

Vitamin D supplementation for term breastfed infants to prevent vitamin D deficiency and improve bone health.

Tan ML, et al. Cochrane Database Syst Rev. 2020 Dec 11; 12:CD013046.

- Vitamin D deficiency is common worldwide, contributing to nutritional rickets and osteomalacia which have a major impact on health, growth, and development of infants, children and adolescents.
- Vitamin D levels are low in breast milk and exclusively breastfed infants are at risk of vitamin D insufficiency or deficiency.
- In populations at higher risk of vitamin D deficiency, vitamin D supplementation of infants led to greater increases in infant 25-OH vitamin D levels, reductions in vitamin D insufficiency and deficiency compared to supplementation of lactating mothers.

For breastfed infants, vitamin D supplementation 400 IU/day for up to 6 months increases serum 25-OH vitamin D levels and reduces vitamin D insufficiency/deficiency.