



DR IAN HAY LTD **CONSULTING PAEDIATRICIANS**

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PATIENT INFORMATION SHEET: Vitamin D (VIT D)

VIT D is a fat soluble essential vitamin that helps to regulate the absorption and utilisation of calcium and phosphorus and plays a crucial role in the development of strong bones and teeth. It also plays an essential role in enhancing the immune system. Children with low levels of VIT D have a higher risk of respiratory tract infections.

A significant proportion of the UK population have low VIT D Levels. This is of particular concern in pregnant and breastfeeding women, young children under the age of 5 years, people who have darker skin and those at risk of inadequate exposure to sunshine

Our body creates most VIT D from modest exposure to direct UVB sunlight. Short exposure without sunscreen in the summer is usually sufficient but in the UK, winter exposure is usually inadequate. Dietary sources of VIT D (oily fish, eggs and meat) may provide approximately 100 IU per day but are seldom adequate.

Breastfed infants will benefit from VIT D supplements from the age of 1 month if there is doubt about mother's adequate and safe use of vitamin supplements during pregnancy

Formula milks are VIT D fortified. 500ml per day will supplement dietary intake for children after 6 months. Children over the age of 18 months however seldom take formula milk and need to be supplemented

Dr Hay and Associates recommend that all children under 5 years of age should routinely take a Children's Vitamin preparation in order to meet daily nutritional requirements

Our dosage recommendation for VIT D is:
0-6 months: 200 IU (5 micrograms) daily.
6 months-4 years: 400 IU (10 micrograms) daily.

Examples of over the counter preparations include Abidec, Dalivit, "Healthy Start", Baby D Drops, Health Aid drops

www.healthystart.NHS.uk

www.animalparadevits.co.uk

www.healthaid.co.uk

Also provide helpful information

Dr Ian Hay