



VITAMIN D, for your baby's health

All babies need 400 IU of vitamin D daily.

For babies who are exclusively or partially breastfed, a liquid vitamin D supplement is needed to meet this need. If your baby is being fed infant formula only, they may not need a supplement since infant formula already contains added vitamin D.

Ask your health care provider about vitamin D and your baby's health.

WHY?

Vitamin D is important for building strong bones and teeth.



TIPS TO HELP YOU REMEMBER:



Give the vitamin D supplement with the first feeding of the day.



Keep the vitamin D bottle near where you feed your baby.



Set an alarm.

Vitamin D can be given at any time during the day. If you forget, give it at the next feeding.