



Vitamin D Testing

What Is Vitamin D — and Why Is It Important?

- Vitamin D helps the body absorb calcium and build strong bones.
 - It also plays a role in immune function and overall health.
 - Vitamin D comes from sunlight, food, and supplements.
 - Low levels are common in children and teens.
 - Many children have no symptoms
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When and How Do We Check Vitamin D Levels?

- At well visits, your child's provider reviews risk factors for low vitamin D.
 - Based on the American Academy of Pediatrics, **routine screening is not recommended for all children.**
 - Testing is typically done only if risk factors are present or if there are concerns.
 - Testing is done via blood sample from venipuncture.
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Common reasons to check vitamin D levels include:

In Infants, testing is not usually indicated.

- Formula fed infants achieve adequate vitamin D levels from formula.
- Breastfed infants receive adequate vitamin D through supplementation. See our handout on [Infant Vitamin D Supplementation](#).

In older children and teens, testing may be indicated if:

- Limited sun exposure
 - Darker skin pigmentation
 - Diet low in vitamin D (little/no fortified foods)
 - Certain medical conditions (obesity, malabsorption, chronic illness)
 - Bone pain, fractures, or concerns for low bone density
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Sources of Vitamin D

Food sources:

- Fortified milk (1 cup): ~100–120 IU
- Fortified orange juice (1 cup): ~100 IU
- Fortified cereals (1 serving): ~40–100 IU
- Yogurt, fortified (1 serving): ~80–100 IU
- Salmon (3 oz): ~400–600 IU
- Tuna, canned (3 oz): ~150–250 IU
- Egg yolk (1 egg): ~40–50 IU

Non-food sources:

Most children don't meet Vitamin D requirements through diet alone.

- Sunlight exposure
 - Vitamin D supplements
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Daily Vitamin D Needs

Based on AAP recommendations:

- Infants (0–12 months): 400 IU daily
- Children and teens (1 year and older): 600 IU daily

Additional notes:

- Breastfed infants should receive 400 IU daily supplementation
- Some children may require higher doses if levels are low (your provider will guide this)

What if Vitamin D Levels are Low?

- Don't worry — this is common and treatable
- Increase dietary sources of vitamin D as able
- Start supplementation as recommended - we will recommend the dose and duration based on lab results
- Follow up as directed

Vitamin D Supplement Specifics

If Vitamin D supplementation is needed:

- Your provider will discuss the strength and duration needed.
- In some cases, we monitor blood levels periodically to ensure levels normalize.

How to take Vitamin D:

- Can be taken with or without food (taking with a meal that contains fat may help absorption)
- Can be taken at any time of day
- Liquid drops are often easiest for infants and young children
- **Choose 3rd party verified supplement (look for USP, NSF, Clean Label Project certification).** Common 3rd party verified brands include Nature Made, Kirkland Signature, Metagenics, Nordic Naturals, Thorne.

Side effects and medication interactions

- Vitamin D is generally well tolerated
- Side effects are uncommon when taken at recommended doses
- Generally, well tolerated with minimal medication interactions
- Certain anti-seizure medications may lower vitamin D levels over time

