



# WELLINGTON

## Medical Practice

### GP Partners

Dr T O'Brien  
Dr D Ebenezer  
Dr N Singh  
Dr J Ebenezer  
Dr R Kaur

## **LOW VITAMIN D LEVELS FOUND ON RECENT BLOOD TEST**

Thank you for having your recent blood tests.

Your blood tests show your Vitamin D levels are low. Vitamin D can be found in a small number of foods including:

- Oily fish – such a salmon, sardines, herring, mackerel and fresh tuna.
- Red meat
- Liver
- Egg yolks
- Fortified foods such as most fat spreads and some breakfast cereals.

Most people are able to get enough Vitamin D between Late March and September, our bodies are able to make the Vitamin D when sunlight comes in contact with the skin when we are outdoors. Unfortunately we are unable to make enough Vitamin D during October to March.

You can also get Vitamin D from dietary supplements.

A prescription has been sent electronically to your nominated pharmacy for a course of vitamin D medications, after which we would suggest you purchase a supplement over the counter.

More information can be found by visiting [www.nhs.uk](http://www.nhs.uk) and searching for Vitamin d in the search box

Yours sincerely

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