



# 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 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 of formula 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](http://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® 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® 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.

For the of well-beeing™

Dr. Zak Zarbock, a pediatrician and father, founded Zarbee's® 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, gluten, dairy, eggs, and peanuts.



Visit [Zarbees.com](http://Zarbees.com) for more information.



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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.

\*For coughs associated with hoarseness, dry throat, and irritants.  
\*\*QVIA Survey Data, 2021.