

## Vitamin D supplementation products

(Adapted from UKMI list of vitamin D products February 2012)

The following tables list the vitamin D products available in accordance with current local and national guidance for supplementation in people 'at risk' of deficiency. Every effort was made to identify all relevant products but we cannot guarantee the list is exhaustive nor can we ensure the availability of products at pharmacies.

### **Products of particular relevance for pregnant and breastfeeding women requiring 10 mcg daily**

Product	Constituents (per dose unit or volume specified)	Licensed status	Price and pack size	Availability (as at February 2012)
Healthy Start Women's vitamin tablets <sup>1</sup>	10 mcg vitamin D3 70 mg vitamin C 400 mcg folic acid	Nutritional supplement	56 tabs £0.91	Available
PregnaCare	10 mcg vitamin D3 plus variety of other constituents,	Nutritional supplement	30 tabs £3.22	Available

### **Products of particular relevance for children who require a total intake of 7–8.5 mcg daily**

Product	Constituents (per dose unit or volume specified)	Licensed status	Price and pack size	Availability (as at February 2012)
Healthy Start vitamin drops <sup>1</sup>	300 IU vitamin D (≈7.5 mcg) 233 mcg vitamin A per 5 drops	Licensed product	10ml £1.77	Available
Abidec multivitamin drops	400 IU vitamin D (≈10mcg) 1333 IU vitamin A per 0.6ml	Licensed product	50ml £2.20	Available

<sup>1</sup>Healthy Start products are only available through specific supply DH channels (link). They are not routinely prescribed and dispensed through community pharmacies.

### **Products of particular relevance for those over 65 years requiring 10 mcg daily**

Product	Constituents (per dose unit or volume specified)	Licensed status	Price and pack size	Availability (Feb 2012)
Accrete D3	400 IU vitamin D (≈10 mcg) 15mmol calcium per tablet	Licensed product	60 tabs £3.60	Available
Adcal D3	400 IU vitamin D (≈10 mcg) 15mmol calcium per tablet	Licensed product	56 tabs £3.65; 112 tabs £7.30	Available
Calceos	400 IU vitamin D (≈10 mcg) 12.5mmol calcium per tablet	Licensed product	60 tabs £3.58	Available
Calcichew D3 Forte	400 IU vitamin D (≈10 mcg) 12.5mmol calcium per tablet	Licensed product	60 tabs £4.24 100 tabs £7.08	Available
Calcichew D3 500mg/400 IU caplets	400 IU vitamin D (≈10 mcg) 12.5mmol calcium per caplet	Licensed product	100 tabs £7.43	Available
Calcium and ergocalciferol tablets	400 IU vitamin D (≈10 mcg) 2.4mmol calcium per tablet	Licensed product	28 tabs £8.08	Available
Natecal D3	400 IU vitamin D (≈10 mcg) 15mmol calcium per tablet	Licensed product	60 tabs £3.60	Available
Sandocal D 600 tablets	400 IU vitamin D (≈10 mcg) 15mmol calcium per tablet	Licensed product	100 tabs £8.75	Available

### **Other low strength products potentially useful in meeting the recommendations in the CMO letter for both adults and children**

Product	Constituents (per dose unit or volume specified)	Licensed status	Price and pack size	Availability (Feb 2012)
Colecalciferol liquid, 30–500ml bottle	200 IU/ml vitamin D (≈5 mcg/ml)	Manufactured as a "special"	30-500ml £95.21–£96.55	Martindale Pharma Tel 0800 137 627 (2 day lead time)
Colecalciferol liquid, 50mL bottle	400 IU/5ml vitamin D (≈10 mcg/5ml)	Manufactured as a "special"	50ml £141.68	BCM Specials. Tel 0800 952 1010 (2–3 day lead time)
D Lux 400 spray	10 mcg vitamin D per spray	Nutritional supplement	100 sprays £6.25	www.betteryou.uk.com
Fultium-D3 800 IU capsules <sup>2</sup>	800 IU vitamin D (≈20 mcg) per capsule	Licensed product	30 caps £3.60	Available
Neo D vitamin drops	200 IU/0.25 ml vitamin D (≈5 mcg/0.25ml)	Nutritional supplement	25ml £3.95	Neoceuticals Ltd. Tel 01904 567 608
Pro D3 400 capsule	400 IU vitamin D (≈10 mcg) per capsule	Nutritional supplement	30 caps £4.99	AAH Pharmaceuticals Tel 024 7643 2000
Pro D3 liquid, 20mL bottle	100 IU vitamin D (≈2.5 mcg) per drop	Nutritional supplement	20ml £9.80	AAH Pharmaceuticals Tel 024 7643 2000

<sup>2</sup>May be suitable for individual adult patients but preparations providing 10mcg dose are preferred