Participants:
- age 1-5 years
- healthy
- attending a TARGeT Kids! practice site for a well-child visit

Randomization:
- Stratified by practice site
- Varying sized blocks

Baseline (Sept – Nov):
- Questionnaire
- Anthropometrics
- Vitamin D serum level

Viral nasal swabs and symptom checklists through the winter

Follow-up (April – May)
Primary Outcome:
- Laboratory confirmed URTI rate
- Time to first URTI

Secondary Outcomes:
- Parent reported URTI symptoms
- Wheezing episodes among children with asthma
- Influenza, adenovirus and RSV
- 25-hydroxyvitamin D serum level
- Physician diagnosed acute otitis media
- Physician diagnosed pneumonia

Standard Dose
400 IU Vitamin D₃ daily

High Dose
2000 IU Vitamin D₃ daily

Viral nasal swabs and symptom checklists through the winter
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- Physician diagnosed pneumonia

High Dose
- 2000 IU Vitamin D3 daily

Standard Dose
- 400 IU Vitamin D3 daily

Viral nasal swabs and symptom checklists through the winter