# VITAMIN D

## The Developmental Stages



### Pregnancy

A vitamin D supplement containing 10 µg/day for mother DAILY



### Breastfeeding

exclusively 0-6 months

A vitamin D supplement containing 10 µg/day for mother DAILY

Vitamin D supplement containing 8.5-10 µg/day DAILY for infants aged 0-1 years (providing they are not receiving more than 500ml infant formula daily)



### Formula

feeding 0-6 months

Formula-fed babies should not be given a vitamin D supplement until they are having less than 500ml (about a pint) of infant formula a day, as infant formula is fortified with vitamin D



### Weaning

6 months-1 year old

If child is receiving less than 500ml formula daily: vitamin D is recommended in the range 8.5-10 µg/day for ages 0 up to 1year

If child is breastfed (and receiving less than 500ml formula daily): vitamin D is recommended in the range 8.5-10 µg/day for ages 0 up to 1 year



### Child

aged 1-4 years old

Vitamin D supplement containing 10 µg/day DAILY