

## What is vitamin D?

Vitamin D helps our bodies to absorb calcium and phosphorous from our food. These minerals are needed to keep our bones healthy and strong. Vitamin D is also thought to be important for muscle growth and for general good health.

## Where does our natural vitamin D come from?

Vitamin D is mostly made in our skin by exposing it to sunlight. Very little vitamin D comes from the foods we normally eat, although some foods are fortified (enriched) with it.

## What happens if I don't get enough vitamin D?

A lack of vitamin D (known as vitamin D deficiency) can cause muscle weakness and painful bones. Children with vitamin D deficiency can experience poor growth, tooth delay and find that their bones start to bend out of shape due to a condition known as Rickets.

A lack of vitamin D can cause a general sense of being unwell, feeling tired, perhaps with vague aches and pains.

Vitamin D deficiency is not unusual – research shows that just over 1 in 10 people in Europe have vitamin D levels that are considered to be too low for good bone health. These figures are much higher in winter time.

## What causes vitamin D deficiency?

Vitamin D deficiency can happen for a number of reasons:

- Our bodies need an increased level of vitamin D at certain times.
- Our bodies cannot make enough vitamin D.
- We're not getting enough vitamin D from our food.

## Who is at risk of vitamin D deficiency?

Some people are more at risk of vitamin D deficiency than others.

Those most at risk are:

- older people,
- people with darker skin,
- people who don't get out into the sunlight – for example, people in hospital or nursing homes,
- people who cover up their skin with clothes for cultural reasons.

Other at-risk groups include people who are obese, children and pregnant or breastfeeding women.

If your doctor thinks you might be at risk of developing vitamin D deficiency, you may have been prescribed Altavita® D3 to prevent that from happening. You may also have been prescribed Altavita® D3 because you already have vitamin D deficiency.

## What is Altavita® D3?

Altavita® D3 is a medicine containing the vitamin D3, which is the same as vitamin D3.



















- Altavita® D3 comes as a single dose liquid or soft gel capsules which should be taken with a meal.

It is important to keep taking your medicine as it has been prescribed (see overleaf) – even if you feel healthy and well.

# You have been prescribed Altavita® D3

Your doctor will use this chart to tell you about the kind of medicine you have been prescribed, how often you have to take it, for how long, and when you need to come back for review.

The 'IU' in the dosage amount stands for 'International Units' which is how vitamins are measured.

<b>1,000 IU soft capsule</b> 	1 capsule a day	2 capsules a day	3 capsules a day	4 capsules a day	For <input type="text"/> weeks
					Review date <input type="text"/>
<b>7,000 IU soft capsule</b> 	1 capsule a week	2 capsules a week	3 capsules a week	4 capsules a week	For <input type="text"/> weeks
					Review date <input type="text"/>
<b>25,000 IU soft capsule</b> 	2 capsules a week	2 capsules a month	1 capsule a month	For <input type="text"/> weeks	
				Review date <input type="text"/>	
<b>25,000 IU single dose oral solution</b> 	2 oral solutions a week	2 oral solutions a month	1 oral solution a month	For <input type="text"/> weeks	
				Review date <input type="text"/>	

25,000 IU oral solution



25,000 IU soft capsules



7,000 IU soft capsules



1,000 IU soft capsules



Actual size of capsules represented

