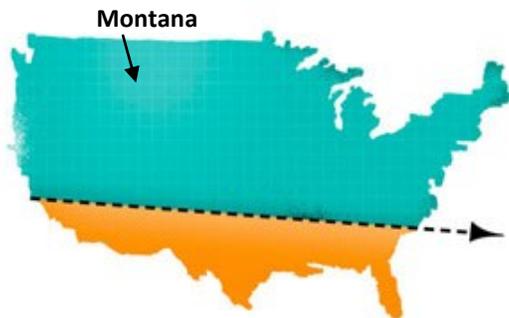


### *Risk factors for vitamin D deficiency*

- Living in the North
- Limited sun exposure
- Regular use of sunscreen
- Dark skin
- Obesity
- Aging
- Poor nutrition
- Certain medical conditions

*Vitamin D deficiency may lead to soft, brittle bones, and poor health.*



People living in the South can make more of their own vitamin D from the sun.



### **Online Resources**

America Academy of Pediatrics:  
[www.healthychildren.org](http://www.healthychildren.org)

Centers for Disease Control and Prevention:  
[www.cdc.gov/breastfeeding/recommendations/vitamin\\_D.htm](http://www.cdc.gov/breastfeeding/recommendations/vitamin_D.htm)

National Institutes of Health: Office of Dietary Supplements  
[www.ods.od.nih.gov](http://www.ods.od.nih.gov)



## **Get the Facts!**

# Vitamin D

Vitamin D is needed to help absorb calcium and build strong bones. Some research also suggests that vitamin D helps boost the immune system, improve muscle function, and prevent certain diseases.

## **How much do you need?**

Age	Vitamin D	Upper Limit
*0-6 mo.	400 IU/d.	1,000 IU/d.
*6-12 mo.	400 IU/d.	1,500 IU/d.
1-3 yrs.	600 IU /d.	2,500 IU/d.
4-8 yrs.	600 IU /d.	3,000 IU/d.
9-70 yrs.	600 IU/d.	4,000 IU/d.
Pregnant	600 IU/d.	4,000 IU/d.
Lactating	600 IU/d.	4,000 IU/d.

\*The American Academy of Pediatrics recommends that exclusively breastfed infants, and infants drinking less than 32 oz. of fortified formula a day, receive a daily vitamin D supplement of 400 IU .

## **Where is vitamin D found?**



Our bodies make vitamin D naturally when we get sun exposure. In Montana, the right kind of rays is limited, and too much sun may increase your risk for skin cancer.



Some foods have vitamin D naturally, like fish (salmon and tuna), egg yolk and mushrooms. Milk, yogurt and some juices have vitamin D added. It is difficult to get enough vitamin D from diet alone.



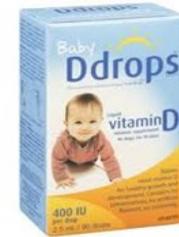
Breast milk is ideal for infants. It has everything they need, including some vitamin D. However, it is not recommended to expose young infants to direct sun, so they cannot make enough vitamin D naturally. Infant drops are available for supplementation.

Infant formula is required to have 400 IU of vitamin D in 32 oz. If your infant is taking in less than this amount, a supplement may be needed. Ask your doctor for advice.

## **Supplements...**

Make sure to check with your doctor before taking any supplements. Too much vitamin D can be toxic . Check the label and aim for 100% of the RDA.

*Infants-* look for infant drops at your local pharmacy or large retail store. Ask the Pharmacist or your doctor for a recommendation and *follow directions carefully.*



*Children-* may continue on infant drops until they can safely chew children's vitamins (typically after their second birthday).

*Adults-* may take a regular multivitamin or vitamin D alone.

