

# vitamins

The UK Department of Health recommends that;

Babies from birth to one year of age who are being breastfed should be given a daily supplement containing 8.5 to 10mcg of Vitamin D.

Babies fed infant formula should not be given a Vitamin D supplement until they are having less than 500ml (about a pint) of infant formula a day, because infant formula is fortified with Vitamin D.

Children aged 1 to 4 years old should be given a daily supplement containing 10mcg of Vitamin D.

Vitamin supplements containing Vitamins A and C are recommended for infants aged 6 months to 5 years old, unless they are having more than 500ml (about a pint) of infant formula a day.

Be careful not to give two supplements at the same time, for example don't give cod liver oil as well as Vitamin drops.

Your Health Visitor can give you advice on vitamins.

