

Table 1: Recommendations on the duration of vitamin D supplementation in different European countries

Duration of supplements	Countries	Countries recommending additional lifelong supplementation for at-risk population
First 6 months	Greece	
First year of life (41%, 12/29)	Poland, Turkey, Germany, Spain, Estonia, Romania, Serbia, Albania, Hungary, Israel	Poland
First 2 years of life (21%, 6/29)	Italy, Ireland, Russia, Denmark, Macedonia, Sweden	Sweden
Autumn born- first year, Winter born first 1½ years	Czech Republic, Austria, Portugal	
First 1½ years of life	Lithuania	
First 3 years of life	Norway, Switzerland, Bulgaria	
First 4 years of life	UK (<i>from 6 months*</i>) Netherlands (<i>from birth</i>)	Netherlands
First 5 years	France	
First 6 years	Belgium	
From 2 weeks to 18 years	Finland	

*Amended as of 2016 [15]