

Vitamin and Iron Charts

HOSPITAL VITAMIN SUPPLEMENTATION

BIRTHWEIGHT/DIET	<1500 GRAMS	1500-2500 GRAMS	TERM
Breast milk + HMF or Premature Formula	Vitamin D 200 IU/day	Vitamin D 200 IU/day	Vitamin D - NONE
Breast milk+ SCF with Fe Breast milk+ Prolacta Breast milk+ Term Concentrate	MVI 0.5 ml BID	MVI 0.5 ml BID	MVI 0.5 ml BID
Term Formula	MVI 0.5 ml BID	Vitamin D - 400 IU/day until oral intake > 32 oz/day	Vitamin D - 400 IU/day until oral intake > 32 oz/day

Vitamin D concentration 400 IU/mL

Breast milk = maternal or donor

MVI with iron contains 400 IU Vitamin D and 10 mg Fe per 1 ml

HOSPITAL IRON SUPPLEMENTATION

BIRTHWEIGHT/DIET	<1500 GRAMS	1500-2500 GRAMS	TERM
Breast milk + HMF	4 mg/kg/day	2 mg/kg/day	NONE
Premature Formula	2 mg/kg/day	NONE	NONE
Breast milk + SCF with Fe	3 mg/kg/day	1 mg/kg/day	NONE
Breast milk + Prolacta or Breast milk+ Term Concentrate	4 mg/kg/day	2 mg/kg/day	NONE
Term Formula	2 mg/kg/day	NONE	NONE

Iron = Ferrous sulfate

DISCHARGE VITAMIN AND IRON SUPPLEMENTATION

BIRTHWEIGHT/DIET	<1500 GRAMS	1500-2500 GRAMS	TERM
Breast milk or Breast milk + formula	MVI + Fe 1 ml/day	MVI + Fe 1 ml/day	Vitamin D 400 IU/day
Neosure or Enfacare	MVI + Fe 0.5 ml/day	MVI + Fe- not needed Vitamin D - 400 IU/day until oral intake > 26 oz/day	N/A
Breast milk + SHMF	Vitamin D – not needed Iron 4 mg/kg/day	Vitamin D – not needed Iron 2 mg/kg/day	N/A
Term formula with iron	MVI + Fe 1 ml/day	MVI + Fe - not needed Vitamin D - 400 IU/day until oral intake > 32 oz/day	MVI +Fe - not needed Vitamin D - 400 IU/day until oral intake > 32 oz/day

Iron = Ferrous sulfate

MVI with iron contains 400 IU Vitamin D and 10 mg Fe per 1 ml