

Vitamin D Supplement



Every baby needs 400 IU of vitamin D each day. All babies and young children who are breastfed or receiving breastmilk need a vitamin D supplement of 400 IU each day. Vitamin D supplements should continue until your baby is 24 months old or until they are eating a variety of foods and drinking 2 cups of homogenized milk.

Does my breastfed baby need to be given a vitamin D supplement?

Yes. Breastmilk supplies a small amount of vitamin D to baby, but the amount depends on the mother's intake and stores of vitamin D. There is no way to know whether breastmilk has enough vitamin D without the mother's individual levels being tested. Women can take a vitamin D supplement* but there is no guarantee that it will result in her breastmilk having enough vitamin D for her baby. Therefore, in addition to breastmilk, it is important for all breastfed babies to get a 400 IU vitamin D supplement daily.

* Vitamin D intake from food and supplements should stay below 4000 IU per day for adults 19 years and over.

If you have made an informed decision to formula feed your baby, the following information will help you make sure that your baby is getting the vitamin D that they need each day.

Does my formula-fed baby need a vitamin D supplement?

The amount of vitamin D that a formula-fed baby gets depends on how much formula they drink. A vitamin D supplement is added to formula by the formula company. An additional supplement of vitamin D can be given to a formula-fed baby if they are not drinking enough formula to support the amount they need.

If infant drinks (per day)	Amount of vitamin D supplement to give daily
Less than 500 mL (16 oz) of formula	400 IU
Between 500-1000 mL (16-32 oz) of formula	200 IU (or 400 IU every 2 days)
1000 mL (32 oz) or more formula	No additional vitamin D is required

Note: This applies to most formulas on the market that contain about 40 IU vitamin D per 100 mL diluted (or 60 IU per 100 calories). If your baby's formula contains a higher concentration of vitamin D, speak to a healthcare provider. Babies should not get over 1000 IU of vitamin D per day from supplements and formula combined.

Vitamin D supplements can be stopped once babies are getting enough vitamin D from formula and/or homogenized milk and other foods.

For more information on infant feeding and informed decision making, call the Health ACTION Line 1-800-660-5853 or visit www.healthunit.org

