



As part of the Scottish Government Scheme, this family should receive vitamin D supplements.

Please provide the family with:

- Vitamin D tablets
- Vitamin D drops





FREE

Vitamin D supplements for those who are breastfeeding and 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.



Available at your local pharmacy



Speak to your midwife, health visitor or local pharmacy for more information

 www.nhsggc.scot/vitamind

SCAN ME



For another language, scan the QR code

 <https://www.nhsggc.scot/your-health/early-years/vitamin-d/vitamin-d-resources/>

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