



NWT Clinical Practice Information Notice

Upon receipt, please file this notice in

Section C, Clinical Practice Information Binder for future reference.

The following clinical practice has been approved for use in the Northwest Territories Health and Social Services system, and has been distributed to:

X	Hospitals	X	Community Health Centres	X	Homecare	X	LTC	X	Pharmacists
X	Doctor's Offices	X	Social Services Offices	X	Public Health Units		Please list other(s):		

The information contained in this document is a Departmental:

	Policy		Clinical Standard		Protocol		Procedure	X	Clinical Practice Guideline
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Title: [2025 NWT Vitamin D Supplementation Guidelines for Infants, Children and Adults](#)

Effective Date: December 12, 2025

Important: CPI 191 will replace CPI #122 Vitamin D Supplementation Recommendations.

Statement of approved Clinical Practice:

This notice provides updated recommendations for vitamin D supplementation in infants, children, and adults living in northern Canada (above 55°N latitude), with specific application to the Northwest Territories (NWT). The guidance aims to prevent vitamin D deficiency and support bone, immune, and neuromuscular health.

Recommended Daily Intake and Upper Limits		
Age Group	Aim For	Stay Below
Infants 0–6 months (exclusively breastfed)	800 IU/day from supplement	1000 IU/day
Infants 0–6 months (formula fed)	800 IU/day (400 IU supplement + remainder from formula)	1000 IU/day
Infants 6–12 months	800 IU/day (400 IU supplement + remainder from fortified food/formula)	1500 IU/day
Children 1–3 years	600 IU/day (400 IU supplement + vitamin D-rich foods)	2500 IU/day
Children 4–8 years	600 IU/day (400 IU supplement and/or vitamin D-rich foods)	3000 IU/day
Children & Adults 9–70 years (including pregnant & breastfeeding individuals)	600 IU/day (400 IU supplement and/or vitamin D-rich foods)	4000 IU/day
Adults over 70 years	800 IU/day from supplement	4000 IU/day

Attachments:

- Vitamin D Supplementation Guidelines for Infants, Children, and Adults in the Northwest Territories:
<https://www.hss.gov.nt.ca/professionals/sites/professionals/files/resources/nwt-vitamin-d-supplementation-guidelines-infants-children-adults.pdf>

An electronic copy of this notice is also available on the Department of Health and Social Services public website at:

<https://www.hss.gov.nt.ca/professionals/en/cpi>

This clinical practice is approved. _____

December 12, 2025

Minister ☐

Deputy Minister ☐

Assistant Deputy Minister ☐

Chief Public Health Officer ☒