Nurturing Healthy Children
Vitamin A Saves Lives and Eyesight

VITAMIN A + HEALTHY DIET

6-11 MONTHS
1 AGE-APPROPRIATE DOSE EVERY 4-6 MONTHS

6 months to 2 years: Breastfeed exclusively

12-59 MONTHS
6 to 6 months: Breastfeed + complementary foods

Learn more at vitaminangels.org