

CT Children's CLASP Guideline Family Handout

Vitamin D Deficiency

FAMILY HANDOUT: VITAMIN D SUPPLEMENTARY GUIDELINES

- Your child's daily dose of Vitamin D is _____ IU Daily. Take with the biggest meal of the day!
- Be sure your child is also getting 1-3 servings of calcium containing foods/drinks each day.
- Vitamins and supplements are not regulated by the FDA. Some brands voluntarily submit to the USP Dietary Supplement Verification Program (USP) which ensures that these brands contain the ingredients listed on the label, in the declared potency and amounts, do not contain harmful levels of specified contaminants (e.g., lead and mercury), and have been made according to FDA current Good Manufacturing Practices using sanitary and well-controlled procedures.
- Reliable brands include:

Carlson's drops <i>(available at Whole foods, Amazon.com, vitacost.com)</i>	 <p>400, 1000, 4000 IU/drop Careful not to use multiple drops</p>
Any USP verified brand such as Nature Made <i>(available at CVS, Rite Aid, etc.)</i>	 
Kirkland <i>(available at Costco)</i>	
Berkley & Jensen <i>(available at BJ's)</i>	