

The prescribing of vitamin D for insufficiency and vitamin D maintenance doses is not supported

Thurrock CCG and Basildon and Brentwood CCG do not support the prescribing of vitamin D products/colecalciferol for the management of vitamin D insufficiency or as maintenance therapy and patients should be advised to purchase these products over the counter (OTC).

Vitamin D (25-OHD) level or status	Recommendation	Monitoring
Insufficient: 30-50 nmol/L	-GP prescribing not recommended. -Offer lifestyle advice. -If patient wishes to supplement, provide advice to purchase over the counter vitamin D products.	No further monitoring required unless clinical situation changes
Ongoing maintenance therapy following high dose vitamin D deficiency treatment	-Adult dose: 1,000 units to 2,000 units daily (25 to 50mcg). -Child dose (1 year to 18 years): 400 units to 1,000 units daily (10 to 25mcg).	
Patients considered "at risk" as per the Department of Health Guidance	-GP prescribing not recommended. -Offer lifestyle advice. -If patient wishes to supplement, provide advice to purchase over the counter vitamin D products. -Adult dose: 1,000 units to 2,000 units daily (25 to 50mcg). -Child dose (1 year to 18 years): 400 units to 1,000 units daily (10 to 25mcg).	No further monitoring required unless clinical situation changes

-Vitamin D products in various strengths can be purchased from pharmacies, health food shops and on the internet (please see overleaf for examples of over the counter products-list not exhaustive and in no particular order).

-Some patients may be eligible for free vitamins via the government's Healthy Start scheme. For further details: www.healthystart.nhs.uk

-Prescriptions for vitamin D should be reserved for the treatment of patients with symptoms of deficiency and confirmed deficient vitamin D levels. Please refer to the full vitamin D guidance for further information, including pregnancy and other patient groups.

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.

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PATIENT INFORMATION – PRODUCTS AVAILABLE FOR PURCHASE

PRODUCT	SUITABLE IN SOY OR PEANUT ALLERGY	SUITABLE FOR VEGANS OR VEGETARIANS	ADDITIONAL INFORMATION	RETAILERS	PACK SIZE AND GUIDE COST (APRIL 2017)	PICTURE
Multivitamins containing vitamin D						
Products suitable for children						
Abidec multivitamin drops (from birth – 12 years) <i>0.6ml contains 400units (10 µg)</i>	N Contains peanut oil	Suitable for vegetarians and vegans	<u>Dose:</u> Children aged 1 –12 years: one 0.6ml dose daily	Boots	25ml - £5.29	
				Amazon	25ml - £3.69	
				Tesco	25ml - £5.00	
				Sainsbury's	25ml - £4.00	
Dalivit Drops (from 6 weeks) <i>14 drops contains 400units (10 µg)</i>	Y	Suitable for vegetarians and vegans	<u>Dose:</u> Children from 1 year: 14 drops daily	Lloyds Pharmacy	25ml - £5.19	
				Amazon	25ml - £5.49 50ml - £12.68	
Products suitable for dosage of 400 units (10µg)						
Products suitable for children						
BetterYou DLux Junior spray (from 3 years) <i>1 spray contains 400units</i>	Y Alcohol, lactose and gluten free	Suitable for vegetarians only	<u>Dose:</u> 1 spray daily (under the tongue or on the inside of the cheek)	Holland & Barrett	15ml - £6.29	
Natures Aid Vitamin D3 drops (from birth – 5 years) <i>1ml contains 400units</i>	Y Gluten, soya, wheat, corn, dairy, lactose, starch, sugar and nut free	Suitable for vegetarians only	<u>Dose:</u> 1ml daily Not suitable for infants consuming more than 500ml of milk formula Once opened use within 4 months	Holland & Barrett	50ml - £6.95	
				Natures Aid website	50ml - £6.95	
Baby Ddrops 10µg drops (from birth) <i>1 drop contains 400units</i>	Y Gluten, soya, wheat, corn, dairy, sugar and peanut free	Suitable for vegetarians only	<u>Dose:</u> 1 drop daily Specifically designed for breastfed babies and infants	Boots	60 drops - £9.99	

Products suitable for dosage of 400 units (10µg)						
FSC Vitamin D 10µg tablets (from 12 years)	Y Dairy, gluten, soya and wheat free	Suitable for vegetarians only	<u>Dose:</u> One tablet daily	Holland & Barrett	60 - £3.19	
Boots Vitamin D 10µg tablets (from 12 years)	Y Lactose and gluten free	Suitable for vegetarians only	<u>Dose:</u> One tablet daily	Boots	90 - £2.29	
Products suitable for dosage of 400 units (10µg) – 800 units (20µg)						
Holland & Barrett Vitamin D3 10µg tablets	Y Milk, lactose, gluten, soya and wheat free	Suitable for vegetarians only	<u>Dose:</u> One to two tablets daily	Holland & Barrett	100 - £3.59 250 - £8.19	
Holland & Barrett Mushroom Vegan Vitamin D 10µg capsules	N	Suitable for vegetarians and vegans	<u>Dose:</u> One to two capsules daily	Holland & Barrett	60 - £15.99	
Products suitable for dosage of 1000units (25µg)						
Holland & Barrett Vitamin D3 tablets 25µg	Y Milk, lactose, gluten, soya and wheat free	Suitable for vegetarians only	<u>Dose:</u> One tablet daily	Holland & Barrett	100 - £8.19 250 - £9.24	
Bioglan Vitamin D3 1000 units Vitagummies (from 12 years)	N	Not suitable for vegetarians or vegans Contains gelatine	<u>Dose:</u> One gummy daily	Holland & Barrett	60 - £7.49	
				Boots	60 - £9.99	

Solgar Vitamin D3 1000 units tablets	Y Dairy, gluten, soya and wheat free	Suitable for vegetarians only	<u>Dose:</u> One tablet daily	Holland & Barrett	90 - £7.69	
				Amazon	180 - £9.45	
Boots Vitamin D 25µg tablets (from 12 years)	Y Lactose free	Suitable for vegetarians only	<u>Dose:</u> One tablet daily	Boots	90 - £4.99 180 - £8.99	
Tesco High Strength Vitamin D 25µg tablets	Y	Suitable for vegetarians only	<u>Dose:</u> One tablet daily	Tesco	90 - £3.50	
Vitabiotics Ultra D3 tablets	Y Lactose and gluten free	Suitable for vegetarians only	<u>Dose:</u> One tablet daily	Sainsbury's	96 - £4.50	
				Amazon	96 - £4.85	
				Boots	96 - £4.85	
Products suitable for dosage of <u>1000units (25µg) - 2000 units (50µg)</u>						
Holland & Barrett Mushroom Vegan Vitamin D 25µg capsules	N	Suitable for vegetarians and vegans	<u>Dose:</u> One to two capsules daily	Holland & Barrett	60 - £24.99	
Products suitable for dosage of <u>2000 units (50µg)</u>						
Reflex Vitamin D3 2000 units capsules (from 16 years)	N	Not suitable for vegetarians or vegans Contains bovine gelatine – Halal safe (as per Halal Trust)	<u>Dose:</u> One capsule daily	100 - £11.99	Holland & Barrett	