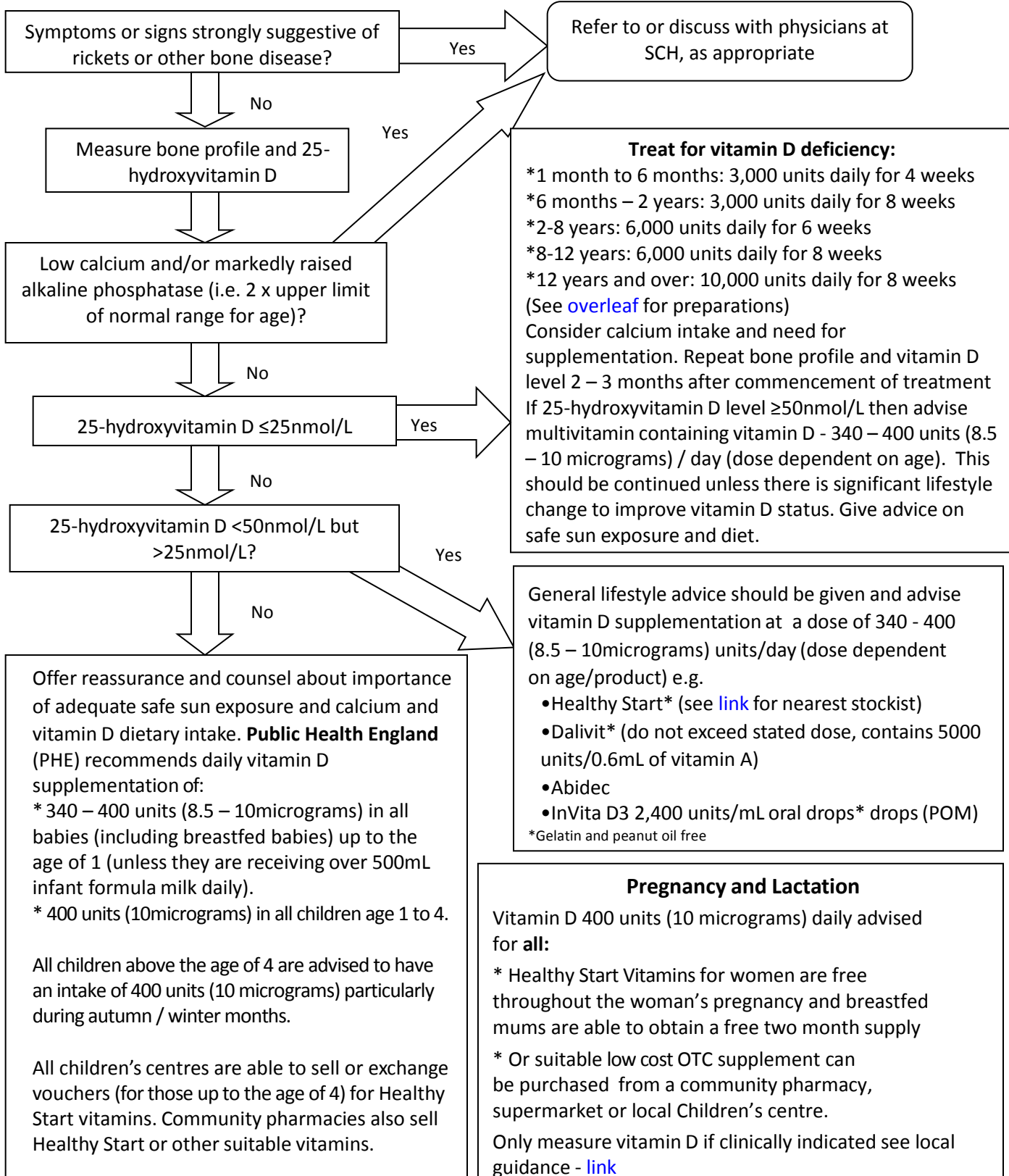


**Summary management algorithm – For children who present with suspected vitamin D deficiency** Refer to “[Guidelines for management of children with suspected vitamin D deficiency in primary care setting](#)” for background and details



## Sheffield formulary preparations and suggested doses.

### Treatment for deficiency

Suggested dosing in local guidance is based on RCPCH (Guide for vitamin in childhood) and NOS guidelines; (Vitamin D and bone health – a practical clinical guideline for management in children and young people).	Sheffield formulary preparation
1 month – 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 - 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
2-8 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
8-11 years – 6000 units for 8 weeks	*THORENS 10,000 units /ml 6000 units /0.6ml / day – 33.6mls needed, prescribe 40mls
12 - 16 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 <b>OR</b> **Pro D3 10,000 unit capsules, one daily

\*Off label dose

\*\*Unlicensed nutritional supplement

### 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 Children’s centres. 5 drops daily providing 7.5 micrograms (300 units) of vitamin D
Invita 2,400 units/mL	6 drops daily - providing approximately 10 micrograms (400 units) of vitamin D
Abidec	Under 1’s – 0.3mL daily providing 5micrograms (200 units) of vitamin D Over 1’s – 0.6mL daily providing 10micrograms (400 units) of vitamin D
Dalivit	Under 1’s – 0.3mL daily providing 5micrograms (200 units) of vitamin D Over 1’s – 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.