

Vitamin D Supplementation in Breastfed Infants: What You Need to Know

Breastfeeding is the recommended method of feeding for infants due to the amount of necessary nutrients and immune factors, but unfortunately breastmilk does not contain enough vitamin D for infants. Infants are able to synthesize vitamin D through sunlight exposure, but this can be difficult because parents worry about their infant getting a sunburn.

Vitamin D deficiency can cause a disease called rickets if severe enough. Although vitamin D deficiency rickets is rare, it is still prevalent enough for the American Academy of Pediatrics to recommend that all breastfed infants receive a daily dose of vitamin D.

Vitamin D supplementation for these infants is available over the counter, and is in the form of an oral liquid. Prescription preparations of vitamin D have a very high vitamin D concentration and are not for routine home use.

A supplement of 400 IU per day of vitamin D is recommended for all breastfed infants beginning during the first two months of life. Fortunately, the over the counter liquid has a strength of 400 IU per 1 mL. Once the child is over 1 year old and is weaned to vitamin-D fortified milk, then further supplementation is not necessary.

For more information, please visit:

https://www.cdc.gov/breastfeeding/recommendations/vitamin_d.htm

Or you can also ask one of our pharmacists here at Dexter Pharmacy to help you.



Matt Zedro, PharmD

