

## Patient Information Leaflet

# SunVit-D3<sup>®</sup> Tablets

SunVit-D3<sup>®</sup> (Cholecalciferol) 400IU / 800IU / 1,000IU / 2,000IU / 3,000IU / 5,000IU / 10,000IU / 20,000IU / 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. Possible side effects
5. Storing your supplement
6. Further information

## 1. What these tablets do

SunVit-D3<sup>®</sup> contains vitamin D3 which is essential for healthy bones and teeth. SunVit-D3<sup>®</sup> provides extra vitamin D3 to your diet and helps maintain a healthy, 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<sup>®</sup> 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 other medicines with SunVit-D3<sup>®</sup>

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<sup>®</sup> 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<sup>®</sup>

- 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<sup>®</sup> 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<sup>®</sup> (Cholecalciferol) 400IU - 1 or 2 tablets daily with a main meal, ideally one tablet to be taken in the evening with a main meal. SunVit-D3<sup>®</sup> tablets should be swallowed whole.

SunVit-D3<sup>®</sup> (Cholecalciferol) 800IU - 1 or 2 tablets daily with a main meal, ideally one tablet to be taken in the evening with a main meal. SunVit-D3<sup>®</sup> tablets should be swallowed whole.

SunVit-D3<sup>®</sup> (Cholecalciferol) 1,000IU - 1 tablet daily with a main meal, ideally one tablet to be taken in the evening with a main meal. SunVit-D3<sup>®</sup> tablets should be swallowed whole.

SunVit-D3<sup>®</sup> (Cholecalciferol) 2,000IU - 1 tablet daily with a main meal, ideally one tablet to be taken in the evening with a main meal. SunVit-D3<sup>®</sup> tablets should be swallowed whole.

SunVit-D3<sup>®</sup> (Cholecalciferol) 3,000IU - 1 tablet daily with a main meal, ideally one tablet to be taken in the evening with a main meal. SunVit-D3<sup>®</sup> tablets should be swallowed whole.

SunVit-D3<sup>®</sup> (Cholecalciferol) 5,000IU - 1 tablet daily or weekly with a main meal, ideally one tablet to be taken in the evening with a main meal. SunVit-D3<sup>®</sup> tablets should be swallowed whole.

SunVit-D3<sup>®</sup> (Cholecalciferol) 10,000IU - 1 tablet weekly or as advised by your doctor, ideally one tablet to be taken in the evening with a main meal. SunVit-D3<sup>®</sup> tablets should be swallowed whole.

SunVit-D3<sup>®</sup> (Cholecalciferol) 20,000IU - 1 tablet weekly or as advised by your doctor, ideally one tablet to be taken in the evening with a main meal.. SunVit-D3<sup>®</sup> tablets should be swallowed whole.

SunVit-D3<sup>®</sup> (Cholecalciferol) 50,000IU - 1 tablet weekly or as advised by your doctor, ideally one tablet to be taken in the evening with a main meal. SunVit-D3<sup>®</sup> tablets should be swallowed whole.

### **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.

## **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.

## **6. Further information**

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

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

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

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.

website: [www.sunvitd3.co.uk](http://www.sunvitd3.co.uk)

**This leaflet was last revised in: March 2017**