

Information leaflet for primary care: Forceval Soluble

<p>Background information</p> <p>For the general public Vitamin and mineral supplementation is not required unless specific deficiency has been determined (NICE, 2006). However, those who are high risk of malnutrition may be advised to take one by their dietitian. In most cases this will be an over the counter variety either in tablet or capsule form. There will be a small group of patients who will need an effervescent version. These include those who cannot swallow tablets or capsules, those with dysphagia and those starting enteral feeding in the community who are at risk of refeeding syndrome (NICE, 2006). Forceval Soluble is able to provide a range of vitamin and minerals in an effervescent form that would be suitable for these patients.</p>
<p>Formulary status</p> <p>Green +</p>
<p>Related NICE guidance</p> <p>NICE (2006) CG32: Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition.</p>
<p>Licensed indication</p> <p>Forceval soluble is classed as a food supplement and therefore under general food law (The Food Supplements (England) regulations 2003) rather than medication licencing (HM Government, 2021)</p>
<p>Free from</p> <p>Sugar • Yeast • Preservatives • Gluten • Eggs • Fish • Nut • Soya • Lactose • Milk/Dairy • Aspartame, acesulfame or any other source of phenylalanine</p> <p>Suitable for a vegetarian diet (Alliance, 2020)</p> <p>May not be suitable for people with an allergy to the following (lack of information available): Celery, Crustaceans, Lupin, Molluscs, Mustard, Sesame seeds, Sulphur dioxide, peanuts</p> <p>There is a legal requirement since December 2014 for pre-packaged food products to list Allergens in bold within their ingredients list.</p>
<p>Dosage and administration</p> <p>Dissolvable (in 125-200ml water), 1 daily - fruits of the forest flavour</p>
<p>Contraindications</p> <ul style="list-style-type: none"> • 'To avoid potential toxicity, the content of all vitamin preparations, particularly vitamin A, should be considered when used together with other supplements.' (NICE, 2021) • Forceval soluble not to be considered if hypercalcemia, Hyperkalaemia or hyperphosphatemia are present. • This supplement contains Vitamin A therefore not suitable for people during pregnancy. • Not suitable for children under 12 year old
<p>Cautions</p>

Alternative preparations to be considered if a patient has renal impairment, such as Renavit.
Duration of treatment
<ul style="list-style-type: none"> • 10 days for treatment of refeeding syndrome • Less than 6 months if a patient has an improving medical condition leading to an increase in nutritional status and intake. • More than 6 months if a patient has a deteriorating medical condition leading to a decrease in nutritional status and intake. • Consider stopping if nutritional supplements drinks, desserts or soups are introduced or if the patient is taking the product inconsistently, for example less than half the volume +/- less than 4 times a week. • Stop if on end of life care
Drug interactions
<ul style="list-style-type: none"> • Retinoids (Acitretin, Alitretinoin, Isotretinoin, Bexarotene, Tretinoin) is predicted to increase risk of vitamin A toxicity when given with vitamin A. Forceval soluble contains 750µg Retinol Equivalents. • Vitamin E substances can affect the exposure to Ciclosporin – Forceval soluble contains 10mg α-TE • Vitamin D are predicted to increase the risk of toxicity when given with Digoxin – Forceval soluble contains 10µg D3. • Antiepileptics (Carbamazepine, Fosphenytoin, Phenytoin, Phenobarbital, Primidone) are predicted to decrease the effects of Vitamin D substances. • Thiazide Diuretics increase the risk of hypercalcaemia when given with vitamin D substances. (BNF, 2019)
Side effects
None listed
Monitoring
At prescription review assess compliance
GP and specialist responsibilities
Dietitians if recommending this product should indicate estimated length of time Forceval soluble is required and write to GP to continue prescription after a dietetic review.
Cost
Forceval Soluble: £19.60 per pack of 30 soluble tablets (recommended retail price) £10.89 per pack of 30 soluble tablets (hospital price) PIP Code 369-1508 (Alliance, 2020)

References

Alliance (2020) *Forceval Soluble and Forceval Soluble Junior are food supplement*. Manufacturer information sheet:

BNF (2019) 78, *September 2019-March 2020*. Royal Pharmaceutical Society: London [The Food Supplements \(England\) Regulations 2003 \(legislation.gov.uk\)](#) (Accessed 27/01/2021)

HM Government (2021) *The Food Supplements (England) Regulations 2003*. [The Food Supplements \(England\) Regulations 2003 \(legislation.gov.uk\)](#) (Accessed 27/01/2021)

NICE (2006) CG32: *Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition*. [Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition \(nice.org.uk\)](#) (Accessed 27/10/2021)

NICE (2021) *Vitamin with minerals and trace elements*. [VITAMINS WITH MINERALS AND TRACE ELEMENTS | Drug | BNF content published by NICE](#) (accessed 27/01/2021)

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