

List of Pediatric Liquid Vitamin D Supplements Available in Northern BC

Updated April 26, 2019

Purpose and background:

- Vitamin D supplements are recommended for infants and toddlers who are exclusively or partially breastfed (or receiving human milk), as well as for children who do not obtain adequate vitamin D from their diets. For more information, see [Vitamin D recommendations for infants and children](#), on page 8 of this document.
- Parents and guardians may have questions or concerns about vitamin D supplements, such as concerns about product ingredients or product types. It is helpful for health professionals to know about the various supplements currently available.
- In early 2019, dietitians in select Northern BC communities gathered data on available vitamin D supplements appropriate for infants and toddlers. These liquid products provide 400 IU (10 mcg) of vitamin D3 per dose, without other nutrients.

Format:

Information on various brands, products, ingredients, costs, and stores is compiled in this document. This list is based on a convenience sample and is not exhaustive – other products may be available. Products are organized in three categories:





- Products that provide 400 IU (10 mcg) vitamin D *per drop* pp 2-4
- Products that provide 400 IU (10 mcg) vitamin D *per 0.25 mL* p 5
- Products that provide 400 IU (10 mcg) vitamin D *per 1 mL* pp 6-7

Within each category, products are organized by cost per dose, in ascending order.




Practice points:

- Vitamin D is a fat-soluble vitamin and is provided in an oil base. Vitamin E/tocopherol, a fat-soluble antioxidant, is often added as a preservative.
- The “per drop” and “per 0.25 mL” formulations generally only provide vitamin D3 in oil, with or without vitamin E/tocopherol. The “per 1 mL” formulations have significantly longer ingredient lists.
- The “per drop” and “per 1 mL” formulations are readily available in communities, whereas the “per 0.25 mL” formulations are less common. Because of this, an internet search was also conducted to uncover additional “per 0.25 mL” products.
- While most products cost between \$10-20 per bottle, the price per dose ranges considerably (2 – 37 cents per dose).
 - Some formulations provide as little as 50 – 90 doses per bottle, whereas others provide 200 – 500 doses per bottle.
 - The costs per dose are highest for the “per 1 mL” formulations, and certain brands of the “per drop” formulations.

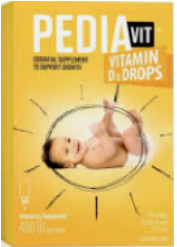

Products that provide 400 IU (10 mcg) vitamin D - *PER DROP*

Brand and Product	Image	Ingredients	Amount	Cost and stores	Cost per dose
Natural Factors BigFriends Liquid Vitamin D3 400 IU/drop		<ul style="list-style-type: none"> Vitamin D3 Organic Olive Oil Flaxseed Oil Natural Vitamin E 	500 drops 15 mL	\$10.30 * • Independent store * provided to pregnancy outreach programs by BCAPOP	2 cents
Natural Factors Vitamin D3 400 IU		<ul style="list-style-type: none"> Vitamin D3 Medium chain triglycerides (RSPO Certified palm kernel and coconut) Organic flaxseed oil Natural vitamin E 	500 drops 15 mL	\$9.50 • Independent store	2 cents
Western Family Vitamin D kids droplets		<ul style="list-style-type: none"> Vitamin D3 Medium chain triglycerides Alpha tocopherol (Vitamin E) 	500 doses (15 mL)	\$12.99 • SaveOnFoods	3 cents
Atoma Baby Vitamin D Drops		<ul style="list-style-type: none"> Vitamin D3 Medium chain triglycerides Flaxseed oil Vitamin E 	500 drops 15 mL	\$15.99 • IDA	3 cents

Products that provide 400 IU (10 mcg) vitamin D - *PER DROP*

Brand and Product	Image	Ingredients	Amount	Cost and stores	Cost per dose
Jamieson Natural Source Baby-D droplets		<ul style="list-style-type: none"> Vitamin D3 Medium-chain triglycerides (from coconut oil) (Contains no salt, sugar, starch, gluten, lactose, artificial colours, flavours, or preservatives.)	360 drops	\$15.99 - \$20.99 <ul style="list-style-type: none"> IDA London Drugs Safeway Shoppers Drug Mart Superstore Walmart.ca 	4 - 6 cents
Adorable Wampole Vitamin D drops 400 IU		<ul style="list-style-type: none"> Vitamin D3 Canola Oil Rosemary extract 	120 drops 3.4 mL	<ul style="list-style-type: none"> \$8.99 - \$12.49 * IDA Shoppers Drug Mart Well.ca * FNHA coverage	8 - 10 cents
DDrops Company Baby D Drops		<ul style="list-style-type: none"> Vitamin D3 Fractionated coconut oil (No gluten, wheat, soy, sugar, dairy, peanut, or corn)	90 drops	<ul style="list-style-type: none"> \$8.99 - \$12.49 * IDA Shoppers Drug Mart Well.ca * FNHA coverage	17 - 22 cents

Products that provide 400 IU (10 mcg) vitamin D - *PER DROP*




Brand and Product	Image	Ingredients	Amount	Cost and stores	Cost per dose
PediaVit Vitamin D drops		<ul style="list-style-type: none"> Vitamin D3 Organic Extra Virgin Olive Oil Tocopherols (Vitamin E) 	60 drops	\$9.49 - \$12.99 <ul style="list-style-type: none"> Independent store Shoppers Drug Mart Superstore 	16 – 22 cents
DDrops Company Kids Ddrops		<ul style="list-style-type: none"> Vitamin D3 Thin vegetable oil (purified components of coconut and palm oil) 	60 drops	\$11.49 - \$12.99 * <ul style="list-style-type: none"> IDA Shoppers Drug Mart Superstore Walmart.ca Well.ca * FNHA coverage	19 – 22 cents

