

NEWBORN VITAMIN D SUPPLEMENTATION 2004 UPDATE

This is an informational notice of the new American Academy of Pediatric guidelines for Vitamin D supplementation in children.

- Vitamin D is an important regulator of calcium absorption and plays a significant role in healthy bone growth. A severe deficiency of Vitamin D leads to the bone disease, rickets.
- Humans get their Vitamin D in two ways: ingesting Vitamin D in food (newborn formulas have adequate levels of Vitamin D whereas human breast milk has essentially none), and our bodies can produce Vitamin D through exposure to sunlight.

The **American Academy of Pediatrics** in conjunction with the **National Academy of Sciences** have reevaluated the need for Vitamin D supplementation in newborns and children based on changing trends in breast feeding and sunlight exposure. **THEIR CURRENT RECOMMENDATION IS TO SUPPLEMENT THE FOLLOWING THREE GROUPS OF CHILDREN WITH 200 IU OF VITAMIN D PER DAY:**

1. Breastfed infants unless they are weaned to at least 500 ml or 17 ounces of Vitamin D fortified formula or milk per day.
2. All non-breastfed infants who are ingesting less than 500 ml or 17 ounces of Vitamin D fortified formula or milk per day.
3. Children and adolescents who do not get regular sunlight exposure, do not ingest at least 500 ml or 17 ounces of Vitamin D fortified milk, or do not take a daily multivitamin supplement containing at least 200 IU of Vitamin D.

Vitamin D supplements are available in an over the counter (OTC) liquid preparation called Tri-vi-sol. There is 400 IU of Vitamin D in 1 ml or approximately 1/5 of a teaspoon of Tri-vi-sol. In order to give infants and children 200 IU of Vitamin D per day they should get 0.5 ml of Tri-vi-sol given by mouth once a day.

Please contact Northeast Pediatric Clinic with any questions you may have regarding these revised guidelines or Vitamin D supplementation.

