



Vitamin D

INGREDIENT GUIDE

VITAMIN D PLAYS A ROLE IN HEALTH OUTCOMES

Vitamin D affects both physiological and molecular mechanisms. It is vital for your baby's bone health, growth, and development.

Vitamin D supports bone synthesis and skeletal development. Calcitriol (an active form of vitamin D) regulates blood calcium and phosphate, essential minerals for healthy bones. Severe vitamin D deficiency may cause bone demineralization resulting in bone resorption and further rickets^{2,3}.

Vitamin D binds its receptor in immune cells. When our bodies recognize pathogens like viruses and bacteria, immune cells get activated and release chemicals to destroy the pathogens. Vitamin D may regulate the synthesis of these chemicals; thus, it may enhance immunity. Respiratory tract infection risk was reported lower in babies whose mothers took vitamin D supplementation in pregnancy⁵.

Vitamin D may increase muscle protein synthesis, increasing muscle mass and hand grip strength⁶.

Vitamin D may be beneficial for babies' cognitive functions and motor skills. Research has shown babies given 400IU daily vitamin D supplementations had significantly higher motor skills⁷.

Sources of Vitamin D

- Sunlight
- Fish
- Whole Grains
- Cereal
- Cheese
- Butter
- Milk

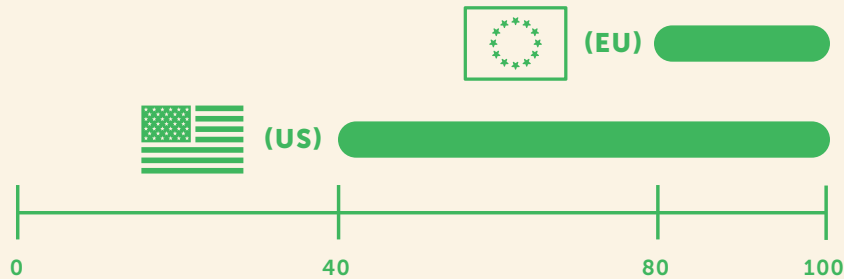
WHAT IS VITAMIN D?

Vitamin D is a fat-soluble vitamin found in two primary forms: Vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol). Our bodies get vitamin D from sunlight exposure and our diet. Although, vitamin D is found in a few foods, including cod liver, oily fish, and eggs. Our skin synthesizes vitamin D when exposed to sunlight. Human milk also contains various degrees of vitamin D. Still, deficiency of this essential vitamin is prevalent in infants, pregnant, and breastfeeding women. The main reasons for vitamin D deficiency in infants are: sun avoidance advised to infants and insufficient vitamin D in human milk¹.

REFERENCES

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REGULATORY REQUIREMENTS AND EXPERT RECOMMENDATIONS FOR INFANT FORMULA



75 IU of Vitamin D per 100 kcal

*US FDA requires that infant formulas with <1 mg of iron per 100kcal must include a statement on the label indicating that additional iron may be needed.¹¹

DIETARY RECOMMENDATIONS AND INFANT FORMULA REQUIREMENTS IN THE EU AND THE US

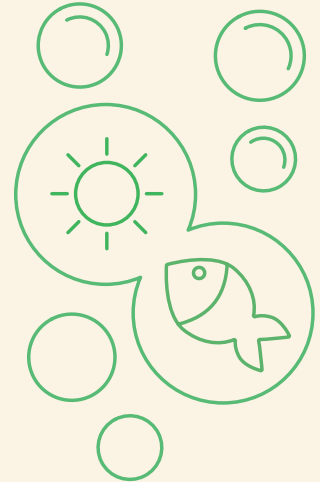
According to the Dietary Guidelines of Americans (US DGA) and The European Food Safety Authority (EFSA), infants need 400IU daily vitamin D from soon after birth to 12 months old^{8,9}. The European Food Safety Authority (EFSA) also reported maximum safe amounts of daily vitamin D. It is 1000IU until the 6th month and 1500 IU between the 6th and 12th months¹⁰. The regulations in the USA mandate 40 to 100 IU/100 kcal vitamin D fortification in infant formulas.

The European Commission permits up to 100 IU/ 100 kcal vitamin D fortification in baby formulas¹¹.



bobbie.

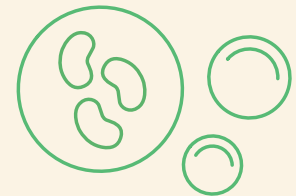
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TAKE-AWAY

Human milk alone does not meet an infant's vitamin D needs. Health authorities recommend additional vitamin D from foods, formulas, or supplements for infants.

Bobbie organic infant formula provides 75 IU vitamin D per 100 kcal agreeing with US and EU regulations.



Vitamin D
75 IU per
100 kcal



VITAMIN D IN BOBBIE

Bobbie organic infant formula provides 75 IU of Vitamin D per 100 kcal from the cholecalciferol (Vitamin D3) ingredient.