

# Introduction - Statement on vitamin D Exposure Levels in Formula Fed Infants and Children

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4. The main sources of vitamin D for infants (0 to 12 month-olds) and young children (1 to 4 year-olds) are through exposure to sunlight, ingestion of supplements, and consumption of formulae that are fortified with vitamin D.

5. Current UK government advice on vitamin D supplementation is based on recommendations made by the Scientific Advisory Committee on Nutrition (SACN) in its report entitled 'Vitamin D and health' (SACN, 2016).

6. Infant formula is suitable from birth, whilst follow-on formula is suitable for infants from 6 months of age, as communicated via the [NHS.uk website](https://www.nhs.uk).

7. In the UK, it is currently advised via the [NHS](https://www.nhs.uk) that:

- “babies from birth to 1 year of age who are being breastfed should be given a daily supplement containing 8.5 to 10 µg of vitamin D (regardless of whether the mother is taking a vitamin D supplement);
- babies should not be given a vitamin D supplement if they are having more than 500 ml of infant formula per day, because infant formula is fortified with vitamin D and other nutrients; and
- children aged 1 to 4 years old should be given a daily supplement of 10 µg of vitamin D.”