

# Information Brochure on Vitamin D drops



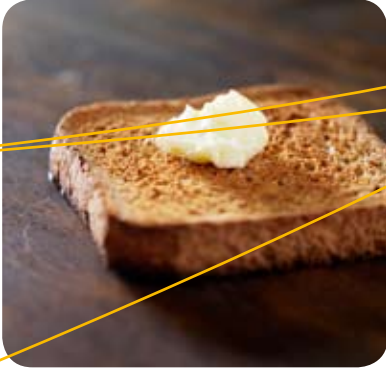


FOTO: Eva Hildén Smith

### **What is vitamin D?**

Vitamin D is a vitamin which is very important for our bones and teeth.

Vitamins are substances that are essential for normal growth and development of the body. The different vitamins have specific and important tasks in our body- although very small amounts are needed.

### **Food sources of vitamin D**

Vitamin D is found in fatty fish such as salmon, trout, mackerel, and herring- and in cod liver oil. Vitamin D is also found in vitamin D fortified food including different margarines, butter and extra low fat milk. For many people it is difficult to get enough vitamin D by eating these foods.

### **Vitamin D from sunlight**

Vitamin D is one of the vitamins our body is able to synthesize. During sun exposure to our skin, our body makes vitamin D. People with dark skin need longer time in the sun in order to produce a similar amount of vitamin D than those with light skin. Children below one year should not be exposed to direct sunlight.

### **What happens if you get inadequate vitamin D?**

Without vitamin D the bones can become soft and legs become bowed (rickets). The group at highest risk of rickets are children in the age of 6-24 months (Rickets strike mostly children between 6 months to 2 years), but older children and adults can also be affected.



### **Who should take vitamin D supplements?**

Although the skin can make vitamin D when exposed to the sun, children and many adults need supplementation of this vitamin. It can be taken as vitamin D-drops or as cod liver oil.

All children from the age of four weeks should get vitamin D supplementation every day. It is particularly important for infants who are breastfed to get vitamin D supplementation because human breast milk contains very little vitamin D.

**Vitamin D-drops should NOT be given at the same time to children who take cod liver oil or other vitamin D supplements. This can lead to excess vitamin D intake.**

Pregnant and lactating women are also recommended to take vitamin D supplements every day- in addition to eat food rich in vitamin D.

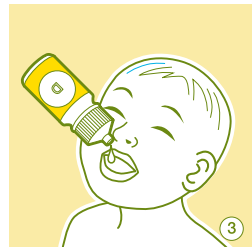


**How to administer vitamin D drops?** Before starting to give the vitamin D-drops it is important to read the instruction pamphlet which is inside of the box.

### Dosage of vitamin D drops

- Give **5 drops** of vitamin D to the child every day (this is equivalent to 10 microgram of vitamin D).
- Drip 5 drops by holding the bottle vertically.

The drops can be dripped directly into the child's mouth or can be given with a spoon.



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