



TESTING FOR VITAMIN D DEFICIENCY

Is it necessary?

Vitamin D deficiency is common in most populations.

Those who are prone to vitamin D deficiency have limited sun exposure and often live at higher latitudes including Canada.

Testing for vitamin D deficiency in healthy people is generally not needed and over the counter vitamin D supplements can be taken as part of a daily routine.

Talk to a health care provider...

To ensure that you are taking the right amount of vitamin D supplements.



LEARN MORE:

choosingwiselycanada.org/pamphlet/vitamin-d-tests