Learn more at vitaminangels.org

Nurturing Healthy Children
Vitamin A Saves Lives and Eyesight

VITAMIN A + HEALTHY DIET

6-11 MONTHS
12-59 MONTHS
1 AGE-APPROPRIATE DOSE EVERY 4-6 MONTHS

6 to 6 months: Breastfeed exclusively
6 months to 2 years: Breastfeed + complementary foods

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