

# VITAMIN D SUPPLEMENTATION FOR BABIES



the women's  
the royal women's hospital  
victoria australia

Vitamin D is an important vitamin required in all babies for growth and healthy bone development. During pregnancy, babies receive vitamin D from their mother. As vitamin D stores in babies reduce after birth, babies will be at a higher risk of having a low vitamin D level. It is recommended that all babies receive vitamin D supplementation to prevent vitamin D deficiency.

## Why does my baby need a vitamin D supplement?

Vitamin D is essential for:

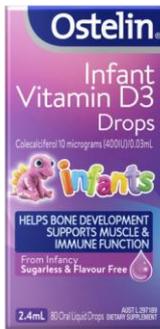
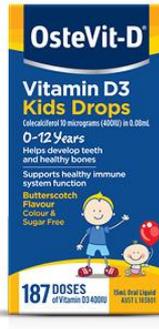
- Absorption of calcium for healthy bones and teeth
- Reducing the risk of soft bones
- Improving muscle strength
- Growth and a healthy immune system

## How long does my baby need a vitamin D supplement for?

All babies should be supplemented with 400 international units (IU) of vitamin D given once daily from birth until 12 months of age, or as advised by your doctor.

## What vitamin D supplements are available and what is the dose?

The following products containing vitamin D can be used for your baby:

Ostelin® Infant Vitamin D3 Drops	OsteVit-D® Vitamin D3 Kids Drops
	
Strength: 1 drop = 400 IU Dose: <b>1 drop daily</b> = 400 IU daily	Strength: 1 drop = 200 IU Dose: <b>2 drops daily</b> = 400 IU daily

## Where can I purchase a vitamin D supplement?

The vitamin D supplements above can be purchased from any pharmacy without a prescription. Ask your pharmacist for directions on how to give the dose to your baby to ensure your baby is getting the right dose.

## Further information

For assistance or further information, call the Royal Women's Hospital Medicines Information Line on (03) 8345 3190 or see your local pharmacist.

*Disclaimer: This information is intended to support, not replace, discussion with your doctor or health professionals. The hospital accepts no responsibility for any inaccuracies, information perceived as misleading, or the success of any treatment regimen detailed in this leaflet.*