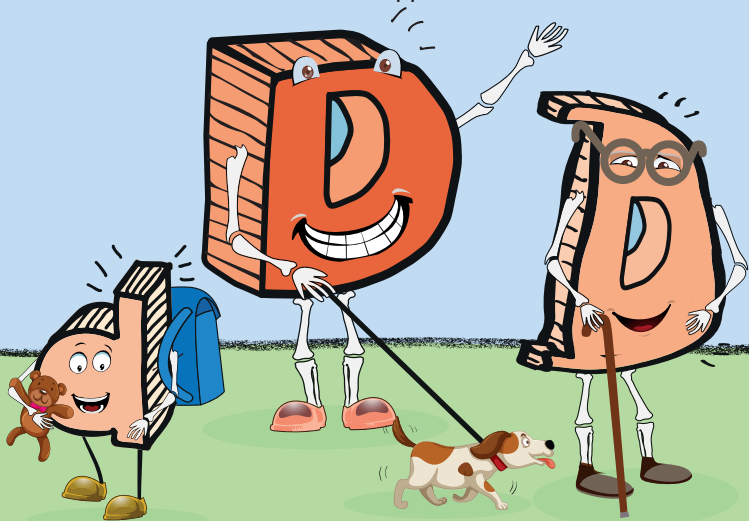




Are You and Your Family Getting Enough Vitamin D All Year Round?

When the summer sunshine has gone, from October to March **EVERYONE** should consider taking a daily 10 microgram vitamin D supplement.



Throughout our life
vitamin D is essential for
strong, healthy bones,
muscles and teeth.

Mothers who are breastfeeding and
their breastfed baby are entitled
to free vitamin D supplements.
Ask your health visitor for
more information.

Some people should continue to take a daily 10 microgram **vitamin D** supplement **ALL** year round.



- pregnant and breastfeeding women*
- infants , young children under 3 years* and children under 5 years
- those over 65 years old
- those with darker skin
- those who have low or no exposure to sunlight or spend little time outdoors or cover their skin for cultural reasons.

**available for free*

Ask your midwife or health visitor for information about where you can get ***free vitamin D** supplements. Alternatively **vitamin D** supplements can be bought in supermarkets, pharmacies or online. Remember to take only **one** supplement that contains 10 micrograms of **vitamin D** each day.



Further Support and Information

Citizens Advice Scotland – For advice on benefits you or your family may be entitled to.
Freephone Helpline 0800 028 1456 – www.cas.org.uk



Social Security Scotland - For more information on grants and benefits you or your family may be entitled to.
Freephone Helpline 0800 182 2222 – www.socialsecurity.gov.scot