







# Preparations for the Treatment of Vitamin D Deficiency and Insufficiency


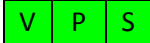



- This table lists first-line products and alternative products to meet the treatment options given in the local guideline 'Recommendations for the Treatment of Vitamin D Deficiency and Insufficiency in Adults' by Dr Dowson (Consultant Rheumatologist, Haywood Hospital) and colleagues.
- If none of these products are suitable for a particular patient or are unavailable please click [here](#) for a more extensive list with additional products.
- Please also note that manufacturers might change their formulations or the supplier of their ingredients.
- Prices and product information are correct at time of writing.

|   |   |
|---|---|
|   | Suitable for vegetarians (manufacturer information) |
|  | Not suitable for vegetarians                        |
|  | Suitable for peanut allergy sufferers               |
|  | Not suitable for peanut allergy sufferers           |
|  | Sorbitol-free                                       |
|  | Contains sorbitol                                   |



**[1] FIXED LOADING DOSES**


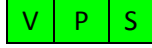
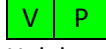
Indication: where rapid correction of vitamin D deficiency (serum vitamin D <30 nmol/L) is required

| HIGH DOSE VITAMIN D SUPPLEMENTS   |  |  |                        |
|---|--|--|------------------------|
| Drug, Recommended dose, frequency and duration  | Product<br>(Brand, Manufacturer, Pack size)                    | Dietary Considerations   | Cost per course        |
|   |  |  | Primary Care<br>Ex VAT |
| <b>Colecalciferol</b><br><br>50,000 units po weekly for 6 weeks<br>(300,000 units)                      | <b>InVita D3®</b> solution 50,000 IU/1mL<br>3 × 1-mL amps (OP) | <br>Gelatin free<br>Lactose free<br>Soya free | £12.50                 |
| <b>Colecalciferol (oral solution)</b><br><br>25,000 unit po twice weekly for 6 weeks<br>(300,000 units) | <b>InVita D3®</b> solution 25,000 IU/1mL<br>3 × 1-mL amps (OP) | <br>Gelatin free<br>Lactose free<br>Soya free | £17.80                 |
|   | <b>Stexerol D3® 25,000 IU tablets</b><br>12 tablet (OP)        | <br>Lactose free                              | £17.00                 |
| <b>Colecalciferol</b><br><br>20,000 unit po twice weekly for 7weeks<br>(280,000 units)                  | <b>Fultium D3®20,000 IU capsules</b><br>30 caps (OP)           | <br>Halal<br>Lactose free                   | £13.53                 |
|   | <b>Plenachol®20,000 IU capsules</b><br>10 capsules (OP)        | <br>Halal<br>Lactose free                   | £12.60                 |

**[2] MAINTENANCE DOSE VITAMIN D SUPPLEMENTATION:**

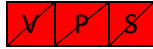
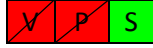


**Indication:**

- Where correction of vitamin D deficiency is less urgent and when co-prescribing vitamin D supplements with an oral anti-resorptive agent
- Following fixed loading regimen

| <b>Without calcium Vitamin D 800 – 2000 units/day</b> |  |                                 |  |                                      |
|---|--|---------------------------------|--|--------------------------------------|
| Drug, Strength  | Product (Brand, Manufacturer, Pack size)                         | Recommended dose                | Dietary Considerations   | Cost per 30 days at recommended dose |
|   |  |                                 |  | Primary Care Ex VAT                  |
| Colecalciferol 800 units                              | Fultium-D3 800IU capsules, 30 caps (OP)                          | 1 capsule daily                 | <br>Halal, Kosher         | £3.60                                |
|   | Desunin 800IU tablets  | 1 capsule daily                 | <br>Lactose free          | £3.60                                |
|   | Thorens D3 Solution 10,000IU/ml 10ml (OP) (500 drops =4 months ) | 4 drops daily (1 drop 200units) | <br>Halal<br>Lactose free | £1.40                                |

Consider calcium/vitamin D combination if poor dietary calcium intake but do not exceed maximum elemental calcium of 1200mg/day.

**Vitamin D 800 units/day (or higher doses using vitamin D only supplements)**

| Drug, Strength  | Product (Brand, Manufacturer, Pack size) | Recommended dose      | Dietary Considerations  | Cost per 30 days at recommended dose |
|---|--|-----------------------|---|--------------------------------------|
|   |  |                       |   | Primary Care Ex VAT                  |
| Colecalciferol 10 mcg (equivalent to 400 units of vitamin D3) plus Calcium carbonate 1250 mg (equivalent to 500 mg of elemental calcium)                              | Calceos® chewable tablets                | 2 tablets daily       |  | £3.58                                |
| Colecalciferol 10 mcg (equivalent to 400 units of vitamin D3) plus Calcium carbonate 1500 mg (equivalent to 600 mg of elemental calcium)                              | Adcal-D3 chewable tablets                | 2 tablets daily       |  | £3.91                                |
|   | Accrete D3 tablets                       | 2 tablets daily       |  | £2.95                                |
| Colecalciferol 5 mcg (equivalent to 200 units of vitamin D3) and Calcium carbonate: 750 mg (equivalent to 300 mg of elemental calcium)<br><b>PLEASE NOTE STRENGTH</b> | Adcal-D3 Caplets 112 tablets (OP)        | 2 caplets twice a day |  | £3.91                                |