

Your endocrine doctor is recommending that your child start taking Vitamin D supplements.

Why is Vitamin D important for my child to take?

Vitamin D is in many foods such as fish, eggs, fortified milk and cod liver oil. The sun also helps our bodies make Vitamin D. Vitamin D’s job is to keep our blood levels of calcium and phosphorus in a normal range. Vitamin D helps your body absorb calcium to make and keep bones strong and healthy. Some researchers think Vitamin D might protect us from weak bones, high blood pressure, cancer and some autoimmune diseases.

What is the daily dose of Vitamin D recommended for my child?

Vitamin D Age group Recommended Dietary Allowance (RDA) per day

Infants 0-6 months	400 IU (10 mcg) to 1000 IU (25 mcg)
Infants 7-12 months	400 IU (10 mcg) to 1500 IU (38 mcg)
Children 1-3 years	600 IU (15 mcg) to 2500 IU (63 mcg)
Children 4 – 8 years	600 IU (15 mcg) to 3000 IU (75 mcg)
Children and Adults 9 – 70 years	600 IU (15 mcg) to 4000 IU (100 mcg)

Carlson Baby D drops come in 40 IU, 1000 IU and 2000 IU per drop. If purchased from Mary Bridge Clinic pharmacy they cost approximately \$15.95 - \$18.00 and contain 365 drops. Vitamin D comes in many forms (gummy, chewable and tablet) and are available at most pharmacies and stores.

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