

Winter Season Supplement Recommendations

Vitamin C

Preschool (under 5 years) 500mg BID

School age (5 years and up) 1000mg BID-TID

Zinc

Preschool (under 5 years) 15-25mg QD

School age (5 years and up) 25-50mg QD

(Higher doses may cause diarrhea)

Vitamin D

1000i.u./20 lbs (maximum 5000i.u.)

Weight	Dose
20-39 lbs	1000 i.u.
40-59 lbs	2000 i.u.
60-79 lbs	3000 i.u.
80-99 lbs	4000 i.u.
100 lbs and up	5000 i.u.

These doses are higher than normal and should not be continued throughout the year.