

## Prescribing of vitamins and minerals is not supported unless for actual vitamin/mineral deficiency

**Thurrock CCG and Basildon and Brentwood CCG do not support the prescribing of vitamins and minerals unless indicated for actual vitamin/mineral deficiency.**

**Prescribing of vitamins and minerals is a low clinical priority and is only appropriate where there is an ACBS approved indication, i.e. only in the management of actual or potential vitamin or mineral deficiency and not as dietary supplements or as a general "pick-me-up". See table of vitamins and minerals.**

Vitamins and minerals are essential nutrients which most people should get from eating a healthy, varied and balanced diet. Patients should be advised that this can be achieved by eating a balance of starchy foods (wholegrain where possible) with plenty of fruit and vegetables (at least five portions a day); some protein-rich foods; some milk and dairy foods; and not too much fat, salt or sugar. This will give them all the nutrients they need. The [eatwell plate \(LINK\)](#) is a useful tool which can be used to demonstrate to people how a healthy, varied and balanced diet can be achieved and what proportion of each food type should be consumed.

### Recommendations

- Recommend eating a healthy, varied and well balanced diet which includes starchy foods, plenty of fruit and vegetables; some protein; some dairy; and not too much fat, salt or sugar, to provide the vitamins and minerals needed.
- Review all patients prescribed vitamin and mineral preparations and ensure that all prescribing is in-line with an ACBS approved indication, i.e. only in the management of actual or potential vitamin or mineral deficiency; they are not to be prescribed as dietary supplements or as a general "pick-me-up".
- Discontinue prescribing of vitamins and minerals on FP10 for patients who are not being treated in-line with an ACBS approved indication.
- If patients still want to take vitamins and minerals for dietary supplementation or as a "pick-me-up" they should be advised that they should be purchased as self-care over-the-counter with the support of the community pharmacist.
- Do not initiate new prescriptions for vitamin and mineral preparations unless they are for the management of actual or potential vitamin or mineral deficiency in-line with an ACBS approved indication.
- Some patients may be eligible for NHS Healthy Start vitamins which are specifically designed for pregnancy, breastfeeding and growing children. They are available free of charge from local distribution points. More information is available from the Healthy Start website: <http://www.healthystart.nhs.uk/healthy-start-vouchers/healthy-start-vitamins/>
- Review all patients prescribed vitamin B and ensure that it is appropriate and the most cost effective preparation is prescribed.
- Certain patients with malnutrition may require a vitamin and mineral supplementation. Malnutrition is not covered by this policy statement.
- A separate recommendation applies for vitamin supplementation post bariatric surgery.

Providers commissioned to provide services on behalf of Thurrock CCG and Basildon and Brentwood CCG are reminded that they are required to follow the local joint formulary and prescribing guidance, or relevant Medicines Management agreement.

Table of vitamins/minerals/supplements	
Approved to prescribe list	Do Not prescribe list
Thiamine Vitamin B compound <b>strong</b> tablets Vitamin D-high dose to correct deficiency Vitamin E-Vitamin E deficiency in cholestatis, severe liver disease, cystic fibrosis, abetalipoproteinaemia. Folic acid 5mg Iron for iron deficiency anaemia Renavit <sup>®</sup> -following renal specialist recommendation Ketovite <sup>®</sup> -specialist dietitian recommendation only	Cod liver oil Vitamin B-if used as general pick me up Vitamin B compound tablets Riboflavin (Vitamin B2)-for any indication including migraine prophylaxis, non-epileptic seizures and chronic fatigue Biotin Vitamin C Vitamin D-maintenance Vitamin E-including as part of IVF treatment, osteonecrosis of the jaw Folic acid supplementation Magnesium salts or preparations-for indications other than replacement or to correct deficiency Selenium Tonics Homeopathic remedies General multivitamins (any brands e.g. Centrum <sup>®</sup> , Seven Seas <sup>®</sup> products, Haliborange <sup>®</sup> , stores own brands etc.) Abidec <sup>®</sup> , Dalivit <sup>®</sup> Forceval <sup>®</sup> Ketovite <sup>®</sup> -without specialist recommendation This list is not exhaustive

<b>Position Statement No.</b>	24
<b>Title</b>	Prescribing of vitamins and minerals is not supported unless for actual vitamin/mineral deficiency
<b>References</b>	PrescQIPP DROP-List. Bulletin 107 September 2015 <a href="https://www.prescqipp.info/-vitamins-and-minerals/send/212-vitamins-and-minerals-drop-list/2104-bulletin-107-vitamins-and-minerals-drop-list">https://www.prescqipp.info/-vitamins-and-minerals/send/212-vitamins-and-minerals-drop-list/2104-bulletin-107-vitamins-and-minerals-drop-list</a> <a href="http://www.nhs.uk/Livewell/goodfood/Pages/the-eatwell-guide.aspx">http://www.nhs.uk/Livewell/goodfood/Pages/the-eatwell-guide.aspx</a>
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