

Information Leaflet

SunVit-D3[®]

Tablets

400IU / 800IU / 1,000IU / 2,000IU / 3,000IU / 5,000IU / 10,000IU / 20,000IU / 25,000IU / 50,000IU

Read leaflet carefully before you start taking this supplement

- Keep this leaflet. You may want to read it again.
- If you have further questions, please ask your doctor or pharmacist.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist

In this leaflet:

1. What these tablets do
2. Check before you take...
3. How to take the tablets
4. Storing your supplement
5. Ingredients
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1. What these tablets do

SunVit-D3[®] contains vitamin D3 which:

- contributes to normal absorption/utilisation of calcium and phosphorus
- contributes to normal blood calcium levels,
- contributes to the maintenance of normal bones,
- contributes to the maintenance of normal muscle function.
- contributes to the maintenance of normal teeth,
- is needed for normal growth and development of bone in children
- contributes to the normal function of the immune system in children

2. Check before you take

Do not take if you:

- Are allergic (hypersensitive) to vitamin D3 or any of the other ingredients in SunVit D3[®] Tablets (see Section 6 Further Information)
- If you have ever been told that you have too much Calcium or Vitamin D in your blood

Taking medicines with SunVit-D3[®]

Please tell your doctor or pharmacist if you are taking or have recently taken any medicines including medicines taken without a prescription.

Pregnancy and breast-feeding

In pregnancy or when breast feeding, SunVit-D3[®] should only be used under medical supervision. Ask your doctor or pharmacist for advice before taking any supplement

Important information about some of the ingredients of SunVit-D3[®]

- The tablets contain a small amount of sugar and may be harmful to the teeth if used for a prolonged period

3. How to take the tablets

Always take SunVit-D3[®] exactly as your doctor or pharmacist has told you. You should check with your doctor or pharmacist if you are not sure.

Adults, elderly and children over 11 years of age

SunVit-D3[®] (Cholecalciferol) 400IU - 1 or 2 tablets daily.

SunVit-D3[®] (Cholecalciferol) 800IU - 1 tablet daily.

SunVit-D3[®] (Cholecalciferol) 1,000IU - 1 tablet daily or as advised by your doctor.

SunVit-D3[®] (Cholecalciferol) 2,000IU - 1 tablet daily or as advised by your doctor.

SunVit-D3[®] (Cholecalciferol) 3,000IU - 1 tablet daily or as advised by your doctor.

SunVit-D3[®] (Cholecalciferol) 5,000IU - 1 tablet weekly or as advised by your doctor.

SunVit-D3[®] (Cholecalciferol) 10,000IU - 1 tablet weekly or as advised by your doctor.

SunVit-D3[®] (Cholecalciferol) 20,000IU - 1 tablet weekly or as advised by your doctor.

SunVit-D3[®] (Cholecalciferol) 25,000IU - 1 tablet weekly or as advised by your doctor.

SunVit-D3[®] (Cholecalciferol) 50,000IU - 1 tablet weekly or as advised by your doctor.

Please Note: SunVit-D3 tablets should be swallowed whole with water and taken in the evening with a main meal.

High Strength supplements over 2,000IU are not intended for long term usage.

Do not exceed the stated dosage and consult your doctor or pharmacist if taking the higher dosages of SunVit-D3[®].

Children under 11

SunVit-D3[®] may be given to children under 11 years providing you seek advice from your doctor or pharmacist.

If you take more SunVit-D3[®] than you should

You should only take what your doctor recommends. If you take too many SunVit-D3[®] tablets contact your doctor or pharmacist if you can do so. If not, go to the nearest hospital casualty department **immediately**, taking the SunVit-D3[®] pack and remaining tablets with you.

If you forget to take SunVit-D3[®]

If you forget to take your tablet, take it as soon as possible and continue to take the tablets as normal. Do not take a double dose to make up for a forgotten tablet.

If you stop taking SunVit-D3[®]

Always talk to your doctor or pharmacist before stopping using SunVit-D3[®]. If you have any further questions on the use of this product, ask your doctor or pharmacist.

Current NHS Guidance is available at

<http://www.nhs.uk/conditions/vitamins-minerals/pages/vitamin-d.aspx>

4. Storing your supplement

- Keep out of the reach of children.
- Do not store above 25°C
- Protect from sunlight
- Do not use SunVit-D3[®] after the best before date that is printed on the carton.

5. Ingredients

Each film-coated tablet contains pure vitamin D3 (Cholecalciferol).

400IU, 800IU, 1,000IU, 2,000IU, 3,000 IU, 5,000IU, 10,000IU, 20,000IU, 25,000IU and 50,000IU film-coated tablets also contains Modified Starch, Sucrose, Tocopherol, Sodium Ascorbate, Lactose Monohydrate EP (**Milk**), Sodium Starch Glycollate EP, Microcrystalline Cellulose EP, Croscarmellose Sodium EP, Colloidal Anhydrous Silica EP, Stearic Acid EP, Magnesium Stearate EP, Hydroxypropyl Methylcellulose EP, Titanium Dioxide EP, Carnauba Wax and Purified Talc EP as excipients.

Allergens Advice: Contains Lactose Monohydrate EP (**Milk**).

6. Further information

The tablets are white and film-coated.

SunVit-D3[®] film-coated tablets are provided in blister packs.

The film-coated tablets are suitable for vegetarians and are approved by the Vegetarian Society.

The film-coated tablets are certified Halal by the Halal Monitoring Committee.

The film-coated tablets are yeast, wheat, gluten, soy, gelatin and nut products free.

SunVit-D3[®] is a registered trade mark.

Manufactured in the UK under GMP:

for SunVit-D3 Ltd, Epping, Essex, CM16 7BN, UK.

Have any questions or comments? Get in touch at www.sunvitd3.co.uk

This leaflet was last revised in October 2017