



# FREE

**Vitamin D supplements are available for young children and breastfeeding mothers.**

**For more information ask your Health Visitor, Midwife or Family Nurse**

Available for breastfeeding women and children under 3 years old\* at your local community pharmacy.

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

