

Information Leaflet

SunVit-D3[®] Capsules

400IU / 800IU / 1,000IU / 2,200IU / 2,500IU / 3,200IU / 10,000IU / 20,000IU / 40,000IU / 50,000IU

Read leaflet carefully before you start taking this food 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 capsules do
2. Check before you take
3. How to take the capsules
4. Storing your supplement
5. Ingredients
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1. What these capsules 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, and
- contributes to the normal function of the immune system in children.

2. Check before you take

Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

Do not take if you:

- are allergic (hypersensitive) to vitamin D3 or any of the other ingredients in SunVit-D3[®] Capsules (see Section 6 Further Information).
- 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 be used only 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 capsules contain a small amount of sugar and may be harmful to the teeth if used for a prolonged period.

3. How to take the capsules

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 capsules daily.

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

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

SunVit-D3[®] (Cholecalciferol) 2,200IU - 1 capsule daily or as advised by your doctor.

SunVit-D3[®] (Cholecalciferol) 2,500IU - 1 capsule daily or as advised by your doctor.

SunVit-D3[®] (Cholecalciferol) 3,200IU - 1 capsule daily or as advised by your doctor.

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

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

SunVit-D3[®] (Cholecalciferol) 40,000IU - 1 capsule weekly or as advised by your doctor.

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

Please Note: SunVit-D3[®] capsules should be swallowed whole and taken in the evening with a main meal. Do not chew capsules.

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[®] capsules 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 capsules with you.

If you forget to take SunVit-D3[®]

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

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 capsule contains pure vitamin D3 (Cholecalciferol) and the following ingredients:

Bulking agent: Microcrystalline cellulose, Acacia gum, Sucrose, Starch, Medium chain triglycerides, Antioxidant: Vitamin E, Anti-caking agent: Magnesium stearate.

Outer Capsule Shell (Plain White): Hydroxypropyl methylcellulose, Titanium dioxide

6. Further information

SunVit-D3[®] capsules are provided in blister packs.

The capsules are suitable for vegetarians and are approved by the Vegetarian Society. The capsules are certified Halal by the Halal Monitoring Committee. The capsules are free from yeast, wheat, gluten, soy, gelatin, dairy and nut products.

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 July 2018