



Vitamin D

What is vitamin D, and why is it so important for your baby?

- Vitamin D is a nutrient that helps your baby use calcium to build strong bones and teeth*
- Vitamin D also helps your baby's immune system work smoothly*
- Not getting enough vitamin D can cause your baby to develop soft bones (a problem called rickets) or can keep their teeth and bones from growing properly*

Why do babies need extra vitamin D?

- Even when moms eat a healthy diet, breast milk doesn't have the amount of vitamin D babies need to grow strong bones and teeth*
- Formula-fed babies also need more vitamin D, until they start drinking at least 32 fluid ounces a day
- The sun helps our skin make vitamin D, but experts recommend keeping your infant out of direct sunlight, so this won't be a good way for your baby to get vitamin D

Whether you breastfeed some or all of the time, the American Academy of Pediatrics (AAP) recommends that you give your baby at least 400 IU (international units) of a vitamin D supplement every day, starting in the first days of life. Learn more at HealthyChildren.org.

The good news is, supplements are easy to use—and you won't need to wonder if your baby is getting the vitamin D they need.



Dietary supplement

Cross vitamin D off your list of things to worry about

Zarbee's® Naturals is here for you—with a Baby Vitamin D Supplement that's safe and easy to use.

To give your baby the daily amount of vitamin D that the AAP recommends, just squeeze the liquid into your baby's mouth. It has no added flavors, so your baby probably won't even notice!



EASY-TO-USE SYRINGE



ONLY 2 INGREDIENTS



SAFE TO USE FROM DAY 1



NO ADDED SUGAR



NO DRUGS OR ALCOHOL

DID YOU KNOW?

0.25 mL of Zarbee's Naturals Baby Vitamin D Supplement gives your baby 400 IU of vitamin D, the daily amount they need.

HELPFUL TIP

As a daily reminder, keep the bottle in a place where you'll see it every morning—like next to your coffee cup or near the changing table (but out of your baby's reach).

If you miss a day, don't stress—you're doing your best! Just pick up where you left off the next day.



We'll there™ with safe, effective products for you and your baby.

Dr. Zak Zarbock, a pediatrician and father, founded Zarbee's Naturals as a way to provide drug-free wellness essentials for the whole family. That's why we only use carefully chosen ingredients—and leave out artificial flavors, sweeteners, gluten, dairy, eggs, and peanuts.



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.