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Vitamin D for Babies

The next logical question is this: if babies aren't getting enough vitamin D from breast milk, will supplementing the babies' diet with vitamin D3 increase vitamin D levels? Researchers examined data collected from the TARGet Kids! primary healthcare research network, a large cross-sectional study conducted in Canada, to answer the question.

The researchers examined data from over 2,500 breastfeeding mothers and infants who had vitamin D levels checked regularly. Those infants who were supplemented with vitamin D while breastfed had higher levels of vitamin D than those who were breastfed without taking a vitamin D supplement. The longer the unsupplemented infants were breastfed, the lower their vitamin D levels when compared to those who were supplemented.

With the limitation on sunlight in the North and the decrease in cow's milk consumption by women—the two primary sources of vitamin D today—both women and their breastfed children are not getting enough vitamin D. What about supplementing breastfeeding moms with vitamin D? We'll take a look at a couple of studies that do just that.

If you're concerned about Lyme disease and the Zika virus, check into my webinar next Wednesday called [Lyme Disease](#). With spring coming, along with an increase in insects, it's time to be prepared.

What are you prepared to do today?

Dr. Chet

Reference: Am J Public Health. 2016 Feb 18:e1-e6



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