



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 and searching for Vitamin d in the search box

Yours sincerely

Wellington Medical Practice