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HEALTH AND WELLNESS
CONNECTION

Ask Your Live Well Pharmacist

"Should I give my children vitamins?"

There is no clear answer for this question. Fluoride, Vitamin D and Iron are the only vitamins and minerals that Health Canada encourages supplementation of.

If you live in an area without fluoridated water, then your children will need fluoride supplements. If your child is breast fed, then a Vitamin D supplement like D-Vi-Sol is required. This is only for children whose sole source of food is from breast milk. Once breastfeeding has stopped, Vitamin D supplementation is no longer required, as it is found in infant cereal and cow's milk.

Iron supplementation is only required for infants who are

formula fed (therefore, a iron-fortified formula is recommended). For older children, the diet is sufficient to meet the requirements set out by Health Canada. Vitamins are either water-soluble or fat-soluble. The water-soluble vitamins are Vitamins B and C. The fat soluble vitamins are A, D, E and K.

Something for you to know when deciding whether or not to give your child a vitamin, is that the fat soluble vitamins are stored in your body.

Too much, is not a good thing, as if your child takes in more than what the body needs, it is stored in the body. For the water-soluble vitamins, if your child takes in more than what the body needs, your child will excrete the excess. Perhaps a waste of a vitamin!

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