



Vitamin D supplements

Vitamin D is important for building strong bones and muscles and may also help with learning to talk

Why is it important for my baby to take vitamin D every day?

Babies can become low on vitamin D in the first 6 to 12 months of life because;

- breastmilk doesn't contain enough vitamin D.
- babies are kept out of the sun, which helps make vitamin D.
- babies are born with only a small amount of vitamin D, which can be used up quickly.

Your baby may not show signs of low vitamin D, however low levels can lead to soft, weak bones (called Rickets), and bone and muscle pain.

Name of medication

Vitamin D is also known as vitamin D3 or colecalciferol. The dose of vitamin D is most commonly written as 'units' but sometimes may be written as 'micrograms'.

400 units of vitamin D is equivalent to 10 micrograms. 'Units' may sometimes be written as 'IU' or 'international units'.

How much should I give?

It is recommended that all babies who are fed breastmilk receive 400 or 500 units of vitamin D every day until at least 6 months of age.

Most formulas contain vitamin D, so in general, babies being exclusively fed formula do not require to be supplemented with extra vitamin D.

Some children need to continue to take vitamin D supplements even after 6 to 12 months and some require bigger doses of vitamin D (e.g. 1000 units daily); this will be determined by your doctor prior to discharge.

Always read the package dosing and administration guide and follow the advice on the product's packaging. Speak to your doctor or pharmacist to determine which product is the right choice for your baby and how to administer it.



Trade name	Vitamin D content	Bottle size (total number of doses)
Liquid		
OsteVit-D® Vitamin D3 Liquid	500 units per 0.1 mL	50 mL (500 doses)
Ostelin® Vitamin D3 1000 IU Liquid	500 units per 0.25 mL or 400 units per 0.2 mL	50 mL (200 to 250 doses)
Ostelin® Kids Vitamin D3 Liquid	400 units per 1 mL	20 mL (20 doses)
Drops		
OsteVit-D® Vitamin D3 Kids Drops	400 units per 2 drops	15 mL (374 drops = 187 doses)
Ostelin® Infant Vitamin D3 Drops	400 units per drop	2.4 mL (80 drops)
Brauer® Baby & Kids Liquid Vitamin D 400 IU	400 units per 2 drops	10 mL (200 drops = 100 doses)
There are many brands of vitamin D liquid available in Australia containing different amounts of vitamin D. You may see other brands that are not on this list.		



How should I give vitamin D liquid?

Different brands of vitamin D liquid have different strengths and formulas. Some products are administered as drops directly from the bottle and others need to be measured in a syringe.

Give the liquid directly into your baby's mouth, aiming for the inside of their cheek. Do not use a kitchen teaspoon to measure the dose as it will not give the right amount. Make sure your baby takes the full dose.

Medications should not be mixed with feeds in baby bottles as your baby may not finish the bottle.

What if I forget to give the vitamin D liquid?

If you usually give it once a day in the morning:

- Give the dose you missed later in the day, as long as this is at least 12 hours **before** the next dose is due.

If you usually give it once a day in the evening:

- If you remember before bedtime, give the missed dose.
- If you remember when your baby is sleeping, you can give the missed dose in the morning when they wake up, as long as it is at least 12 hours **before** the evening dose is due.

Are there any possible side effects?

We use medicines to make our children better or reduce the risk of them becoming unwell, but sometimes they have other effects that we don't want (side effects). Vitamin D liquid is generally well tolerated, so your child is unlikely to get side effects.

What if I give too much?

If you think or know you have given your baby more than their prescribed dose of vitamin D liquid, seek medical advice as soon as possible or contact the Poisons Information Centre on 13 11 26.

Where should I keep this medicine?

Most vitamin D liquids should be kept in a cool dry place out of reach of children. They generally do not need to be refrigerated after opening. However, follow the specific storage information on the product packaging if it differs from this.

Please speak to your doctor or pharmacist if you have any concerns or questions.



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



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