

From: Taylor Heidi (NHS SHEFFIELD CCG)

To: SACN

Subject: The Scientific Advisory Committee on Nutrition consultation on its draft Vitamin D

Dear sir / madam,

From the draft vitamin D guidance I understand the proposed recommended daily intake of vitamin D for all adult patients is suggested as 10micrograms (400IU).

'An RNI of 10 µg/d of vitamin D, applicable throughout the year, is proposed for the UK population aged 4 years and above. The RNI assumes minimal sunshine exposure.'

I note that a recent scientific impact paper by the [RCOG](#) recommends;

In general, vitamin D 10 micrograms (400 units) a day is recommended for all pregnant women in accord with the national guidance. This should be available through the Healthy Start programme.

High-risk women are advised to take at least 1000 units a day (women with increased skin pigmentation, reduced exposure to sunlight, or those who are socially excluded or obese). The RCOG has highlighted the importance of addressing suitable advice to these women. Women at high risk of pre-eclampsia are advised to take at least 800 units a day combined with calcium.

Has this / will this be considered? Currently my interpretation from the SACN draft vitamin D advice implies pregnant women who have increased skin pigmentation, reduced exposure to sunlight or those who are socially excluded or obese take 10 micrograms / day.

Kind regards
Heidi

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