

# vitamin D

## for your baby

### Ask your family's doctor about vitamin D.

The American Academy of Pediatrics recommends a supplement with 400 IU of vitamin D per day for babies who are breastfed or drink less than 32 ounces of infant formula each day.



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# vitamina D

## para tu bebé

### Consulta al médico de tu familia.

La Academia Americana de Pediatría recomienda un suplemento con 400 UI de vitamina D por día para los bebés alimentados con leche humana o que toman menos de 32 onzas (*casi un litro*) de leche de fórmula por día.



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