

People in Ireland do not get enough vitamin D from their diet or from the effect of sunlight on their skin.



The Department of Health recommends vitamin D supplements for everyone. The amount needed depends on age, skin tone, situation and the time of year.

Recommended daily vitamin D supplements



Daily requirement



When to take



Infants
0–12 months

5 micrograms (µg)/200 IU

All year round if breastfed exclusively **or** if taking less than 300ml of infant formula per day

Exception: Infant formula has added vitamin D so if a baby drinks more than 300ml of formula, they do not need a vitamin D supplement.



Children
1–4 years

5 micrograms (µg)/200 IU

During the winter months (Halloween to St Patrick's day)



Children
5–12 years

10 micrograms (µg)/400 IU

During the winter months (Halloween to St Patrick's day)

or all year round for those with reduced sun exposure or darker skin tone

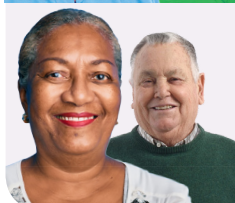


Teenagers and adults

15 micrograms (µg)/600 IU

During the winter months (Halloween to St Patrick's day)

or all year round for those with reduced sun exposure or darker skin tone
and every day during pregnancy



Older adults
Over 65 years

15 micrograms (µg)/600 IU

All year round

