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Dear Patient,

Your recent blood test has shown that you have a vitamin D insufficiency.

It is recommended that you take low dose vitamin D supplements (Colecalciferol 800units) at one per day long term to prevent developing vitamin D deficiency. These are available from any pharmacy, supermarket or health shop and are very cheap so the NHS has advised us to recommend that you buy these yourself.

Good sources of vitamin D

The body creates vitamin D from direct sunlight on the skin when outdoors.

Vitamin D is also found in a small number of foods.

Sources include:

- oily fish – such as salmon, sardines, herring and mackerel
- red meat
- liver
- egg yolks
- fortified foods – such as some fat spreads and breakfast cereals

Another source of vitamin D is dietary supplements.

In the UK, cows' milk is generally not a good source of vitamin D because it is not fortified, as it is in some other countries.

If you have any problems or questions please feel free to book an appointment to discuss this further.

Yours sincerely

St Peter's Hill Surgery

Partners

Dr MG Parkin
Dr AA Pilbeam

Dr AY Udom
Dr JH Pardoe

Associates

Dr S Finlan