



RECOMMENDED VITAMIN D INTAKE FOR IMMIGRANTS

If you are pregnant, breastfeeding or dark-skinned or if you cover your skin with demure clothing also in the summer: Take a vitamin D supplement of 20 micrograms every day of the year.

The recommended intake for other adult immigrants is: One vitamin D tablet of 20 micrograms per day in the dark season from the start of September to the end of April.

The recommendation for under 18-year-olds is: One 10 micrograms tablet of vitamin D every day of the year.