

## Vitamin D Supplement for Breastfeeding Babies

Breastfeeding alone can provide all the nutrients your baby needs for the first six months – **with one notable exception being Vitamin D.**

Health Canada recommends all breastfed or partially breastfed healthy, full term babies **get a vitamin D supplement of 400 IU every day, from birth until 12 months of age.** Babies fed formula alone do not need extra vitamin D.

Give your breastfed baby liquid vitamin D supplements. These are easily absorbed. Carefully read the label for directions on how to give your baby 400IU. Vitamin D supplements are available at your local pharmacy or health food store.

