult to get enough vitamin D this way in the winter months and if you don't go outdoors much.

It is recommended that people who live in care and nursing homes should take a daily supplement of 10 micrograms (400 IU) of vitamin D all year round , unless it is contraindicated.



For details on how to provide vitamin D for your residents see

<https://www.gov.uk/government/publications/vitamin-d-for-vulnerable-groups/vitamin-d-and-care-homes-guidance>

For more guidance, speak to your resident's healthcare professional (GP, ACP or practice pharmacist).