

Healthy Start vitamins

Our bodies need vitamins to work properly. Most of these vitamins come from a healthy diet.

At some times in your life, you might need extra vitamins. Extra vitamins should be taken when you are pregnant, breastfeeding or when you are a small child.

Healthy Start vitamin drops for children and Healthy Start vitamin tablets for women can help you get the right amount of the vitamins. For children they have the recommended amount of vitamins A, C and D. For pregnant and breastfeeding women they have the recommended amount of folic acid and vitamins C and D

Children's Healthy Start drops should be given to children from six months to four years of age. If your child is having at least 500mls of infant formula each day, they will not need Healthy Start drops because infant formula already includes vitamins.

Children who are only being breastfed and whose mother did not take vitamin D supplements all the way through pregnancy should be given Healthy Start vitamin drops from 1 month old.

The Healthy Start tablets for women, or another supplement suitable for use in pregnancy, should be taken all the way through pregnancy and when breastfeeding. These vitamins should also be taken when you are trying to have a baby.

How do Healthy Start vitamins help?

Healthy Start Women's tablets contain;

- Vitamin C – to help the body to fight illness
- Vitamin D - to help keep bones and teeth strong
- Folic acid – to give your baby the best start in life

Healthy Start vitamin drops for children contain vitamin A, C and D. Vitamin A helps the body to fight against illness. It also helps your child's eyes and keeps the skin healthy.

How to get Healthy Start vitamins

You can get Healthy Start vitamins at low cost from all children's centres in Sheffield and from some pharmacies.

You may be able to get the vitamins for free through the Healthy Start vouchers scheme if you receive benefits. Speak to your midwife or health visitor to find out more. They will give you a form to complete.

Can my child take the vitamins if they are on a special diet?

Healthy Start vitamins can be taken by vegetarians and people on halal diets. They are free from milk, egg, gluten, soya and peanuts.