

Vitamin A Mega-dose Capsules

New Norms

200,000 International Units (IU) per Capsule

Prevention & Treatment Doses

Repeat this dose as recommended for emergency indications.

Age:	Units per Dose	Capsule /Drops	Notes:
Infants 0-5 months	3 doses of 50,000 IU with at least 1 month between doses	¼ each dose or 2 drops each dose	Breast milk provides Vitamin A.
Infants less than 6 months: Non-breastfed or breastfed if mother has not received supplemental Vitamin A	100,000 IU	½ or 4 drops	Breast milk provides Vitamin A. *New norm=Infants 6-11 months can receive 100,000 IU every 4-6 months.
Infants 6 to 12 months: Every 4-6 months	100,000 IU	½ or 4 drops	Give eggs, milk, greens, fruits, colored vegetables. *New norm=Children older than 12 months can receive 200,000 IU every 4-6 months.
Children over 12 months: Every 4-6 months	200,000 IU	1	Not safe for girls or women who may become pregnant!
Mothers 6 weeks postpartum	200,000* IU	1	*New norm=Mothers 6 weeks postpartum can receive 2 doses of 200,000 IU each at least 1 day apart.

*New norms are being developed in many countries, based on current research, but are not yet universally accepted. Contact the country's Ministry of Health to find out the regulations that they follow.