

Why does my baby need a multivitamin?

Preterm babies are babies born earlier than 37 weeks. Babies build nutrient stores in the last 12 weeks of pregnancy. These stores include vitamins. Preterm babies do not develop full stores before birth because they are born early.

Multivitamins help preterm babies to top up their stores.

Our bodies need vitamins to be healthy. To get the right amount of vitamins, we must include them in our diet. Multivitamins for babies have vitamin A and vitamin D in. Vitamin A helps eyes and lungs to develop. Vitamin D helps your baby to form strong bones.

Daily multivitamin drops will help to increase vitamin A and vitamin D levels

How long will my baby need multivitamin drops?

Your baby's GP will prescribe Abidec® multivitamin drops.



Give your baby 0.6ml of Abidec® multivitamin drops every day, until 6 months after your baby's due date.

What does my baby need when multivitamin drops stop?

When you stop the drops, give your baby a multivitamin with vitamin A, vitamin C, and vitamin D in if they are:

- breast fed
- drinking less than 500ml of formula milk every day

You can buy multivitamins from a pharmacy or shop. Talk to a pharmacist for advice about suitable multivitamins. The Healthy Start Scheme also provide free multivitamins.



All children aged 1 to 5 years old need to take a multivitamin with vitamins A, C and D in every day.

Useful websites for more information

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Bliss - nutrition for preterm babies



Healthy start vitamins



NHS vitamin D



Healthy start scheme

