



SHOULD MY CHILD HAVE A VITAMIN D TEST?

Not necessarily. If you are giving a supplement in the range we recommend, your child is likely to be in the sufficient range.

If you only feel comfortable with a lower dose or prefer not to supplement, we would recommend a blood test to see where your child's Vitamin D levels is. Blood tests for anemia and lead are generally done at ages 12 and 24 months and a Vitamin D level can readily be obtained at this time.