

To the Minister of Health, Welfare and Sport

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Subject: Presentation of advisory report *Vitamin K for infants*

Dear Minister,

I hereby present the advisory report on vitamin K for infants, drafted in light of recent scientific evidence. The advisory report was created by the Nutrition Committee with input from relevant professional groups, and was reviewed by the Standing Committee on Health Care and the Standing Committee on Public Health.

The motivation for this advisory report is that recent data show the vitamin K regimen implemented in 2011 has not had the desired effect. The advisory report shows that breastfed infants are better protected against late vitamin K deficiency bleeding if a single intramuscular administration of one milligram of vitamin K is administered shortly after birth. Breastfed infants with fat malabsorption will benefit particularly. The current vitamin K regimen does not need to be modified for formula-fed infants. Although only a small number of infants experiences bleeding, the consequences are so severe that the Committee recommends making these changes to the regimen. The fact that it is unclear which breastfed infants belong to the high-risk group prior to intervention is one of the main considerations. The Committee recommends offering an oral alternative to parents who do not want to have their child injected. This consists of three doses of two milligrams of vitamin K: at birth, after four to six days and four to six weeks.

I endorse the Committee's recommendations.

Yours sincerely,
(signed)
Professor J.L. Severens
Vice President