

## VITAMIN D SUPPLEMENT for children and for pregnant and lactating women

ALL CHILDREN NEED A VITAMIN D SUPPLEMENT/PRODUCT FROM THE AGE OF TWO WEEKS.



The primary choice recommended for infants is a vitamin D<sub>3</sub> product in drop format.



Check in the product specific labelling of the vitamin D supplement how much there is vitamin D in one drop.



Follow the recommendations for use! The recommendations will ensure that babies get enough vitamin D, but prevent excessive vitamin intake.

## **HOW TO DOSE THE VITAMIN D SUPPLEMENT? Exclusively** 10 micrograms (μg) breast fed Vitamin D supplement/day\* less than 10 micrograms (μg) 2 weeks -Vitamin D supplement/day\* 500 ml/day A child is given 12 months 6 micrograms (µg) infant formula / 500-800 ml/day Vitamin D supplement/day follow-on formula\*\* more than 2 micrograms (µg) 800 ml/vrk Vitamin D supplement/day 10 micrograms (μg) One year old Vitamin D supplement/day\* 2 – 17 years 7,5 micrograms (µg) Vitamin D supplement/day\* old **Pregnant and** 10 micrograms (μg) **lactating** Vitamin D supplement/day\* women

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





<sup>\*</sup>Vitamin D supplement throughout the year