



**Advanced
Pediatric
Associates_{LLP}**

Vitamin D Supplementation

Due to recent studies showing that many US children are vitamin D deficient, the American Academy of Pediatrics has released revised guidelines on vitamin supplements in infants, children and adolescents. According to the AAP, vitamin D deficiency is in epidemic proportions in the US. Research shows that sufficient levels of vitamin D are not only important to bone health, but also plays an important role in the prevention of diseases, including infection, autoimmune diseases, certain forms of cancer and type 2 diabetes. Advanced Pediatrics joins the AAP in recommending:

- All breastfed infants (over 2 weeks of age) take 400 IU of vitamin D supplementation daily. This should be continued until infant is weaned to 1,000 ml (approximately 34 oz) daily of vitamin D fortified formula or whole milk.
- All infants (over 2 weeks of age) /children/adolescents who drink less than 1,000 ml (approximately 34 oz) daily of vitamin D fortified formula or milk should receive a vitamin D supplement of 400 IU/day.