



Vitamin D and Calcium

It is important for your child to get enough vitamin D and calcium to prevent weak bones.

To Learn More

- Developmental Medicine
206-987-2210
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

Where can I find information about calcium and vitamin D?

Your child may have a condition that gives them a higher chance of developing weak bones (osteoporosis) later in life. To prevent this, it is important that they get enough calcium.

If your child does not have other health concerns and you live in a sunny climate, they probably get enough vitamin D. If you live in a climate with little sunlight you can have your child take a daily multivitamin that has 800 iu (international units) of vitamin D. Extra vitamins and minerals that your child can take in addition to the vitamins and minerals they get from foods are called "supplements."

For more information about calcium and vitamin D, please see:

- Washington State Dairy Council www.eatsmart.org
- KidsHealth kidshealth.org/research/vitamind.html
- Seattle Children's handout: Non-Dairy Sources of Calcium

Where can I buy calcium and vitamin D supplements?

Your local grocery store or pharmacy will likely have vitamin D and calcium pills. They may also have chewable or liquid vitamins. Some local stores that are more likely to carry chewable or liquid vitamin D and calcium are below. If you have any questions, ask your child's provider. Seattle Children's does not endorse any of these stores or businesses.

- GNC: www.gnc.com
- PCC Natural Markets: www.pccnaturalmarkets.com
- Seattle Super Supplements: www.supersup.com
- Whole Foods Market: www.wholefoodsmarket.com

You may find better options and prices online:

- A1 Supplements: www.a1supplements.com
- Carlson Nutritional Supplements: www.carlsonlabs.com
- Emerson Ecologics: www.emersonecologics.com
- Puritan's Pride: www.puritan.com
- Wellesse: www.wellesse.com

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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