The Importance of Vitamin D

Make sure breastfeeding and supplementing moms know the importance of giving their babies the recommended amount of vitamin D in their diets.

There’s no match to the many benefits of breast milk, but research shows many babies who are breastfed or supplemented with formula may not get the recommended amount of vitamin D from breast milk alone.

Vitamin D plays a major role in supporting strong bones, so both the AAP and the Institute of Medicine (IOM) recommend 400 IU of vitamin D per day for infants, children and adolescents1.

Historically, the main source of vitamin D has been through skin exposed to UV-B light. However, since the amount of sunshine exposure is not easily determined for any given individual, a supplement is usually recommended, especially for babies who are breastfed or supplemented with formula and who don’t receive at least 1 L of infant formula per day1. Infant formulas are required to contain a minimum of 400 IU per L, so formula-fed infants receive adequate vitamin D. The recommendation states that the supplementation should start within the first 2 months after birth and continue through childhood and adolescence1.

Vitamin D in breast milk ranges from <25 to 78 IU per 34 fluid ounces of breast milk, measured in women taking a daily 400 IU vitamin D supplement themselves†. The amount would be even lower for women who are already vitamin D deficient and not taking a supplement. Therefore, a supplement given to the baby is a good way to make sure the baby is getting enough vitamin D.

†Daily intake of vitamin D is based on average breast milk consumption of 0.78 liters (26.4 oz) per day as reported by the IOM.
Enfamil® D-Vi-Sol™ Drops Complement Breast Milk for Optimal Nutrition†

Enfamil D-Vi-Sol Drops are designed for babies who are exclusively or partially breastfeeding.

- Delivers 400 IU of pure vitamin D (recommended by the AAP) in one daily dropper
- Helps babies build strong bones†
- Safe and easy-to-use syringe
- Pleasant citrus taste
- Gluten-free and free of artificial sweeteners

Change to Enfamil D-Vi-Sol Dosing System

Beginning this summer, Enfamil D-Vi-Sol will modify the dosing system from a dropper to a syringe. The new syringe is designed to be easy to use, stored in the bottle and provide accurate measurement of liquid vitamins.

This new syringe will replace the dropper in all Enfamil® liquid vitamins (Enfamil D-Vi-Sol, Enfamil® Poly-Vi-Sol® with Iron, Enfamil® Poly-Vi-Sol®, Enfamil® Tri-Vi-Sol® and Enfamil® Fer-In-Sol®). To use the enclosed syringe, fill to the 1 mL line to provide the full daily dosage. Use full dosage, regardless of age or weight, unless your child’s doctor recommends a different dosage. Enfamil D-Vi-Sol may be given by dispensing directly into the mouth. It may also be mixed with breast milk or formula, fruit juice, cereal or other foods to increase the child’s acceptance.


†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.