

# Vitamin A Mega-dose Capsules

200,000 International Units (IU) per Capsule

*Prevention & Treatment Doses*

Repeat this dose as recommended for emergency indications.

<b>Age:</b>	<b>Units per Dose</b>	<b>Capsule /Drops</b>	<b>Notes:</b>
Infants 0-5 months	None		
Infants less than 6 months: Non-breastfed or breastfed if mother has not received supplemental Vitamin A	50,000 IU	1/4 or 2 drops	Breast milk provides Vitamin A.
Infants 6 to 12 months: Every 4-6 months	100,000 IU	1/2 or 4 drops	Give eggs, milk, greens, fruits, colored vegetables.
Children over 12 months: Every 4-6 months	200,000 IU	1 or 8 drops	Not safe for girls or women who may become pregnant!
Mothers 6 weeks postpartum	200,000 IU	1 or 8 drops	

\*New norms are being developed in many countries, based on current research. Contact the country's Ministry of Health to find out the regulations that they follow.