

Suitable for:

SMA[®] Xpert Vitamin D is a paediatric food supplement that provides vitamin D for babies, suitable from birth to 4 years.

SMA[®] Xpert Vitamin D contains vitamin D, a vitamin that is needed for the normal growth and development of bones in infants and young children. Vitamin D also contributes to the normal functioning of baby's immune system¹.

UK: The Department of Health and Social Care recommends Vitamin D for infants from birth to 4 years who are not receiving more than 500ml of formula a day².

Ireland: The Department of Health recommends Vitamin D for infants from birth to 4 years, and who are not receiving more than 300ml of formula a day^{3,4}.

This includes baby vitamin drops, such as **SMA[®] Xpert Vitamin D**.

Please refer to full dosage guidance overleaf.

Shelf life:

SMA[®] Xpert Vitamin D has a shelf life of 18 months.



**INFORMATION FOR HEALTHCARE
PROFESSIONAL USE ONLY**

DATA CARD
SMA[®] XPERT VITAMIN D
FOOD SUPPLEMENT

Suitable from birth



IMPORTANT NOTICE: This product is not a substitute for breastmilk and does not replace a balanced diet. Please advise parents on the appropriate use of this dietary supplement to their child's diet, particularly if there is a health concern or a known immune-compromised condition. Please advise parents not to take in conjunction with other supplements containing vitamin D.



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INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

Nutritional information for SMA[®] Xpert Vitamin D

UK	Per 0.08 ml serving (2 drops)	% NRV
Vitamin D3	10µg (400 IU)	200
IRELAND	Per 0.04 ml serving (1 drop)	% NRV
Vitamin D3	5µg (200 IU)	100

NRV = Nutrient Reference Value
IU = International Units

How is it stored?

Store at room temperature (25°C) in a cool dry place, away from direct light. Use within 2 months of opening.

Usage Instructions:

1. Each drop contains 5 µg (200 IU) of Vitamin D.
2. Shake well before use.
3. Turn bottle to a 45° angle to slowly form a drop.
4. Drops can be given on the breast, mixed with breastmilk or may be given by spoon.


Do not use if security seal on bottle is broken.

UK GUIDANCE

The Department of Health and Social Care recommends that:

- Breastfed babies from birth to 1 year of age, should be given a daily supplement containing 8.5 µg (340 IU) to 10 µg (400 IU) of Vitamin D to ensure they get enough.
- Formula-fed babies should not be given a Vitamin D supplement until they're having less than 500 ml (about a pint) of infant formula a day, as infant formula is fortified with Vitamin D.
- Children aged 1 to 4 years old should also be given a daily supplement containing 10 µg of Vitamin D.

USAGE INSTRUCTIONS FOR UK

 UK - Use 2 drops once daily*

*In line with Government guidelines for Vitamin D supplementation. Please refer to the SMA[®] Xpert Vitamin D carton for full usage instructions.

IRELAND GUIDANCE

The Department of Health recommends:

- Breastfed babies from birth to 1 year of age, should be given a daily supplement containing 5 µg.
- Formula-fed babies should not be given a daily Vitamin D supplement if they are having more than 300 ml of infant formula a day. This is because infant formula is fortified with Vitamin D.
- Children aged 1 to 4 years old should also be given a daily supplement containing 5 µg of Vitamin D during the winter months (from October 31st to March 17th).

USAGE INSTRUCTIONS FOR IRELAND

 IRELAND - Use 1 drop once daily*

*In line with Government guidelines for Vitamin D supplementation. Please refer to the SMA[®] Xpert Vitamin D carton for full usage instructions.

SMA[®] Xpert Vitamin D ingredients

Sunflower oil, Vitamin D3 (Cholecalciferol).

References

1. Scientific Opinion on the substantiation of a health claim related to Vitamin D and contribution to the normal function of the immune system pursuant to Article 14 of Regulation (EC) No. 1924/2006. EFSA Journal 2015; 13(5):4906
2. Vitamins for children. NHS, 2021. Available at <https://www.nhs.uk/conditions/baby/weaning-and-feeding/vitamins-for-children/> Accessed March 2023.
3. Health Service Executive (HSE) Ireland. Vitamin D for babies 0-12 months (2022). Available at: <https://www2.hse.ie/babies-children/weaning-eating/nutrition-baby/vitamin-d/> Accessed March 2023
4. Food Safety Authority of Ireland (2020) Scientific Committee Report. Scientific Recommendations for Food-Based Dietary Guidelines for 1 to 5-year-olds in Ireland. Available at https://www.fsai.ie/news_centre/press_releases/healthy_eating_1-5yearolds_22062020.html Accessed March 2023.