

5 February 2013

Via e-mail only

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Dear Colleague,

Chief Medical Officer Advice - Vitamin D Supplements

We are aware that some of the UK population may be at risk of vitamin D deficiency. This is a concern, particularly for at-risk groups, such as pregnant women, infants and young children.

Last year the Chief Medical Officersⁱ in England, Scotland, Wales and Northern Ireland, wrote to healthcare professionals to increase awareness of this important issue, and recommended the use of vitamin D supplements for at risk groups.

To promote the Chief Medical Officers recommendations, we have produced some voluntary statements to apply to products consisting of, or containing vitamin D. The main trade associations representing food supplement manufacturers have been consulted in the development of clear informative messages. The table annexed to this letter provides suggested wording and associated conditions of use. We encourage businesses to adopt these on the labels and accompanying marketing material of qualifying products.

You will note that we have stated it is acceptable for supplements containing between 5 and 10 micrograms to carry these statements. This is to provide some flexibility for available products, however this is not a move away from the Dietary Reference Values (DRV) for these groups, and the Department's view remains that manufacturers should be encouraged to formulate products in-line with the recommended DRVs, as indicated in the first column of the table.

Yours faithfully

Dr Alison Tedstone
**Head of Nutrition Branch
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ⁱhttp://www.dh.gov.uk/en/Publicationsandstatistics/Lettersandcirculars/Dearcolleagueletters/DH_132509