

# DaliVit<sup>®</sup> VITAMIN D<sub>3</sub>

## What you need to know about D3 as a parent.

- The average toddler is only getting approximately 27% of their required Vitamin D from their intake of foods, with fewer than 1 in 10 taking any kind of vitamin supplement.
- Vitamin D has a crucial role to play in bone development and calcium absorption, without which bones will not develop correctly, become brittle and in severe cases cause rickets.
- The Department of Health (DoH) recommends that all children between the ages of 6 month and 5 years receive a daily supplement including at least 200iu of vitamin D.
- Only a limited amount of Vitamin D is found naturally in food stuff. Therefore it is very difficult for diet alone to provide all the Vitamin D a toddler requires daily.
- Liver, oily fish and egg yolks are Vitamin D rich foods and should be included in the diet every week. Not the foods of choice for toddlers though!
- The body produces Vitamin D through interaction with sunlight on our skin, which earns it the name of 'The sunshine vitamin'.
- During this early period toddlers have a high nutritional requirement of Vitamin D. It is difficult in a diet alone therefore a DaliVit Vitamin D food supplement can assist in achieving the balance.

**NUT FREE**



more information available at...

[www.dalivit.co.uk](http://www.dalivit.co.uk)



AVAILABLE FROM PHARMACY

# DaliVit® Drops

Once-a-day multivitamins for babies & toddlers

## What you need to know about multivitamins as a parent.

- Vitamins are essential for good health and, in children they are particularly important for normal growth and development.
- The necessary vitamins would be provided through a healthy balanced and varied diet, however should any of the essential vitamins be absent from the food for a long period of time, poor growth or certain deficiency diseases may occur.
- Peanut allergy is becoming ever more commonplace, with recent studies showing that the rate of peanut allergy has doubled over a five year period both here in Europe and the United States. Peanut allergy is estimated to affect 1 in 50 young infants.
- Food allergies are amongst the most common in children who come from families where other members suffer from an allergy. Babies with eczema are particularly at risk of having some form of food allergy.
- DaliVit Multivitamin Drops contain the seven essential vitamins for the prevention of vitamin deficiency. Just one daily dose supplies the recommended amounts of these vitamins for normal health and growth in early childhood.

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