

North East London Vitamin D Product Choice Guidance for Adults

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Introduction

This guidance supports the cost-effective choice of vitamin D products for adults across North East London (NEL).

It is important to note the following when using the guidance:

- Product formulations and excipient suppliers may change over time, and manufacturers cannot guarantee the absence of allergen cross-contamination during production. Halal, kosher and vegetarian suitability is based on information provided by the manufacturer and may also change, therefore the final decision on acceptability rests with the patient in line with their dietary requirements. Where there are specific concerns, prescribers should confirm the current allergen status and dietary suitability at the point of prescribing, using the latest SPC or by contacting the manufacturer.

1. Treatment of vitamin D deficiency or insufficiency in adults

For information on dosing regimens used in the treatment of vitamin D deficiency or insufficiency in adults, see the NICE CKS guidance link here: [Vitamin D deficiency in adults](#).

a) Recommended vitamin D3 (colecalciferol) preparations for adults

For all new patients, prescribe vitamin D3 (colecalciferol) treatment doses by **brand name** as an **acute prescription**, as treatment is intended for short-term use only.

Vitamin D3 (colecalciferol) preparation	Status	Formulary choice	Suitable for*				
			Nut allergy	Soya allergy	Vegetarian diet	Halal diet	Kosher diet
Colextra-D3® tablets 25 000 unit	Licensed Prescription Only Medicine	1 st Line	Yes	Yes	Yes	Yes	Yes
InVita D3® capsules	Licensed Prescription	1 st Line	Yes	Yes	No	Yes	Yes

50 000 unit	Only Medicine						
<u>Hux-D3®</u> capsules 20 000 unit	Nutritional Supplement (Unlicensed [±])	2 nd Line	Yes	Yes	Yes	Yes	Yes
<u>InVita D3®</u> single dose unit oral solution 50 000 units/mL	Licensed Prescription Only Medicine	Patients with established swallowing difficulties	Yes	Yes	Yes	Yes	Yes

Table 1 Vitamin D3 preparations for the treatment of vitamin D deficiency or insufficiency

[±] Only prescribe unlicensed preparations where no suitable licensed alternative is available, such as when licensed products are unsuitable for the patient or unavailable due to stock shortages.

b) Vitamin D preparations for individuals following a vegan diet

Currently there are **no** UK-licensed vitamin D3 (colecalciferol) or oral vitamin D2 (ergocalciferol) products that are suitable for a vegan diet. Colecalciferol may be derived from either lichen (a non-animal source) or from lanolin (wool fat). Lanolin-derived products may **not** be suitable for individuals following a strict vegan diet.

The colecalciferol in [InVita D3® single dose unit oral solution 50 000 units/mL](#), a licensed preparation, is derived from lanolin obtained from sheep's wool without slaughter of the animal and it should only be considered for prescribing if acceptable to the individual patient. For other preparations, suitability may be unclear or may be affected by the presence of animal derived excipients such as gelatine. Although vitamin D2 (ergocalciferol) is typically derived from plant or fungal sources, licensed oral vegan suitable products are **not** currently available. [Pro D3 Vegan® 20 000 unit capsule](#) is an unlicensed, lichen-derived preparation and may be prescribed to treat vitamin D deficiency or insufficiency in individuals following a vegan diet.

Vitamin D3 (colecalciferol) preparation for individuals following a vegan diet	Status	Formulary Choice	Suitable for*	
			Nut allergy	Soya allergy
<u>Pro D3 Vegan®</u> capsules 20 000 unit	Nutritional Supplement (Unlicensed)	For individuals following a vegan diet	Yes	Yes

Table 2 Vegan-suitable preparation for the treatment of vitamin D deficiency or insufficiency

2. Maintenance therapy for vitamin D deficiency in adults

Vitamin D3 (colecalciferol) maintenance therapy

- Maintenance vitamin D therapy should **not** routinely be prescribed on the NHS
- Patients should be advised to purchase vitamin D over the counter (OTC)
- NHS prescribing may be appropriate where the patient meets the criteria outlined in [NHS England Policy guidance](#). (see section b below for further information)
- For adult maintenance therapy dosing, see the NICE CKS guidance link here: [Maintenance therapy of vitamin D](#).

a) Recommended OTC vitamin D3 (colecalciferol) preparations for maintenance therapy

Maintenance therapy should **not** routinely be prescribed on an NHS prescription. Patients should be advised to purchase a suitable vitamin D preparation OTC, such as:

- **Valupak® Vitamin D3 1000 unit tablets:** approximate cost: £1.79 for 60 tablets, equivalent to approximately **90p per month** based on a dose of one tablet once daily
- **Hux-D3® 20 000 unit capsules:** approximate cost: £5.99 for 20 capsules, equivalent to approximately **60p per month** based on a dose of one capsule every two weeks

Doses mentioned above are common maintenance regimens and not specific recommendations; prescribe according to individual need in line with [NICE CKS guidance](#).

Vitamin D3 (colecalciferol) preparation	Status	Suitable for*				
		Nut allergy	Soya allergy	Vegetarian diet	Halal diet	Kosher diet
Valupak® Vitamin D3 tablet 1000 unit	Nutritional Supplement (Unlicensed)	Yes	Yes	Yes	Yes	Yes
Hux-D3® capsule 20 000 unit	Nutritional Supplement (Unlicensed)	Yes	Yes	Yes	Yes	Yes

Table 3 Recommended OTC vitamin D3 preparations for maintenance therapy

b) Vitamin D3 (colecalciferol) preparation for maintenance therapy in patients meeting NHS recommended criteria

[NHS England](#) (NHSE) recommends that vitamin D should **not** routinely be prescribed on an NHS prescription except for when the patient has:

- Medically diagnosed vitamin D deficiency due to a lifelong or chronic condition
- Vitamin D malabsorption following surgery
- Osteoporosis
- Malnutrition including from alcoholism

The continuing need for vitamin D should always be reviewed on a regular basis.

Vitamin D3 (colecalciferol) preparation	Status	Suitable for*				
		Nut allergy	Soya allergy	Vege-tarian diet	Halal diet	Kosher diet
Stexerol® tablet 1000 unit	Licensed Pharmacy Medicine	Yes	Yes	Yes	Yes	Yes

Table 4: Vitamin D3 maintenance therapy preparation recommended for NHS prescription where NHSE criteria are met

3. Prevention of vitamin D deficiency

Preventative therapy should **not** be prescribed on the NHS. For patient information on the prevention of vitamin D deficiency, see NHS guidance link here: [Vitamin D - NHS](#)

For pregnant or breastfeeding women eligible for [Healthy Start vitamins](#)

- Signpost eligible pregnant women and new mothers (up to baby's first birthday) to Healthy Start vitamins, which are available at no cost
- Each tablet contains: **vitamin D3 10micrograms (400 units)**, vitamin C 70mg and folic acid 400micrograms

Local information on how to access Healthy Start vitamins:

- [Barking and Dagenham](#)
- [City and Hackney](#)
- [Havering](#)
- [Newham](#)
- [Redbridge](#)
- [Tower Hamlets](#)
- [Waltham Forest](#)

Note: the information in this guidance was correct at the time of publication

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