

香港特別行政區政府
衛生署
家庭健康服務
香港灣仔愛群道32號
愛群商業大廈13樓1308室



THE GOVERNMENT OF THE HONG KONG
SPECIAL ADMINISTRATIVE REGION
DEPARTMENT OF HEALTH
FAMILY HEALTH SERVICE
ROOM 1308, 13/F, GUARDIAN HOUSE,
32 OI KWAN ROAD,
WANCHAI, HONG KONG

本署檔號 Our Ref.:(13) in DH FHS/7025/21

來函檔號 Your Ref.:

電話 Tel.: (852) 2961 8855

圖文傳真 Fax: (852) 2574 8977

3 March 2026

Dear Doctor,

Vitamin D Supplementation for Breastfed Infant
Proper Guidance to Caregivers

To prevent vitamin D deficiency in infants, young children and pregnant women, an Expert Working Group convened by the Department of Health has formulated a set of local recommendations taking reference to evidence, overseas experience and local situation. According to the recommendations, vitamin D supplementation of 400 IU (10 µg) per day is recommended for breastfed infants (including exclusively and partially breastfed infants) from birth to 12 months of age. For details, please refer to the following websites –

Chinese (https://www.fhs.gov.hk/tc_chi/health_info/child/30190.html)

English (https://www.fhs.gov.hk/english/health_info/child/30190.html)

During routine follow up of infants in Maternal and Child Health Centres, it was observed that a small number of babies had been given more than the recommended dosage of vitamin D by their caregivers. In light of this, when prescribing the vitamin D supplement to your clients, you are advised to **provide caregivers with clear dosing instructions, and maintain vigilance in monitoring correct administration and adherence**. Caregivers should also be informed about the potential adverse health effects of long-term excessive intake of vitamin D supplement. Where appropriate, you may use the following information to support your education of caregivers on vitamin D supplementation –

Written material

Chinese (https://www.fhs.gov.hk/tc_chi/health_info/child/30078.html)

English (https://www.fhs.gov.hk/english/health_info/child/30078.html)

*We build a healthy Hong Kong and
aspire to be an internationally renowned public health authority*

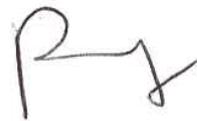
Video

Chinese (<https://youtu.be/NaApybmmxOY>)

English (<https://youtu.be/FkLI-blh0g0>)

I would be grateful if you will draw the attention of other healthcare professionals and supporting staff in your institution/ working with you to the above. Thank you for your unfailing support in protection and promotion of child health.

Yours faithfully,

A handwritten signature in black ink, appearing to be 'P. Chong', written in a cursive style.

(Dr Patrick Chong)

Principal Medical and Health Officer
(Family Health Service)
Department of Health