



Vitamin D Recommendation

The American Academy of Pediatrics (AAP) has doubled the amount of vitamin D it recommends for infants, children and adolescents. A new clinical report recommends all children receive 400 IU a day of vitamin D, beginning in the first few days of life. The previous recommendation, issued in 2003, called for 200 IU per day beginning in the first two months of life.

The change in recommendation comes after reviewing new clinical trials on vitamin D and the historical precedence of safely giving 400 IU per day to the pediatric population. Clinical data show that 400 units of vitamin D a day will not only prevent rickets, but treat it. This bone-softening disease (“rickets”) is preventable with adequate vitamin D, but dietary sources of vitamin D are limited, and it is difficult to determine a safe amount of sunlight exposure to synthesize vitamin D in a given individual. Rickets continues to be reported in the United States in infants and adolescents. The greatest risk for rickets is in exclusively breastfed infants who are not supplemented with 400 IU of vitamin D a day.

What does the new recommendation mean for our families?

All infants and children should receive a vitamin D supplement (400 IU) each day.*

* The vitamin can be held for infants consuming more than 32 ounces of formula a day.

Available products:

- 1. D-Vi-Sol or Baby D drops (for infants up to 1 year old)**
- 2. Poly-Vi-Sol with or without iron (for children over 1 year old)***
- 3. Chewable multi-vitamin supplement (for 2 years or older)**
- 4. Baby Ddrops (for infants and children up to 2 years old)**

* Poly-Vi-Sol can stain the teeth if given without food. We recommend mixing it in food (baby cereal, yogurt, or pureed foods)