

UK GOVERNMENT RECOMMENDATIONS ON VITAMIN D SUPPLEMENT INTAKE

General Population	Recommended Supplement Intake	
<p>Between late March/early April and September, the majority of people aged 5 years and above will probably obtain sufficient vitamin D from sunlight when they are outdoors, alongside foods that naturally contain or are fortified with vitamin D. As such, they might choose not to take a vitamin D supplement during these months.</p>	<p>10 µg / 400 IU's</p>	
<p>From October to March everyone over the age of five will need to rely on dietary sources of vitamin D. Since vitamin D is found only in a small number of foods, it might be difficult to get enough from foods that naturally contain vitamin D and/or fortified foods alone. So everyone should consider taking a daily supplement containing 10 µg of vitamin D.</p>		
Special Groups		
Pregnant and Breastfeeding Women		
<p>Between late March/early April and September, the majority of pregnant and breastfeeding women will probably obtain sufficient vitamin D from sunlight when they are outdoors, alongside foods that naturally contain or are fortified with vitamin D. As such, they might choose not to take a vitamin D supplement during these months.</p>	<p>10 µg / 400 IU's</p>	
<p>From October to March, pregnant and breastfeeding women should consider taking a daily supplement containing 10 micrograms of vitamin D.</p>		
Infants and Young Children		
<p>All breastfed infants 0 – 1 years. As a precaution, it is recommended that infants from birth to one year of age, whether exclusively or partially breastfed, should be given a daily supplement containing 8.5 to 10 µg of vitamin D.</p>	<p>8.5 - 10 µg 340 - 400 IU's</p>	
<p>Infants fed infant formula should not be given a vitamin D supplement unless they are receiving less than 500 ml (about a pint) of formula a day.</p>		
<p>All children aged 1 to 4 years of age should be given a daily supplement containing 10 µg of vitamin D.</p>		
People aged 65 years or over		
<p>No special recommendations for those aged 65 and above have been set; the new recommendations for the general population apply.</p>	<p>10 µg / 400 IU's</p>	
People with very little or no sun exposure		
<p>People with very little or no sunshine exposure should take a daily supplement containing 10 µg vitamin D throughout the year.</p>	<p>10 µg / 400 IU's</p>	
<p><i>For example</i> People who are seldom outdoors such as frail or housebound individuals and those who are confined indoors (<i>e.g.</i> in institutions such as care homes).</p>		
<p>People who habitually wear clothes that cover most of their skin while outdoors.</p>		
Minority ethnic groups		
<p>People from minority ethnic groups with dark skin such as those of African, African-Caribbean and South Asian origin might not get enough vitamin D from sunlight in summer so they should consider taking a daily supplement containing 10 µg vitamin D throughout the year.</p>	<p>10 µg / 400 IU's</p>	
<p>The SACN report Vitamin D and Health is available on http://bit.ly/29X9GoW The new government advice on vitamin D is available on http://bit.ly/2aekuRe</p>		<p>10 µg = 10mcg</p>