

Make sure that your child's bones are healthy and strong

Your child was examined and interviewed today by a doctor or health-visitor.

The doctor or health-visitor recommends, that your child take a vitamin pill every day containing 10 microgram Vitamin-D (400IE). The vitamin pill helps to build up your child's bones so they become healthy and strong.

We get D-vitamins from our food and from sunlight on our skin during the summer. It is difficult to get enough Vitamin-D from the food we eat. If we dress so that our arms, legs and face are not exposed to sunlight in the summer, not enough vitamin-D will be produced in the body. This is also the case if we are dark-skinned. Lack of Vitamin-D can result in tiredness and aches in muscles and bones.

Vitamin pills can be purchased at drug stores and many other places.