

## 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 - none	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**

<b>Birthweight/Diet</b>	<b>&lt;1500 grams</b>	<b>1500-2500 grams</b>	<b>Term</b>
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	NA
Breast milk + SHMF	Vitamin D – not needed Iron 4 mg/kg/day	Vitamin D – not needed Iron 2 mg/kg/day	NA
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