



IABLE
Institute for the Advancement
of Breastfeeding &
Lactation Education



Vitamin D for the Breastfed Baby

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Rationale for vitamin D Supplementation

- All babies need vitamin D supplementation, since vitamin D only comes from exposure to direct sunlight. Formula has vitamin D in it.
- The amount of vitamin D in breastmilk depends on mom's vitamin D level. Most women don't have high enough vitamin D levels to provide enough vitamin D in their breastmilk.
- The breastfed baby should be given 400 units of a vitamin D supplement until at least 1 year of age. The family should then discuss vitamin D supplementation with the baby's physician.
- If the baby is weaned to formula before a year of age, once the baby is taking approximately 16 ounces of formula a day, vitamin D supplementation should stop.

Vitamin D supplement options include:

- 1) Vitamin D drops, 400 units = 1 drop

Common brands are Carlson's vitamin D drops, Vitacost Baby D drops, and NOW vitamin D drops. One drop can be given to the baby while nursing, by placing a drop on the nipple area.

- 2) Vitamin D supplement, 400 units = 1 ml

Common brands include Enfamil infant vitamin D liquid, and Just D

The medication can be placed directly in the baby's mouth, or in a bottle of breastmilk