

Vitamin D and Iron Supplements for Breast Fed Infants

(4 months)

The current **AAP recommendation** is that all infants and children should have a minimum intake of 400 IU (International Units) of vitamin D per day beginning soon after birth.

- **If your baby is exclusively or partially breastfed:** He or she receive 400 IU of supplemental vitamin D daily, beginning in the first few days of life. Supplementation should continue until he or she is weaned to at least 1 qt (1 L) of whole milk per day. Whole milk should not be used until after 12 months of age.
- **If your baby is on infant formula:** All formulas sold in the United States have at least 400 IU/L of vitamin D; so if your baby is drinking at least 32 ounces of formula, vitamin D supplementation is not needed. Whole milk should not be used until after 12 months of age.

If your baby is breastfed: Human milk contains little iron, so infants who are exclusively breastfed are at increased risk of iron deficiency after four months of age. The AAP clinical report, *Diagnosis and Prevention of Iron Deficiency and Iron-Deficiency Anemia in Infants and Young Children 0 Through 3 Years*, recommends giving breastfed infants 8-10mg/day of a liquid iron supplement until iron-containing solid foods are introduced at about six months of age. When you **add solid foods** to your baby's diet, continue breastfeeding until at least 12 months. Check with your child's pediatrician about the duration of iron supplements during the first year.

Commonly available vitamin D drops for infants include Enfamil D –Vi-Sol, Tri–Vi–Sol (contains Vitamin A,D,C) {1 ml per day} and Carlson's Vitamin D drops {1 drop/day} many other vitamin D preparations are also available for infants (check labeling carefully)

Commonly available iron preparations for infants include Fer-In-Sol, Poly-Vi-Sol with Iron and the more palatable NovaFerrum Liquid Iron Pediatric Drops. All contain 15 mg of iron per ml, so dosing should be 0.5 ml per day many other iron preparations are also available for infants (check labeling carefully)