



FREE

**vitamin D supplements for
breastfeeding women
and children under 3 years old***

Available at all community pharmacies



FREE vitamin D supplements are available for:

- **Breastfeeding women**
- **Breastfed babies**
- **Mixed fed (breastmilk and infant formula) babies that have less than 500ml (around 1 pint) infant formula every day**
- **Children under 3 years old***

***Formula fed babies should not be given a vitamin D supplement until they are having less than 500ml (about a pint) of infant formula a day, as infant formula contains added vitamin D.**



Speak to your midwife, health visitor or local pharmacy for more information
<https://www.nhsggc.scot/vitamind>