



Ministry of Health, Welfare and Sport

You will pay for vitamin D yourself from 2023



*Working together for health,
wellbeing and resilience*

You have received a prescription for vitamin D from your doctor. From 1 January 2023, you will pay the costs of vitamin D yourself. This is according to a decision by the Dutch government following advice from the National Health Care Institute.

How much does vitamin D cost?

You can buy vitamin D from a pharmacy, chemist's shop or supermarket without a prescription. This costs most users around €8.00 per year, depending on the brand of vitamin D purchased. The packaging sometimes looks different from what you are used to.

Keep taking vitamin D

Your doctor has given you a prescription for vitamin D because you need vitamin D. Vitamin D helps build strong bones, teeth and muscles. For many people, the sun ensures that their body makes enough vitamin D on its own. However, this is not enough for you.

This often occurs in the following cases:

- Children under the age of 4
- If you are over the age of 50
- If you are pregnant
- If you have dark skin
- If you don't go outside often

You need extra vitamin D if your body doesn't make enough on its own. Talk to your doctor or pharmacist about which strength you need.

Which vitamin D should you buy?

Look at the packaging of the vitamin D you are currently taking. It should state the exact strength of the vitamins. Buy the strength that you currently take.

This can be written on the label in two ways:

- Sometimes it will say IE or IU. IE stands for 'Internationale Eenheid', which is Dutch for 'International Unit', or IU.
- Sometimes it will say mcg or µg. This means microgram.

One microgram is the same as 40 international units.

1 mcg/µg = 40 IE/IU

One microgram is the same as 40 international units.

From now on you will pay for this yourself

- Vitamin D, all strengths
- Vitamin D₃ (Cholecalciferol)
- Vitamin D with calcium
- Vitamin D with alendronic acid
- Calcifediol (Hidroferol®)

Add vitamin D to your medication overview

Talk to your doctor or pharmacist regarding whether you need to add vitamin D to your medication overview. If you will be taking a different strength, be sure to add this to your medication overview as well.

Do you need high-strength vitamin D?

If you have a vitamin D deficiency, you may sometimes need to temporarily take high-strength vitamin D. This requires a prescription from your doctor. You can pick up the vitamin D at the pharmacy. In this case, you are paying for both the cost of the vitamins and the services of the pharmacy. The total cost will differ per pharmacy.

Do you have vitamin D in your Medicine roll?

You may receive your medications in a 'Medicine roll'. In this roll, all the medications you have to take at a specific time are contained in a separate bag. If yours includes vitamin D, it can stay that way. However, as of 1 January 2023, you will pay the costs of the vitamin D yourself.

Would you like more information about vitamin D?

To learn more about what vitamin D does for you, visit the following websites:

- rijksoverheid.nl/vitamine-d;
- www.thuisarts.nl/vitamine-d/ik-heb-misschien-extra-vitamine-d-nodig;
- www.apotheek.nl/medicijnen/vitamine-d.

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