

Vitamins For Infants with CF

Babies with CF often have deficiencies in 'fat-soluble' vitamins A, D, E and K due to their limited or total inability to absorb these vitamins, particularly those who are pancreatic insufficient.

Vitamins are essential for normal growth and function and to fight infection. Vitamin levels should be checked at least once a year at your child's annual review and more frequently if required.

- **Vitamin A** – Important for vision, especially at night. Also helps growth and repair of cells and tissues throughout the body.
- **Vitamin D** – Helps in the absorption and use of calcium and phosphorous. It is required for strong bones and teeth.
- **Vitamin E** – Is an antioxidant that helps with nerve and muscle function.
- **Vitamin K** – Important for healthy bones and blood clotting.

VitABDECK

Vitamin supplements are required for CF babies. VitABDECK is a CF-specific multivitamin that is generally prescribed for people with CF, including infants.

Vitamin Dosages

VitABDECK is usually taken once daily. It comes in a capsule form, and infants up to three years should have approximately half a capsule daily. If you forget to give a dose, give the missed dose as soon as you remember, then give the next dose at the time it is normally due. If it is almost time for the next dose, skip the dose you missed and give the next dose when you are meant to.

Administering Vitamins

The VitABDECK capsule should be opened and required amount should be mixed in with apple or pear puree and spoon fed to your baby.



If using apple puree doesn't work, it can also be dissolved with sterilised water and given orally via a baby syringe. VitABDECK does not have a pleasant taste so avoid mixing it into breast milk or formula.

To enhance absorption, the mixture should be taken with enzymes and followed by a fat containing food or drink (breast milk or formula for your infant).

If VitABDECK is not well tolerated, separate supplements may be considered. This is something to discuss with the CF team.

Thank you to Tanya Coelho, CF Dietitian, Perth Children's Hospital, for input into this factsheet.

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