



## VITAMIN D DROPS FOR INFANTS

Health authorities recommend vitamin D supplements for infants from the age of 1 week. Vitamin D helps to ensure a normal immune system in children. Vitamin D also contributes to the uptake of calcium, which is important for normal growth and the development of the child's bone structure.

### **If the child is only breastfed:**

Infants who are breastfeeding need vitamin D supplements and should be given vitamin D drops from the age of 1 week. The recommended dose is 10 micrograms (µg) per day, which is 5 drops daily.

### **If the child is breastfed and formula-fed:**

Infants who are breastfed and formula-fed should also be given vitamin D drops, however the number of vitamin D drops depends on the amount of breastmilk substitute the child is given daily:

- If the infant receives 1-3 dl of formula daily, they will need 5 drops of vitamin D.
- If the infant receives 4-6 dl of formula daily, they will need 3 drops of vitamin D.
- If the infant receives 7 dl of formula or more per day, no supplement is necessary.

### **If the child is formula-fed:**

Breastmilk substitutes now have a higher content of both vitamin D and the omega-3 fatty acid DHA than before.

Infants who are only given a breastmilk substitute, or 6-7.5 dl of breastmilk substitute or more per day will not require supplemental vitamins, minerals or fatty acids, and should not be given any type of supplements.

### **How to give vitamin D drops:**

- The drops can be dripped directly into the child's mouth or given by spoon.
- When the child is older and has begun to eat solid food, vitamin D drops can be mixed into their food or drink.
- One tip is to measure the correct amount of vitamin D drops and allow this to reach room temperature before giving it to the child, as the child is generally used to breastmilk at body temperature.

For any questions about cod liver oil or general nutrition for children, talk to your public health nurse or contact the Orkla consumer line:

22 06 27 88

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