

Recommended Vitamin D Doses		
Age (yrs)	Daily Requirement (IU)	Upper-Level Daily Intake (IU)
0–1	400	1,000
1–9	400	2,000
11–18	400	4,000

Source: EFSA and ESPGHAN (<https://academic.oup.com/jcem/article/99/4/1132/2537181>)

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