

Supplementation for Term Infants

Nutrient	Infants Fed Human Milk	Infants Fed Infant Formula
Vitamin K	<ul style="list-style-type: none"> • IM Single dose at birth for >1500g: 1 mg 	<ul style="list-style-type: none"> • IM Single dose at birth for > 1500g: 1 mg
Vitamin D	<ul style="list-style-type: none"> • Begin 400 IU (10 mcg) per day in the first few days of life until weaned to: <ul style="list-style-type: none"> ○ \geq 33 oz (1L)/day infant formula fortified with Vitamin D OR ○ Cow's or plant-based milk fortified with Vitamin D (when over 12 months of age) • Alternatively, lactating mother could consume 6400 IU (160mcg) per day, but should consult with her physician first. 	<ul style="list-style-type: none"> • Begin 400 IU (10 mcg) per day in the first few days of life until consuming: <ul style="list-style-type: none"> ○ \geq 33 oz (1L)/day infant formula fortified with Vitamin D OR ○ Cow's or plant-based milk fortified with Vitamin D (when over 12 months of age)
Iron	<ul style="list-style-type: none"> • 0 - 4 months: no additional iron needed • 4 - 6 months: 1 mg/kg/day * • 7 - 12 months: 11 mg/day* *if not provided by complementary foods	<ul style="list-style-type: none"> • 0 – 12 months: no additional iron needed if consuming \geq 33 oz (1L)/day or infant is also consuming complementary foods
Fluoride	<ul style="list-style-type: none"> • 0.25 mg per day after 6 months of age if local water supply has < 0.3 ppm fluoride 	<ul style="list-style-type: none"> • 0.25 mg per day after 6 months of age if fed: <ul style="list-style-type: none"> ○ powder or concentrate formula mixed with water, when local water supply has < 0.3 ppm fluoride ○ Ready-to-feed formula as the sole source of nutrient and fluid intake (this is NOT made with fluorinated water)
<p><i>All potential sources of fluoride should be assessed before prescribing supplements (dual homes, child care settings, etc). Liquid supplements should be added to water or put directly into the child's mouth. Addition of the fluoride supplement to milk or formula is not recommended because of the reduced absorption of fluoride in the presence of calcium.</i></p>		
Vitamin B12	If strict vegan mother (ie, avoids meat, eggs, dairy products) and not taking supplemental vitamin B12 while lactating: <ul style="list-style-type: none"> • 0-6 months: 0.4 mcg per day • 7-12 months: 0.5 mcg per day if also following a strict vegan diet for complementary foods 	<ul style="list-style-type: none"> • 7-12 months: 0.5 mcg per day if also following a strict vegan diet for complementary foods

Reference for Vitamin K: Hand I, Noble L, Abrams SA. Vitamin K and the Newborn Infant. *Pediatrics*. 2022 Mar 1;149(3):e2021056036. doi: 10.1542/peds.2021-056036. PMID: 35190810.

Reference for Vitamin D: Misra M, Motil KJ & Hoppin AG. Vitamin D Insufficiency and Deficiency in Children and Adolescents. *UptoDate*. Retrieved September 20, 2022, from <https://www.uptodate.com/contents/vitamin-d-insufficiency-and-deficiency-in-children-and-adolescents>

Reference for Iron: Baker RD, Greer FR, et al. Diagnosis and Prevention of Iron Deficiency and Iron-Deficiency Anemia in Infants and Young Children (0-3 Years of Age). *Pediatrics*. 2010; 126: 1040-1050.

References for Fluoride: *Caring for Your Baby and Young Child: Birth to Age 5*, 6th Edition 2015, Pediatric Nutrition Handbook American Academy of Pediatrics 7th Edition 2014.

Clark MB, Slayton RL; Section on Oral Health. Fluoride use in caries prevention in the primary care setting. *Pediatrics*. 2014;134(3):626-633. doi:10.1542/peds.2014-1699.

Reference for Vitamin B12: American Academy of Pediatrics Committee on Nutrition. Water-soluble vitamins. In: *Pediatric Nutrition*, 8th ed, Kleinman RE, Greer FR (Eds), American Academy of Pediatrics, Itasca, IL 2019. p.655.