

Vitamins and Minerals for Your Premature Baby

Premature babies need more vitamins and minerals than full-term babies. Your baby might need to get extra vitamins and minerals from supplements.

Vitamins A, C, and D

Your baby might need a multivitamin supplement that contains vitamins A, C, and D. Examples include Tri-Vi-Sol® and PediaVit Multi®.

Benefits of these vitamins include:

- growth
- bone and tooth health
- lung growth
- eye health



Vitamin D

Your baby might need a vitamin D supplement. Examples of vitamin D supplements include D-Vi-Sol®, D Drops®, or a generic version.

Benefits of vitamin D include:

- bone health
- tooth health



Iron

Your baby might need an iron supplement. Examples of iron supplements include Fer-in-Sol® (liquid not syrup) and PediaFer Iron®.

Benefits of iron include:

- growth
- brain health
- moving oxygen around your baby's body

These supplements are a type of iron called ferrous sulfate. There is 75 mg of ferrous sulfate in 1 mL of the supplement. There are different types of iron. Talk to your pharmacist to get the right one.



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Which supplement(s) does my baby need?

Your dietitian checks off (☑) the supplement(s) for your baby.

☐ **Tri-Vi-Sol® or PediaVit Multi®**

Give one time each day.

Give your baby the amount selected.

☐ 1 mL

☐ 1.5 mL

☐ 2 mL

When your baby weighs 4 kg, stop this supplement and start 400 IU Vitamin D each day.

☐ **Vitamin D**

Give one time each day.

Give your baby the amount selected.

☐ 400 IU

☐ 800 IU

☐ 600 IU

☐ 1000 IU

☐ **Both Tri-Vi-Sol® or PediaVit Multi®, and Vitamin D**

Give both at the same time every day.

Give your baby the amounts selected.

Vitamin D

☐ 200 IU

☐ 400 IU

☐ 600 IU

Tri-Vi-Sol® or
PediaVit Multi®

☐ 1 mL

☐ 1.5 mL

☐ 2 mL

☐ **Iron (Ferrous Sulphate)**

Give one time each day.

Give your baby the amount selected.

☐ 0.2 mL

☐ 0.5 mL

☐ 0.8 mL

☐ 0.3 mL

☐ 0.6 mL

☐ 1 mL

☐ 0.4 mL

☐ 0.7 mL

☐ ____ mL

If you start to feed your baby formula, or start to give your baby more formula than breastmilk, talk to your doctor or dietitian about this iron supplement. Formula has added iron, and your baby might get too much iron with the supplement.

Give the iron supplement until your baby is:

☐ 6 months corrected age

☐ 12 months corrected age

The dose will need adjusting as your baby grows. Please discuss the dose with your doctor or dietitian.

Iron might turn your baby's mouth a dark colour. This washes away when your baby feeds. Iron also turns poop a dark green colour. This is normal.

What if I forget to give my baby the supplement(s)?

If you miss a dose, skip that dose and go back to your regular schedule. Do not double the dose.

What if I have questions?

Call your hospital dietitian.

Name: _____ Phone: _____ Ext: _____