



VITAMIN D SUPPLEMENT

for children and for pregnant and lactating women

| AGE/TARGET GROUP | Micrograms (μg)/day* |
|--|-----------------------------------|
| 2 weeks – 12 months | |
| Exclusively breast fed | 10 |
| A child whose daily intake of infant formula/ follow-on formula is less than 500 ml** | 10 |
| A child whose daily intake of infant formula/follow-on formula is 500-800 ml** | 6 |
| A child whose daily intake of infant formula/follow-on formula exceeds 800 ml** | 2 |
| One year old | 10 |
| 2 – 17 years old | 7,5 |
| Pregnant and lactating women | 10 |

*Vitamin D supplement throughout the year

**Baby cereals (gruels) and porridges with added vitamin D are included in the quantity of infant formula/follow-on formula.