

A smiling woman with dark hair tied back, wearing a white shirt, is holding a baby. The baby is lying down, and the woman is looking down at it with a gentle smile. The background is a soft, warm light.

**ProVita®**

**D<sup>3</sup>** *Liquid*  
**400 IU**

**25mL**

- Provita Liquid D3 400 IU is a purified vitamin D3 supplement for babies, specifically designed for breastfed infants.
- There's no taste, so the vitamin D drops don't interfere with feeding.
- Health Canada recommends that all breastfed, healthy term babies receive a daily vitamin D supplement of 400 IU.

**HELPS IN THE DEVELOPMENT AND  
MAINTENANCE OF BONES AND TEETH**



- ✓ Helps in the absorption and use of calcium and phosphorus.
  - ✓ Helps in the normal development and maintenance of bones and teeth.
- A factor in the maintenance of good health.

**The American Academy of Pediatrics** recommends that all infants, children, and teens take vitamin D supplements of 400 IU each day. Kids who are too young for chewable vitamins can take liquid supplements.

**The Canadian Pediatric Society** recommends that babies who are exclusively breastfed receive supplementary vitamin D at a dose of 400 IU daily to help prevent vitamin D deficiency.

Group making recommendation	Recommended for	Recommended vitamin D3 intake	Upper levels
Health Canada	Breastfed Infants	400 IU	1000 IU (0-6 months) 1500 IU (6-12 months)
Canadian Pediatric Society	Breastfed Infants	400 IU	1000 IU

Please remember your healthcare practitioner would be the best person to speak with regarding your specific needs around vitamin D supplementation.

*Distributed by:*



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