

Bring to your pediatrician: Kids Vitamin D3 Drops

Child name: _____ Age: _____ Weight: _____ Date: _____

Parent note: I am considering the product(s) below and would like your advice before using them. They are candidate products, not yet for sale.

Kids Vitamin D3 Drops (evidence grade A)

Ages per label: Infants from birth and children (per label). **Label dose:** 1 drop (400 IU, 10 mcg) daily, on a nipple, breast, spoon or in food. Do not exceed label dose.

Ingredients: Vitamin D3 (cholecalciferol) 400 IU per drop; medium-chain triglyceride oil. No sugar, no flavors.

Claim: Supports healthy bones and teeth.*

Evidence summary: The AAP recommends 400 IU of vitamin D daily for breastfed and partially breastfed infants beginning in the first days of life [1]. NIH lists 400 IU as adequate intake for infants and 600 IU from age 1 [2].

Cautions and interactions: Formula already contains vitamin D; ask how much your baby needs from drops. Use only the drop format on the label; one drop is the full serving. Keep out of reach of children. Store closed, away from heat. Do not exceed the label dose. Tell your pediatrician about every supplement and medicine your child takes.

Questions to ask

- My baby is breastfed, formula-fed or both: how much vitamin D should come from drops?
- Does my child need this, given their diet and growth?
- Is the label dose right for my child's age and weight?
- Could it interact with any medicine or condition my child has?

Sources: [1] Wagner et al. 2008, Pediatrics (AAP), doi.org/10.1542/peds.2008-1862; [2] NIH ODS, Vitamin D fact sheet, ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/

Pediatrician notes

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Education only, not medical advice.

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