



DO YOU RECOMMEND A PARTICULAR BRAND OR FORM OF VITAMIN D SUPPLEMENTS?

NO. Vitamin D is readily absorbed in most forms: suspension, chewable tabs, gummies and capsules. It is a good idea to give the supplement after a meal, as Vitamin D is a fat soluble vitamin.

For babies, we recommend one of the suspensions containing 400 IU Vitamin D per milliliter (ml); 2 ml daily. For children ages 1-3 years, 2.5 ml daily. Tablets and gummies are a choking hazard for children under age 3. For older children, just find a palatable form that your child will take and give it regularly. If you are using gummies, be sure to keep it in a safe place and properly closed with a childproof lid. They taste very similar to regular gummy candies!