Vitamin D promotes strong bones and teeth. It also helps prevent infections, heart disease, cancer and diabetes.

Kids from birth to 18 years old need 400 International Units (IU) of vitamin D each day. Adults need 1000 - 2000 IU.

It is not easy to get this much vitamin D from food so you may need to take a supplement.

You can choose from three over-the-counter forms of vitamin D:

1) Liquid drops for babies. Be sure to use the dropper that comes with the drops.
2) Chewable tablets for children
3) Pills for adults.

Remember to always read the label and follow the directions. If you have questions about taking supplements, talk to your health care provider.