

Vitamin D maintenance dose treatment letter

Vitamin D : Updated guidelines for treatment and prevention

The practice has been reviewing patients on vitamin D therapy. In line with local guidelines, the recommended maintenance dose is 2000 IU daily. This can be taken as 2 x 1000 IU tablets/capsules, which you can buy from community pharmacies, health stores, supermarkets and on-line outlets at low cost. Please see the table below for some of the available options that can be brought over the counter. For further information please speak to your Doctor or Pharmacist.

If your doctor has told you that you have a very low Vitamin D level you may be given an initial prescription from the Medical Centre. Once this has been completed ongoing treatment (“maintenance therapy”) can be bought over-the-counter. NHS Guidelines require patients to obtain this from a Pharmacy as Practices cannot provide ongoing prescriptions.

Vitamin D supplements				
Recommended MAINTENANCE dose or INSUFFICIENCY dose: 2000 units daily (2 tablets/capsules)				
Product name	Dose 25µg = 1000iU (both are the same dose)	Pack size	Retail price* Feb 15	Where to buy
Valupak Vitamin D3	1000 units	60	£0.99	Community pharmacies
Numark Vitamin D tablets	25µg	60	£1.50	Community pharmacies
Boots Pharmaceuticals Vitamin D3 tablets	25µg	90	£5.10	Boots stores or www.boots.com
Vitabiotics Ultra Vitamin D	1000 units	96	£5.10	Community pharmacies www.vitabiotics.com
Nature's Remedy vitamin D3 tablets	25µg	100	£4.99	www.naturesremedy.co.uk
		200	£8.99	
Holland & Barrett Vitamin D3 tablets	25µg	100	£8.05	Holland & Barrett stores