



The COLLABORATE Study: Mineral and Vitamin Supplementation Guidance

We are grateful for the dietetic expertise of the Neonatal Dietitians Special Interest Group that contributed to drawing up this guidance.

Very preterm babies receiving exclusive or near-exclusive human milk feeds (own mother's milk or pasteurised donor milk) require mineral and vitamin supplements. Preterm formula contains minerals and vitamins. Multicomponent fortifier contains protein, calcium, phosphate, vitamins A and D, zinc, selenium and other trace elements; SMA fortifier contains iron.

There is considerable variation in practice nationally and internationally. Neonatal units participating in the COLLABORATE Study are free to follow their own unit practice regarding vitamin and mineral supplementation. Guidance from the UK Neonatal Dietitians Interest Group and European Society for Paediatric Gastroenterology, Hepatology, and Nutrition are also available.

Variation in practice is to be expected as normative data are lacking in very preterm babies and are especially sparse in relation to any functional benefits of supplementation. Current recommendations are therefore indicative and not evidence-based. For this reason, overly prescriptive and complicated guidelines are not recommended.