

Information Leaflet
SunVit-D3[®]
800IU / 1,000IU / 2,000IU Tablets
New Formulation Now Dairy Free

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 you notice any side effects, 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
6. Further information

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

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[®] 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 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 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) 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.

Please Note: SunVit-D3[®] tablets should be swallowed whole with water and taken preferably with a main meal.

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 30°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), Di Calcium Phosphate, Microcrystalline Cellulose, Magnesium Stearate, Silica, Carnauba Wax, Hypromellose (HPMC) 6, Titanium Dioxide Polydextrose, Purified Talc, Medium Chain Triglycerides, Acacia Gum, Sucrose, Sunflower Oil and Modified Maize Starch.

6. Further information

The tablets are white and film-coated.

SunVit-D3® film-coated tablets are provided in blister packs of 28s.

The film-coated tablets are:

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

The 1,000IU tablets are approved by Informed-Sport and suitable for competitive athletes.

SunVit-D3® is a registered trade mark.

Manufactured in the UK under GMP standards

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

Have any questions or comments?

Get in touch at www.sunvitd3.co.uk or via our social media platforms.

This leaflet was created in April 2019

Why not leave us a review! You can review us on Trustpilot.