

NI Formulary: Chapter 9 Nutrition

Please refer to the full version of the Formulary for further advice and information.

Therapeutic Area	Drug choice
Iron deficiency anaemia - Oral Iron	<p>① Ferrous fumarate 305mg capsules(100mg iron)</p> <p>① Ferrous sulphate 200mg tablets (65mg iron)</p>
Drugs used in megaloblastic anaemias (i) Vitamin B12 Deficiency (ii) Folate deficiency	<p>① Hydroxocobalamin injection 1mg/1ml</p> <p>① Folic acid 5mg tablets</p>
Pregnancy Supplementation requirements before and during pregnancy Folic acid for all women who could become pregnant High risk of neural tube defects Vitamin D Throughout pregnancy and whilst breastfeeding	<p>① Folic acid 400 microgram tablets</p> <p>Available to purchase OTC</p> <p>① Folic acid 5mg tablets</p> <p>① Vitamin D 10 micrograms (400 units)</p> <p>Available to purchase OTC</p>
Vitamin D 10 micrograms All other strengths	<p>Licensed oral drops: InVita D3® 2400IU/ml oral drops, Fultium D3® drops 2740IU/ml, Thorens® 10,000IU/ml oral drops, solution (one 1ml bottle); <u>or</u> a food supplement, e.g. Pro-D3 capsules.</p> <p>Note: food supplements are also available to purchase over-the-counter (OTC)</p> <p>Licensed products include: Desunin® 800IU, Fultium D3® 800IU, InVita D3® 800IU, Strivit-D3 800iu, Stexerol-D3® 1000IU, Fultium D3® drops 2740IU/ml, InVita D3® 2400IU/ml oral drops, Fultium D3® 3200IU, Invita D3® 5600IU capsules,Thorens® 10,000IU/ml oral drops, solution (one 1ml bottle), Aviticol® 20,000IU, Fultium D3® 20,000IU, Plenachol® 20,000IU, InVita D3® 25,000 IU capsules, InVita D3® 25,000IU/ml oral solution (one 1ml ampoule), InVita D3® 50,000 IU capsules, Stexerol-D3® 25,000IU, Thorens oral solution 25,000IU/ 2.5ml (one 2.5ml bottle), Plenachol® 40,000IU, InVita D3® 50,000IU/ml oral solution (one 1ml ampoule)</p>
Vitamin B group	See chapter 4.10 for supplementation in alcohol dependence
Minerals	Follow specialist advice
Calcium supplement	① Adcal chewable tablets, calcium carbonate 1.5g (Calcium 600mg or Ca ²⁺ 15mmol)

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Calcium and vitamin D supplements	<p>1 Adcal-D3[®] Caplets (chewable) containing 750mg calcium and 200 units colecalciferol</p> <p>2 Calceos[®] 500mg/400IU chewable tablets</p> <p><u>Reserve (for patients who cannot swallow caplets or take chewable tablets)</u></p> <p>Calfovit D3[®] 1200mg/800IU powder for oral suspension</p>
Multivitamins	<p>1 Advise patient to purchase an OTC once-a-day multivitamin and mineral preparation</p>
Oral Nutrition	<p>See Oral nutrition guidance</p>
Powdered ONS > kcal/ml	<p>1 Aymes[®] Shake</p> <p>1 Ensure[®] Shake</p> <p>1 Foodlink[®] Complete</p>
Powdered ONS 2.4kcal/ml Compact Milkshake style	<p>1 Amyes[®] Shake compact</p>
Ready Made ONS 2.4cal/ml Compact Milkshake Style	<p>1 Ensure[®] Compact</p> <p>1 Fortisip[®] Compact</p> <p>1 Altraplen[®] Compact</p>
Ready Made ONS 1.5cal/ml Milkshake Style	<p>1 Aymes[®] Complete</p> <p>1 Ensure[®] Plus milkshake style</p> <p>1 Fortisip[®] Bottle</p> <p>1 Fresubin[®] Energy</p>
Ready Made ONS 1.5kcal/ml yoghurt style	<p>1 Ensure[®] plus yoghurt style</p>
Ready Made ONS 2.4kcal/ml compact Milkshake style with fibre	<p>1 Fortisip[®] compact fibre</p>
Ready Made ONS 1.5kcal/ml Milkshake style with fibre	<p>1 Ensure[®] Plus Fibre</p>
Ready Made ONS 1.5kcal/ml Juice style	<p>1 Ensure[®] plus juce</p> <p>1 Fortijuice[®]</p> <p>1 Fresubin[®] Jucy</p>
Ready Made ONS Dessert style (>200kcal and >10g protein per portion)	<p>1 Nutricrem[®]</p> <p>1 Fresubin[®] 2kcal crème</p>