

Patient Information Leaflet

SunVit-D3[®]

2,000IU/ml Oral Solution

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 this solution does
2. Check before you take
3. How to take the solution
4. Possible side effects
5. Storing your supplement
6. Further information

1. What this solution does

SunVit-D3[®] contains vitamin D3 which is essential for healthy bones, teeth and muscle function. SunVit-D3[®] provides extra vitamin D3 to your diet and helps maintain a healthy and happy lifestyle.

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[®] Solution (see Section 6 Further Information).
- If you have ever been told that you have too much Calcium or Vitamin D in your blood.

Taking other medicines with SunVit-D3[®]

Please tell your doctor or pharmacist if you are taking or have recently taken any other 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.

3. How to take the solution

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.

- SunVit-D3[®] Solution 2,000IU/ml comes with an oral syringe to help you measure the correct dose.
- Remove the lid and push the tip of the oral syringe into the hole in the bung.
- Turn the bottle upside down.
- Pull the plunger of the syringe back so that the medicine is drawn from the bottle into the syringe. Pull the plunger back to the point on the scale that corresponds to the dose prescribed for you. If you are at all confused about how much medicine to draw into the syringe, ask your pharmacist or doctor to clarify this for you.
- Turn the bottle back the right way up and carefully remove the syringe from the bung, holding it by the barrel rather than the plunger.
- Gently put the tip of the syringe into your mouth, to the inside of the cheek.
- Slowly and gently push the plunger down to gently squirt the solution into the inside of the cheek. Allow the patient to swallow it. DO NOT forcefully push down the plunger, or squirt the solution to the back of the mouth or throat, as you may cause the patient to choke.
- Remove the syringe from your mouth and replace the lid on the bottle.
- Rinse the syringe in warm water and leave to dry.

Adults: 0.5ml to 1ml to be taken daily or as directed by your doctor or pharmacist.

Children 1 month to 18 years: 0.5ml to be taken daily or as directed by your doctor or pharmacist.

SunVit-D3[®] Solution can be mixed with food, drinks or taken directly.

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

You should only take what your doctor recommends. If you take too much SunVit-D3[®] solution 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 with you.

If you forget to take SunVit-D3[®]

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

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.

4. Possible side effects

SunVit-D3[®] may cause side effects, although not everybody gets them. If any of the side effects worsen please tell your doctor or pharmacist.

5. Storing your supplement

- Keep out of the reach and sight of children.
- Do not store above 25°C.
- Protect from sunlight.
- Do not use SunVit-D3[®] after the expiry date that is printed on the carton.
- Ask your pharmacist how to dispose of any food supplements no longer required. These measures will help to protect the environment.

Do not use if the bottle seal is broken and once opened discard contents after 3 months.

Shake well before use.

6. Further information

SunVit-D3[®] 2,000 IU/ml Oral Solution contains the following ingredients:

Cholecalciferol Oil

Sunflower Seed Oil

Orange oil

D-Alpha Tocopherol Acetate Oil

SunVit-D3[®] Solution is suitable for vegetarians and is approved by the Vegetarian Society UK.

SunVit-D3[®] Solution is free from yeast, wheat, gluten, soya, gelatin and nut products.

SunVit-D3[®] is a registered trademark of SunVit-D3 Limited.

Manufactured in the UK under GMP:

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

Website: www.sunvitd3.co.uk

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