

## Vitamin D3: The Sunshine Vitamin

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Your child's daily/weekly dose should be:

\_\_\_\_\_ IU \_\_\_\_\_ Daily

\_\_\_\_\_ IU \_\_\_\_\_ Weekly

Take with a meal, especially one with calcium (such as milk or cheese).

Avoid dry tablets of Vitamin D - gel caps are very small and easy to swallow. Vitamin D is a fat soluble vitamin and needs oil or fat to be absorbed. D Drops by Carlson are the easiest of all. Visit: <http://www.carlsonlabs.com> to find locations to purchase. Purchase D3 as a single vitamin supplement, not as part of a multivitamin combination.

USP Verified brands include Kirkland (Costco), Nature Made (Kroger, Kmart, CVS, Rite Aid, many others). Vitamins are not regulated the same way that medications are; there may be other good brands, but these come in the doses we prefer and should be easy to find.

Vitamin D is produced in the skin from exposure to the sun. With Michigan's cloud cover, SPF sunscreen, and decreased outdoor time, it is unlikely that your child is consuming/making enough D3 for good growth and health. Vitamin D in milk is a superior way to consume both calcium and Vitamin D - but we don't recommend you rely only on this source.

Gummy bears - we were not able to find one that clearly contains D3. D2 is not as effective. We recommend drops rather than gummy vitamins to assure the correct dose.

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Multivitamins are helpful only for children who do not eat vegetables and fruit, or with special health needs. Please discuss this with us, as a multivitamin could change the Vitamin D3 dose we recommend.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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