Vitamin Angels helps at-risk populations in need – specifically pregnant women, new mothers, and children under five – gain access to lifesaving and life-changing vitamins and minerals.

Millions of children around the world are suffering from undernutrition, or “hidden hunger,” a lack of micronutrients that can lead to disease and even death. In fact, undernutrition is the underlying cause of death for 45% of children under the age of five.¹

Vitamin Angels targets at-risk populations without regular access to national health services through a network of more than 800 international and local NGOs – our field partners – who have a local presence and intimate understanding of the communities they serve. We make annual grants of vitamin A and albendazole for young children, and multivitamins for pregnant and breastfeeding women, to our field partners based on the unique needs of their communities.

Our approach is successful because the local presence of our field partners means they are able to identify and fill gaps in existing health and nutrition services, ensuring that our vitamins and deworming reach the women and children who need them the most.

Where We Work

We are actively seeking new field partners to join our network and help us expand our reach. To learn more visit www.vitaminangels.org/field-partners or contact programs@vitaminangels.org.

Vitamin Angels’ goal is to help build a foundation of good health by providing nutritional support across the critical window of a child’s development.

**Our Goal**

Women’s multivitamins for pregnant and breastfeeding mothers → Promotion of early and exclusive breastfeeding, and complementary feeding → Vitamin A and deworming for children ages 6-59 months

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**Women’s Multivitamins Improve Birth Outcomes**

Vitamin Angels’ women’s multivitamins are formulated to the standards set by the World Health Organization and UNICEF. The multivitamins contain 15 different vitamins and minerals that are needed to meet daily nutritional requirements. Evidence strongly suggests that among women who are undernourished, use of daily multivitamins reduces – even more than iron and folic acid alone – maternal anemia, the occurrence of low birth weight babies, babies that are small for gestational age, and the rate of stillbirth.

By continuing to take these multivitamins after childbirth, while practicing early and exclusive breastfeeding and complementary feeding, the infant receives the benefit of improved nutrition through breastmilk.

**Vitamin A Saves Lives**

An estimated 190 million children under age five suffer from vitamin A deficiency (VAD), a major underlying cause of child morbidity and mortality. By providing children under five years with vitamin A supplements, we can help reduce childhood infections, diarrhea, measles, and blindness as well as reduce mortality rates in children 6-59 months by up to 24%.

Unlike most vitamins, vitamin A supplements are not a chewable daily vitamin. Instead, the tip of a small high-dose vitamin A capsule is cut off by a trained healthcare service provider and the contents are dripped into the child’s mouth. This concentrated dose is stored in the liver and slowly released over time into the child’s system. A single dose can remain in a child’s system for 4 to 6 months. This method is the primary intervention recommended by the World Health Organization and UNICEF for VAD.

**Deworming Reduces Worm Burden and Increases Nutrient Absorption**

Many countries with vitamin A deficiency are also endemic with soil-transmitted helminths (STHs) or “intestinal worms” – these include roundworms, hookworms, and whipworms. Left untreated, intestinal worms can cause abdominal pain and distension, increased susceptibility to serious infections, stunted growth, anemia, impaired cognitive development, and compromised nutrition. An estimated 266 million preschool children under age 5 years are at risk of STH infections.

Vitamin Angels provides albendazole, a chewable tablet that is safe and can be given together with vitamin A every 4 to 6 months, to reduce a child’s burden of worms and allow for better absorption of available nutrients, including vitamin A.

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