

Vitamin Supplementation Advice

Miss Caroline Edwards, Spire Southampton



Your Child's Vitamin D has been tested or clinically assumed to be slightly low.

< **25**, severe deficiency. Needs high dose supplementation

< **50**, mild deficiency. Needs routine supplementation for a minimum of 3 months, although throughout growth is recommended (Girls until 14, boys until 16 years of age)

High level sports: In adults a vitamin D of around 100 has shown to be beneficial in performance.

Supplements

These come in a variety of forms tablets, liquid, chewies and spray. These can be purchased from your local pharmacist, some examples below all available via amazon.

Routine supplementation: 400-1000IU (10-25mcg) daily

Dlux Vitmain D oral spray 1000IU

Natures aid vitamin D3 mini drops 400IU

Vitabiotics Peppa Pig Vitamin D soft jellies 400IU

Vitabiotics Ultra vitamin D3 1000IU, tiny hard tablets

Multivitamins

If your child is already on a multivitamin then that may contain vitamin D. If it only contains 200IU (most likely) then you can simply add one of the above supplements or switch to one with 400IU in it.

Diet

Oily fish like tuna, mackerel and salmon. Red meat, liver, egg yolks. Some foods are fortified with vitamin D ie extra added eg fat spreads and cereal. There is actually not much in non-fortified milk and dairy products.

High Dose supplements

This may be by prescription if your child has specific symptoms and signs. It may also involve an endocrine referral especially if PTH or Calcium are also abnormal.

Nutravita Vitamin D3 drops -10 drops daily to give 10,000 IU

More information: <https://www.guidelines.co.uk/paediatrics/ros-guideline-vitamin-d-and-bone-health-in-children/252801.article>