

Vitamin D Supplementation – LMSG Recommendations

In response to the recent guidance that has been released from the Chief Medical Officers (CMOs) regarding Vitamin D supplementation¹, LMSG does **not** recommend NHS prescribing for all the at risk groups.

Recommendations:

At Risk Adults to Prevent Deficiency

Daily supplement containing 10 micrograms (400 units) Vitamin D recommended for:

- **All pregnant and breastfeeding women**
 - Mothers will qualify for free Healthy Start vitamins from 10th week of pregnancy if they are on:
 - Income support
 - Income-based Jobseeker's allowance and Support Allowance
 - Income-related Employment and Support Allowance
 - Child Tax Credit (but not working tax credit unless the family is receiving Working Tax Credit run-on only) and has an annual family income of £16,190 or less
 - If mother is under age 18 she will also qualify for Healthy Start vitamins
 - All other mothers are recommended to purchase their own supply
- **All people aged over 65**
 - Recommended to purchase their own supply
- **All people not exposed to much sun**
 - Recommended to purchase their own supply

At Risk Children to Prevent Deficiency

Daily supplement containing 7.0-8.5 micrograms (280-340 units) Vitamin D recommended for:

- **All infants and children aged 6 months to 5 years except those receiving more than 500ml milk formula (which is already supplemented)**
 - Means tested families may be eligible for free supplies of Healthy Start vitamins from Sure Start centres
 - Families not eligible for free vitamins are recommended to buy a multivitamin product containing Vitamin D and to take the recommended dose for the age of the child.
 - N.B. Currently multivitamins for children under 1 may contain less Vitamin D than the CMOs are recommending. However there is a lack of suitable products available for this age group.
- **All infants aged 1 month and above who are breastfed and whose mothers did not take vitamin supplements through out pregnancy**
 - Means tested families may be eligible for free supplies of Healthy Start vitamins from Sure Start centres
 - Families not eligible for free vitamins are recommended to buy a multivitamin product containing Vitamin D and to take the recommended dose for the age of the child.
 - N.B. Currently multivitamins for children under 1 may contain less Vitamin D than the CMOs are recommending. However there is a lack of suitable products available for this age group.

¹ <http://www.dh.gov.uk/health/2012/02/vitamin-d/>