
Vitamin D Patient Information Leaflet

General educational information for patients

What is Vitamin D?

Vitamin D is a nutrient that helps the body absorb calcium and supports healthy bones, muscles and immune function. The body can make Vitamin D when the skin is exposed to sunlight.

Who may be at risk of low Vitamin D?

People who spend very little time outdoors, older adults, people who cover most of their skin, and people with certain dietary patterns or health conditions may have a higher chance of low Vitamin D.

Possible signs

Low Vitamin D may sometimes be associated with tiredness, muscle weakness, body aches or bone discomfort. These symptoms can have many different causes, and some people may have no symptoms.

What should you do?

Speak with a qualified healthcare professional if you are concerned. They may recommend a blood test and advise you about food, safe sunlight exposure or supplementation.

Safety information

Do not take high-dose Vitamin D unless advised by a healthcare professional. Too much Vitamin D can be harmful.

Sample content only. Replace this leaflet with the medically reviewed and client-approved English version before publication.