

Sheffield formulary preparations and suggested doses.

Treatment for deficiency

Suggested dosing in local guidance is based on RCPCH (Guide for vitamin in childhood) and ROS guidelines; (Vitamin D and bone health – a practical clinical guideline for management in children and young people).	Sheffield formulary preparation
1 month up to 6 months - 3000 units daily as an oral dose for 4 weeks	*THORENS 10,000 units /ml 3000 units /0.3ml /day – 8.4ml needed, prescribe 10ml
6 months up to 2 years – 3000 units daily as an oral dose for 8 weeks	*THORENS 10,000 units /ml 3000 units / 0.3ml /day – 16.8ml needed, prescribe 20ml
2 up to 8 years – 6000 units daily as an oral dose for 6 weeks	*THORENS 10,000 units /ml 6000 units /0.6ml /day – 25.2mls needed, prescribe 30ml
8 up to 11 years – 6000 units for 8 weeks	*THORENS 10,000 units /ml 6000 units /0.6ml / day – 33.6mls needed, prescribe 40mls
12 up to 18 years – 10 000 units daily as an oral dose for 8 weeks	*THORENS 10,000 units /ml 10,000 units / 1ml / day – 56mls needed, prescribe 60mls

*Off label dose

Supplementation

Product	Dose
OTC supplementation containing vitamin D	First line: dose depending on age and product.
Healthy Start Vitamins	Available for those eligible under Extended Healthy Start Scheme. These can also be purchased from community pharmacies and local family centres. 5 drops daily providing 10 micrograms (400 units) of vitamin D
Invita 2,400 units/mL drops	6 drops daily - providing approximately 10 micrograms (400 units) of vitamin D
Abidec drops	Under 1 year – 0.3mL daily providing 5micrograms (200 units) of vitamin D Over 1 year – 0.6mL daily providing 10micrograms (400 units) of vitamin D
Dalivit drops	Under 1 year – 0.3mL daily providing 5micrograms (200 units) of vitamin D Over 1 year – 0.6mL daily providing 10micrograms (400 units) of vitamin D

Please note: Although some of these preparations do not contain the PHE recommended amount of vitamin D, the recommended dose can be achieved along with safe sunlight exposure and through diet.