

Vitamin D Formulary Guidance for Primary Care

The following are the recommended products to be prescribed to treat vitamin D deficiency in primary care.

- Colecalciferol (D3) is preferred to ergocalciferol (D2) as the choice of Vitamin D
- **All colecalciferol products must be prescribed by brand**
- All patients should receive lifestyle and dietary advice
- Prescribe vitamin D treatment courses as a one-off acute prescription. Do not put on repeat
- Long term vitamin D prescribing for disease related deficiency can be prescribed on repeat

Vitamin D deficiency in adults

- Treatment courses should aim to provide a total dose of 300,000units of vitamin D in divided daily doses

Formulary choices:

Product	Treatment course	Cost for a treatment course	Other Information
Hux D3 20,000unit capsules*	1 cap (20,000units) daily for 15 days	£1.99 for 15 caps	Certified for vegetarians and halal friendly. Peanut oil-, soya oil-, yeast- and alcohol-free
SunVit-D3 20,000unit tablets*	1 tab (20,000units) daily for 15 days	£2.36 for 15 tabs	Nut-, yeast-, gluten-, soya- and gelatine-free. Approved by the Vegetarian Society and the Halal Monitoring Committee
InVita D3 50,000unit capsules	1 cap (50,000units) daily for 6 days	£9.90 for 6 caps	Nut- and soya-free. Contains gelatine, NOT suitable for vegetarians
InVita D3 50,000units/1ml oral solution (oral ampoules)	1 oral ampoule (50,000units) daily for 6 days	£12.50 for 6 ampoules	Suitable for vegetarians, lactose-, gluten-, sucrose- and fructose-free in orange flavoured olive oil
SunVit-D3 3,000units/ml SF oral solution*	5ml (15,000units) daily for 20 days	£19.98 for 100ml	Nut-, yeast-, gluten-, soya- and gelatine-free. Approved by the Vegetarian Society and the Halal Monitoring Committee

* Does not have UK marketing authorisation. Marketed as a nutritional supplement

Vitamin D deficiency in children

- When prescribing vitamin D to a deficient breast-fed child consideration should be given any vitamin D that the mother may be taking

Age	Recommended treatment course
1 month to 6 months	3,000 units daily for 3 months
6 months to 12 years	6,000 units daily for 3 months
12 years to 17 years	10,000 units daily for 3 months

Formulary choices:

Product	Treatment course	Cost for a treatment course	Other Information
SunVit-D3 3,000units/ml SF oral solution*	1ml (3,000 units) daily for 3 months	£17.99 for 90ml	Nut-, yeast-, gluten-, soya- and gelatine-free. Approved by the Vegetarian Society and the Halal Monitoring Committee
	2ml (6,000 units) daily for 3 months	£35.98 for 180ml	
Aciferol D3 3,000units/ml liquid*		£22.50 for 90ml	Certified for vegetarians. Peanut oil-, soya oil- and alcohol-free
SunVit-D3 3,000unit tablets*	2 tabs (6,000 units) daily for 3 months	£32.94 for 168 tabs	Nut-, yeast-, gluten-, soya- and gelatine-free. Approved by the Vegetarian Society and the Halal Monitoring Committee
SunVit-D3 10,000unit tablets*	1 tab (10,000units) daily for 3 months	£20.97 for 84 tabs	
SunVit-D3 3,000units/ml SF oral solution*	3.33ml (10,000units) daily for 3 months	£55.95 for 280ml	
Thorens 25,000units/2.5ml oral solution**	1ml (10,000units) daily for 3 months	£51.80 for 87.5ml	Excipient only refined olive oil. Halal- and Kosher-certified. Suitable for vegetarians. Gluten-, lactose- and nut-free.

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** Product has UK marketing authorisation but used in an unlicensed indication as product SPC does not recommend for under 18years

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Vitamin D deficiency in pregnant and breast-feeding woman

- Vitamin D should be prescribed to deficient pregnant woman
- Vitamin D and its metabolites are excreted in breast milk. Vitamin D should be prescribed to deficient women who are breast-feeding
- Treatment courses should aim to provide a total dose of 300,000units of vitamin D in divided daily doses

Formulary choices:

Product	Treatment course	Cost for a treatment course	Other Information
Fultium-D3 3,200unit capsules	1 cap (3,200units) daily for 3 months	£39.96 for 90 days	Certified as suitable for vegetarians, gelatine capsule is Halal and Kosher certified. Nut- and soya-free
SunVit-D3 3,000units/ml SF oral solution*	1ml (3,000units) daily for 3 months	£19.98 for 100ml	Nut-, yeast-, gluten-, soya- and gelatine-free. Products are approved by the Vegetarian Society and the Halal Monitoring Committee

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Low dose Vitamin D for patients with disease related deficiency

- Longer term prescribing of Vitamin D is permitted for patients with disease related deficiency (specialist conditions) where there are evidenced based recommendation for continued treatment. This includes conditions (non-exhaustive list) such as:
 - Chronic Kidney Disease, Chronic liver disease, Intestinal malabsorption disorders, Rickets, Hyperparathyroidism

Formulary choices:

Product	Dose	28 day costs	Other Information
Thorens 10,000units/ml oral drops	4 to 5 drops (800-1,000units) daily	£1.31- £1.64 (£5.85/10ml)	Excipient only refined olive oil. Colecalciferol is Halal and Kosher-certified. Suitable for vegetarians. Gluten-, lactose- and nut-free Licensed for treatment in children from 0years
InVita D3 800unit capsules***	1 cap (800units) daily	£2.50	Nut- and soya-free. Contains gelatine, NOT suitable for vegetarians.
Aviticol 1,000unit capsules***	1 cap (1,000 units) daily	£2.95	Suitable for patients with peanut and soya allergy. Gluten free and lactose free. Halal and Kosher compliant.
Stexerol-D3 1,000unit tablets***	1 tab (1,000units) daily	£2.95	Gelatine-, nut- and soya-free. Can be swallowed whole or crushed. Products are Halal and Kosher certified. Suitable for vegetarians.

*** NOT licensed for children under 12

Vitamin D maintenance

After a treatment course with vitamin D supplements the following advice is recommended for all patients:

- Lifestyle and dietary advice
- Vitamin D supplements are purchased over the counter by patients for maintenance of vitamin D levels

From 8th January 2018 Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups (BHR CCGs) **no longer supports the prescribing of vitamin D products used for maintenance therapy**. The decision to stop vitamin D products used in maintenance applies to ALL patients across BHR, except

- Prescribing for patients with known vitamin D deficiency
- Prescribing for patients with disease related deficiency (specialist conditions) e.g. chronic renal failure

References

- BHR CCGs and BHRUT Guideline for vitamin D deficiency in adults 2018
- BHR CCGs' Primary Care Pathway for Vitamin D Deficiency for Paediatric (<18 years) Patients with eGFR >30ml/min
- UK Medicines Information - Which vitamin D preparations are suitable for a vegetarian or vegan diet? May 2017
- All prices are correct as of October 2018 and accessed via NHS Business Services Authority <https://apps.nhsbsa.nhs.uk/DMDBrowser/DMDBrowser.do>
- Correspondence from the following companies
 - Huxley Europe Ltd
 - Consilient Health Ltd
 - Internis Pharmaceuticals Ltd