## Society for Endocrinology advice for Vitamin D deficient patients in the times of COVID-19

## Adequate levels of Vitamin D lowers the rate of respiratory infection.

## 4000 units of vitamin D delay the progression to diabetes mellitus in vitamin D deplete patients (<30 nmol/L).

## In black and ethnic minority people there is frequently a decrease in vitamin D levels below normal because of decreased skin production of vitamin D.  In most population studies this has a prevalence of 60%.

## In Caucasians at the time of hip fracture some 80% are either vitamin D deficient or insufficient.

## The NHS recommendation of 400 units, particularly in patients who are deficient, will take many months in order to achieve a normal level of vitamin D.

## If deficient (<50nmol/L), it is recommended that vitamin D in doses of 20,000 units a day are taken for two weeks. Even if taken regularly this has no chance of causing vitamin D toxicity. Thereafter the dose is 20,000 units per month.

## Prevention of vitamin D Deficiency

If known to have a normal vitamin D level (> 50 nmol/L) it is reasonable to take 2×400 units capsules daily to maintain these.

## If you are already taking vitamin D on the advice of your healthcare professional you should continue with your normal dose and do not need to take a bigger dose