



## Liquid Vitamin D: Too Much of a Good Thing for Babies

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In a recent [news release](#), FDA warns parents and caregivers of the risk of overdosing infants with liquid vitamin D. The liquid supplement is administered with droppers that are sold with the supplement itself. However, some of the droppers hold more vitamin D than is appropriate for babies.

Vitamin D supplements are recommended for some children to promote growth of healthy and strong bones. However, if fed with excessive amount of vitamin D, infants experience a myriad of symptoms ranging from nausea to muscle weakness, and sometimes even kidney damage.

Patrick A. Malone  
Patrick Malone & Associates, P.C.  
1331 H Street N.W.  
Suite 902  
Washington, DC 20005

[pmalone@patrickmalonelaw.com](mailto:pmalone@patrickmalonelaw.com)  
[www.patrickmalonelaw.com](http://www.patrickmalonelaw.com)  
202-742-1500  
202-742-1515 (fax)

Here are the FDA's recommendations for parents whose children receive vitamin D supplements:

- \* Ensure that your infant does not receive more than 400 international units (IUs) of vitamin D a day, which is the daily dose of vitamin D supplement that the American Academy of Pediatrics recommends for breast-fed and partially breast-fed infants.
- \* Keep the vitamin D supplement product with its original package so that you and other caregivers can follow the instructions. Follow these instructions carefully so that you use the dropper correctly and give the right dose.
- \* Use only the dropper that comes with the product; it is manufactured specifically for that product. Do not use a dropper from another product.
- \* Ensure the dropper is marked so that the units of measure are clear and easy to understand. Also make sure that the units of measure correspond to those mentioned in the instructions.
- \* If you cannot clearly determine the dose of vitamin D delivered by the dropper, talk to a health care professional before giving the supplement to the infant.
- \* If your infant is being fully or partially fed with infant formula, check with your pediatrician or other health care professional before giving the child vitamin D supplements.

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Patrick A. Malone  
Patrick Malone & Associates, P.C.  
1331 H Street N.W.  
Suite 902  
Washington, DC 20005

[pmalone@patrickmalonelaw.com](mailto:pmalone@patrickmalonelaw.com)  
[www.patrickmalonelaw.com](http://www.patrickmalonelaw.com)  
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202-742-1515 (fax)