

The American Academy of Pediatrics believes that healthy children receiving a normal, well-balanced diet do not need vitamin supplementation.

Megadoses of vitamins—for example, large amounts of vitamins A, C, or D—can produce toxic symptoms, ranging from nausea to rashes to headaches and sometimes to even more severe adverse effects.

**Finally, please speak with your Children's Medical Group provider before giving vitamin supplements to your child.**



**Source:** *Caring for Your Baby and Young Child: Birth to Age 5, 6th Edition*  
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