

Free Vitamin D



For you and your baby

Free Vitamin D for all women who are pregnant, breastfeeding or have recently had a baby and all children under 4 in Lambeth and Southwark.

Vitamin D is important for the development of strong bones and good health.

Who needs it: We all need it but pregnant women and babies from African, Afro-Caribbean, Middle – Eastern or Indian ethnic backgrounds are especially at risk of having a low levels of Vitamin D.

For more information ask your local pharmacist, Health Visitor, Midwife, GP
www.southwark.gov.uk/freeD