Vitamin D Guideline on Supplements for at Risk Groups



North of England Commissioning Support Unit

Age 65 and over OR not exposed to much sunlight

10 micrograms daily



PRO D3 400IU (400IU Vitamin D = 10mcg)
Can be purchased or prescribed (£4.99 or 30 cap)
Prescribe as brand.

Consider whether a Calcium and Vitamin D supplement is more appropriate, in particular, for those residing in care homes (£3.91 for 30 days)

Pregnant or breastfeeding
10 micrograms daily
Children who are having 500ml or more of formula a day do not need Healthy Start vitamins.

Do they qualify for Healthy Start Vouchers? See YELLOW box

Healthy Start Vitamins are currently available **free of charge** on presentation of Healthy Start vouchers at the following venues:

Hartlepool: please see appendix

Stockton:

Lawson Street HC, Billingham HC, Eaglescliffe HC,

Thornaby HC, Port Clarence HC

M'bro

Cleveland HC

R&C

Fabian Rd Clinic, Grangetown Children's
Centre, Ormesby & Normanby Children's
Centre, Dormanstown Children's Centre, Redcar
Children's Centre, Redcar Coast Children's Centre, East
Cleveland Children's centre, Guisborough Primary Care
Hospital, South Bank Children's Centre, Skelton
Children's Centre, Saltburn Children's
Centre, Guisborough Children's Centre, Redcar primary
Care Hospital, East Cleveland Primary Care Hospital,
Guisborough Primary Care Hospital,
Redcar PCH,
Brotton PCH

Healthy Start Vitamins are currently NOT available **to purchase** in TEES.

Healthy Start women's vitamin tablets and children's vitamin drops are NOT prescribable.

The daily dose of vitamin tablets is one tablet, which contains:

- 70 milligrams of vitamin C
- 10 micrograms of vitamin D
- 400 micrograms of folic acid.

The daily dose vitamin drops is five drops contains:

- 233 micrograms of vitamin A
- 20 milligrams of vitamin C
- 7.5 micrograms of vitamin D3.

They are suitable for vegetarians and are free from milk, egg, gluten, soya and peanut residues.

Healthy Start Vouchers:

Women qualify for these vouchers from the 10 week of pregnancy or if they have a child under four years old, **and** if she or her family receives:

- · Income Support, or
- Income-based Jobseeker's Allowance, or
- Income-related Employment and Support Allowance, or
- Child Tax Credit (but not Working Tax Credit unless the family is receiving Working Tax Credit run-on only) and has an annual family income of £16,190 or less.

Women who are under 18 and pregnant also qualify, even if they do not get any of the above benefits or tax credits.

Management of Vitamin D Deficiency in Adults

Routine testing of Vitamin D level is
NOT recommended.

Serum 250HD measurement is recommended for:

- Patients with bone diseases that may be improved with vitamin D treatment
- Patients with bone diseases, prior to specific treatment where correcting vitamin D deficiency is appropriate
- Patients with musculoskeletal symptoms that can be attributed to vitamin D deficiency

Vitamin D level	Vitamin D status	Recommended treatment
<30nmol/l	Deficiency There are no licensed drugs which currently provide this dosage easily and cheaply	20,000 IU three times a week for 8-12 weeks (Hux D3 20000IU (£3.49 for 20 capsules)or Dekristol capsules 20000IU Price range - £10.14 to £19.74 for 30 caps) Please prescribe capsules as an ACUTE prescription
30-50nmol/l 400IU Vitamin D	Insufficiency Treatment is advised in patients with: fragility fracture; osteoporosis or high fracture risk symptoms suggestive of vitamin D deficiency; Increased risk of developing vitamin D deficiency; raised PTH; medication with antiepileptic drugs or oral glucocorticoids; conditions associated with malabsorption.	Fultium 800iu capsules one to two daily (£3.60 for 30) OR Desunin 800IU Tablets (£3.60 for 30)
= 10mcg	Maintenance Therapy following treatment of deficiency	Fultium or Desunin 800iu capsules one to two daily (£3.60 for 30)

Vitamin D Product options:

- HUXD3 capsules 20000IU-This is not licensed and is classed as food/vitamin. Not suitable for vegetarians, but it is Halal and kosher certified (£3.49 for 20)
- Dekristol Capsules 20,000IU-Unlicensed special import-price variable .Pack size 50 .This product contains gelatin and is not suitable for those with NUT allergy (price range £10.14 to £19.74 for 30)
- Fultium capsules 800IU-Licensed product .This product contains peanut oil. Dose for deficiency is 1-4 capsules daily for up to 12 weeks (£3.60 for 30)
- **Desunin 800IU Tablets**-Licensed product .This produce is suitable for vegetarians and does not contain soya, peanut oil or gelatine. It is Halal certified (£3.60 for 30)
- **Pro D3 400IU Colecalciferol capsules**-This is not licensed and is classed as food/vitamin. This is gelatin free, suitable for those with halal, vegetarian diets and those with nut allergy(£4.99 for 30)

Recommendations for adequate vitamin D levels:

Advise on regular exposure to sunlight:

Fair –skinned people 20-30 minutes at midday on the face and forearms 2-3 times a week during April-October. Exposure time needs to be increased for darker –skinned people.

Dietary sources: egg yolk, cod liver oil and other fish oils, some breakfast cereals, margarine and infant formula, 2-3 portions of oily fish per week.

References and further reading:

- ➤ CMO letter to GPs Vitamin D –Advice on supplements for at risk groups
- ➤ UKMI :What dose of Vitamin D should be prescribed for the treatment of Vitamin D deficiency
- www.healthystart.nhs.uk
- > Diagnosis and management of Vitamin D deficiency BMJ Clinical Review
- > UKMI: Which vitamin D preparations are suitable for a vegetarian or vegan diet
- Vitamin D deficiency and insufficiency using appropriate available products –East and South East England Specialist Pharmacy Services.
- Vitamin D and Bone Health , National Osteoporosis Society April 2013
- GMC Good Practice in Prescribing and Managing Medicines and Devices January 2013