



Vitamin D advice from the Department of Health for people aged 65 and older

Vitamin D is essential for bone and muscle health in people aged 65 and older

Older people need sufficient vitamin D all year round for bone and muscle health. A recent Food Safety Authority of Ireland report found that older people do not get sufficient vitamin D from their diet or the effect of sunlight on their skin.

The Department of Health recommends that people aged 65 and older take a vitamin D supplement every day to ensure they get the essential amount of vitamin D they need.

A guide to vitamin D supplements

Recommended daily amount of vitamin D

15 microgram (15µg)

Choose a supplement that contains 15 microgram (15µg) of vitamin D

This can be:

- A multi-vitamin supplement that contains 15 microgram (15µg) of vitamin D
- A calcium and vitamin D supplement that contains 15 microgram (15µg) of vitamin D
- A vitamin D only supplement that contains 15 microgram (15µg) of vitamin D

Vitamin D supplements prescribed by a doctor or nurse

People who are currently taking a vitamin D supplement that has been prescribed by a doctor or nurse and that contains more than 15 microgram (15µg) can continue to take the supplement prescribed.

Diet and vitamin D

Diets of adults aged 65 and older in Ireland should include regular intakes of natural sources of vitamin D, such as oily fish, eggs, meats and vitamin D-fortified foods.

Ask an expert

If you need advice about vitamin D supplements check with your pharmacist or other health professional.



For further information on vitamin D visit:
www.gov.ie/healthyireland/eatwell