

# START WELL CHOOSE WELL STAY WELL

## VITAMIN D

In North Yorkshire\*\*, almost £193,563 was spent last year on prescribing low-dose Vitamin D - this could be used for 717 emergency ambulance trips.

### DID YOU KNOW?

**The cost to the NHS for prescribing Vitamin D medicines every year is £13.6 million.**

On prescription the cost of 30 tablets is five times more than for a patient to buy locally.

\*Based on the approximate price of 30 tablets

**\*£5.50**  
prescription  
from your GP

from **\*£1.00**  
in supermarkets  
and pharmacies

## DO YOUR BIT TO HELP

Please don't ask for Vitamin D medication on prescription, it can be bought affordably elsewhere. Play your part in helping your local NHS to save money.

\*\*In the area covered by NHS North Yorkshire CCG

