

Paravit™-CF- information sheet

Paravit™-CF is a recent addition to the market, it is an “all-in-one” supplement designed for people with CF and contains the fat-soluble vitamins A, D, E and K. It has been added to the Frimley Formulary as “amber no shared care” for children and adults with Cystic Fibrosis (CF) and pancreatic insufficiency. It is available as a capsule (suitable for patients aged 3 and above) and as a liquid (suitable for all ages).

Dosing:

Dosing will be determined by the CF team but will usually follow the table below:

	Daily dose of Paravit™-CF			
	0-12 months (0.1ml)	1-3 yrs (0.25ml)	3-8 yrs (0.25ml or 1 capsule)	>8 yrs (0.5ml or 2 capsules)
Vitamin A (retinyl palmitate)	2000 units	4000 units		8000 units
Vitamin D3 (cholecalciferol)	600 units	1500 units		3000 units
Vitamin E (dl – α tocopheryl acetate)	60 units	150 units		300 units
Vitamin K1 (phytomenadione)	2 mg	5mg		10mg

Monitoring:

It remains the responsibility of the CF team to check vitamin levels at appropriate intervals (at least annually) and review dosing. Patients likely to start Paravit™-CF will already be prescribed the individual components (commonly: vitamin A+D, alpha tocopherol, colexcalciferol and menadiol). When Paravit™-CF initiated the CF unit will email or write to the GP practice and inform them on

- the dose of Paravit™-CF
- which prescription items to stop
- which doses to change.

Some patients may need to take Paravit™-CF AND a vitamin D (colexcalciferol) supplement.

Supply:

Both liquid and capsules are available on FP10 prescription. PIP codes are: Paravit™-CF Liquid: 405-7626 Paravit™-CF Capsules: 406-6908. More information can be found at: <https://www.paravit-cf.com/healthcare-professionals/how-to-order-paravit-cf/>

Benefits:

- Reduce medicines burden for people with CF which may lead to better adherence.
- Paravit™-CF is more cost effective than the individual component vitamin supplements.

Further information about Paravit™-CF: <https://www.paravit-cf.com/healthcare-professionals/>

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