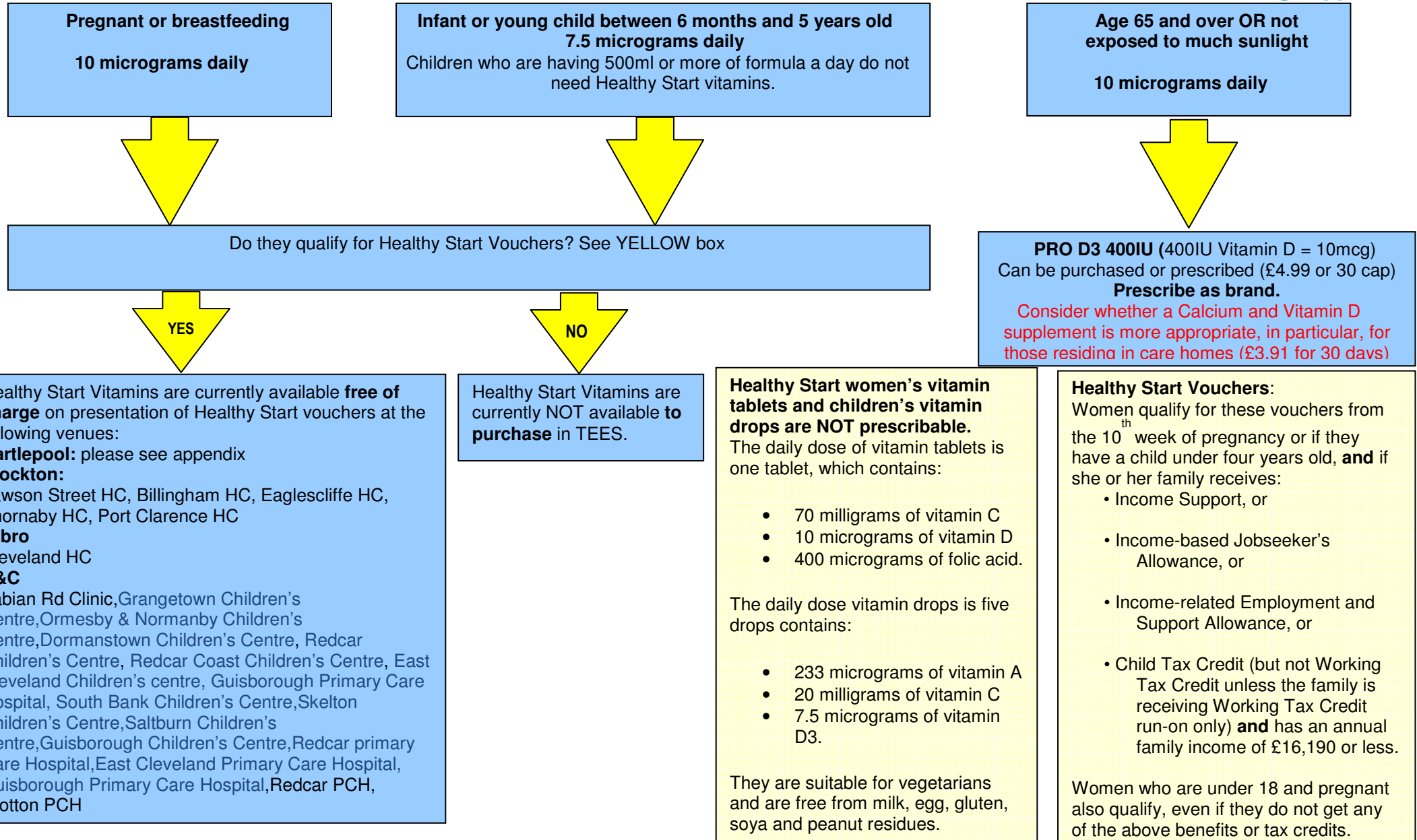


Vitamin D Guideline on Supplements for at Risk Groups



North of England
Commissioning Support Unit



Management of Vitamin D Deficiency in Adults

<p>Routine testing of Vitamin D level is NOT recommended. Serum 25OH measurement is recommended for:</p> <ul style="list-style-type: none"> • 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	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)
400IU Vitamin D = 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