

Vitamin D

Are you getting enough?

NHS
Forth Valley



- **Vitamin D is essential for keeping adult bones strong and for young growing bones.**



- **Lack of vitamin D can lead to rickets, which causes weak and badly formed bones.**
- **All pregnant and breastfeeding women, babies and children under 5 years should take a daily vitamin D supplement.**



Ask your midwife for advice on a suitable vitamin D supplement to take during your pregnancy

It is recommended you continue to take a vitamin D supplement whilst breastfeeding

Ask your health visitor for advice on vitamin D for babies



If you already get Healthy Start vouchers you will be entitled to free Healthy Start Vitamins

Healthy Start vitamins are available from midwives, health visitors, health centres and some pharmacies

Check out the healthystart.nhs.uk website or ask your midwife, health visitor to see if you qualify

For more information

Go to: www.nhsforthvalley.com/healthpromotion

Choose: Nutrition Then: Maternal, Infant and Early Years Nutrition



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