



Free

Vitamin D supplements are available for young children and those who are breastfeeding.

For more information, ask your Health Visitor, Family Nurse or Pharmacist

Available for those who are breastfeeding 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.