The First Nations Health Authority’s Health Benefits program covers the following “per drop” products for eligible clients:



- Adorable Wampole, Vitamin D Drops NPN: 80019649
- DDrops Company, Baby Ddrops NPN: 80001869
- DDrops Company, Kids Ddrops NPN: 80001792

See [First Nations Health Benefits \(Plan W\) Over-the-Counter Drug Benefits](#)

Products that provide 400 IU (10 mcg) vitamin D - PER 0.25 mL

Brand and Product	Image	Ingredients	Amount	Cost and stores	Cost per dose
Webber Naturals Liquid D3 Kids		<ul style="list-style-type: none"> • Vitamin D3 • Medium chain triglycerides • Flaxseed oil • Natural tocopherol (Vitamin E) 	140 doses (35 mL)	\$6.97 - \$8.99 <ul style="list-style-type: none"> • Amazon.ca • Superstore • Well.ca 	5 – 6 cents
allKidz Vitamin D3 drops		<ul style="list-style-type: none"> • Vitamin D3 • Organic extra virgin olive oil (“No artificial flavours, colours, sweeteners, gluten, dairy, soy, yeast, or preservatives”)	100 doses (25 mL)	\$14.97 <ul style="list-style-type: none"> • Walmart.ca 	15 cents
Treehouse Liquid Vitamin D3		<ul style="list-style-type: none"> • Vitamin D3 • Medium chain triglycerides • Flaxseed oil • d-Alpha tocopherol (Vitamin E) 	200 doses (50 mL)	<ul style="list-style-type: none"> • N/A 	N/A

Products that provide 400 IU (10 mcg) vitamin D - PER 1 mL

Brand and Product	Image	Ingredients	Amount	Cost and stores	Cost per dose
<p>PediaVit</p> <p>Vitamin D Oral Solution</p> <p>(Cherry Flavoured)</p>		<ul style="list-style-type: none"> • Vitamin D3 • Butylated Hydroxytoluene • Caramel Colour Synthetic • Cherry Flavour Synthetic • Citric Acid Anhydrous • Disodium EDTA • Glycerin • PEG-40 Hydrogenated Castor Oil • Polyethylene Glycol • Propylene Glycol • Purified Water • Sodium Citrate Dihydrate • Sucralose 	<p>50 doses</p> <p>(50 mL)</p>	<p>\$8.29 - \$12.49 *</p> <ul style="list-style-type: none"> • IDA • Shoppers Drug Mart • Superstore <p>* FNHA coverage</p>	<p>18 – 25 cents</p>
<p>Life Brand</p> <p>Vitamin D3 Drops Oral Solution</p> <p>(Cherry Flavoured)</p>		<ul style="list-style-type: none"> • Vitamin D3 • Purified Water • Glycerin • Polyethylene Glycol • Propylene Glycol • PEG-40 Hydrogenated Castor Oil • Cherry Flavour • Caramel Colour • Disodium EDTA • Sodium Citrate Dihydrate • Sucralose • Butylated Hydroxytoluene • Citric Acid Anhydrous. <p>No Sugar, Aspartame or Parabens</p>	<p>50 doses</p> <p>(50 mL)</p>	<p>\$13.49</p> <ul style="list-style-type: none"> • Shoppers Drug Mart 	<p>27 cents</p>

Products that provide 400 IU (10 mcg) vitamin D - PER 1 mL

Brand and Product	Image	Ingredients	Amount	Cost and stores	Cost per dose
		<ul style="list-style-type: none"> • Vitamin D3 • Glycerin, Water • Polysorbate 80 • Citric Acid • Natural flavour • Sodium citrate 	50 doses (50 mL)	\$13.97 -18.49 * <ul style="list-style-type: none"> • SaveOnFoods • Shoppers Drug Mart • Superstore • Walmart.ca • Well.ca * FNHA coverage	

The First Nations Health Authority’s Health Benefits program covers the following “per 1 mL” products for eligible clients:

- PediaVit, Vitamin D Oral Solution NPN: 02231624
- Enfamil, D-Vi-Sol Liquid Vitamin D Supplement NPN: 00762881

See [First Nations Health Benefits \(Plan W\) Over-the-Counter Drug Benefits](#)

Vitamin D recommendations for infants and children:

- For healthy, term infants who are exclusively or partially breastfed, recommend a daily liquid vitamin D supplement of 400 IU (10 mcg) for as long as breastfeeding continues and until children obtain adequate vitamin D from their diet.
- Healthy, term infants fed commercial infant formula only, and who were born to mothers with adequate vitamin D status during pregnancy, do not need a liquid vitamin D supplement.
- Recommend a daily liquid vitamin D supplement of 400 IU (10 µg) for toddlers who do not drink 500 mL (2 cups) of cow milk (or vitamin D fortified goat milk) and do not eat a variety of other vitamin D rich foods every day to meet the daily recommended intake of 600 IU (15 µg).
- Recommend a 400 IU liquid vitamin D supplement for children (over 2 years) who do not drink 500 mL (2 cups) of pasteurized cow milk (or vitamin D fortified goat milk) or fortified soy beverage, and do not eat a variety of other vitamin D rich foods every day to meet their daily recommended intake of 600 IU (15 µg).
- Health professionals may recommend higher doses of vitamin D to address known or suspected insufficiency/ deficiency as a clinical decision.

For more information about vitamin D recommendations for infants and toddlers, see the section “Vitamin D” in Chapter 6: Nutrients of Concern, in the [NH Infant-Toddler Nutrition Guidelines for Health Professionals](#)