



Healthcare professional guide: Multi-vitamin supplements

NICE Clinical Guideline 32 Nutrition Support in Adults states “Offer a **complete oral multivitamin and mineral supplement** if concerned about intake” which will generally include patients at medium or high risk of malnutrition according to [MUST](#).

The **only licensed complete oral multivitamin and mineral supplement** is Forceval (£0.26 per capsule).

Ketovite tablets (£0.09 per tablet) and Vitamins Capsules BPC (£0.05 per capsule) **are not** complete oral multivitamin and mineral supplements:

- *Ketovite tablets contain only vitamins (no minerals or electrolytes) but **do not** contain vitamins A, D or B12, which have to be added by prescribing Ketovite Liquid (additional £0.64 per day). Neither Ketovite tablets nor Ketovite Liquid contains Niacin. **Prescribe only if advised by a Dietitian***
- *Vitamins Capsules BPC contain only vitamins A, C, D, Thiamin, Riboflavin and Nicotinamide, and the amounts provided are mainly less than required amounts (Reference Nutrient Intakes (RNIs), Department of Health, 1991) and less than the amounts provided by over the counter (OTC) products. **Do not prescribe***

Most cost effective alternatives

Where there is concern that diet is not meeting nutritional needs - patients or carers should be advised to purchase an OTC one-a-day multivitamin and mineral preparation (suitable examples in table below). Any of these will provide all essential micronutrients in doses which meet RNIs for the over 50s. (If one of the cheaper products (available from Asda, Sainsbury’s or Tesco) is purchased, cost per year will be less than £15).

For pts resident in a care home - if the Care Home is unable to provide an OTC product **it is possible to prescribe the products listed below**. You need to know which dispensing pharmacy the Care Home uses so that the product stocked by that pharmacy can be prescribed. None of these are licensed medicines.

If a sip feed is necessary, and is being prescribed and taken in a therapeutic dose, it is unlikely that a multivitamin/mineral preparation will be required in addition - the majority of prescribed sip feeds (if prescribed and taken in a therapeutic dose i.e. bd) are nutritionally complete and will therefore provide all vitamins and minerals in similar amounts to the OTC products listed below.

Product	Available from	Presentation	Approx retail cost per day (1 tablet)
A-Z Multivitamin & Minerals	Asda	x 30/90 tablets	£0.07/£0.04
Pharmaceuticals A-Z	Boots	x 30/90/180 tablets	£0.07/£0.06/£0.05
A-Z Multivitamins & Minerals	Lloyds Pharmacy	x 90 tablets	£0.06
Centrum Advance	Most pharmacies	x 30/60/100/180 tablets	£0.16/£0.16/£0.13/£0.12
Sanatogen A – Z Complete	Most pharmacies	x 90 tablets	£0.12
Seven Seas Complete Multivitamin Adult	Most pharmacies	x 28 tablets	£0.16
A-Z Multivitamins & Minerals	Sainsburys	x 30/90 tablets	£0.05/£0.04
A-Z Multivitamin + Minerals	Superdrug	x 30/90/120 tablets	£0.07/£0.06/£0.06
A-Z Chewable Multivitamin + Minerals	Superdrug	x 60	£0.07
A-Z Multivitamins And Minerals	Tesco	x 30/90/240 tablets	£0.07/£0.04/£0.04

NB. Multivitamin and mineral supplements produced by Holland and Barrett, Morrisons and Numark **are not recommended** because these preparations do not contain a full range of micronutrients in sufficient amounts to meet RNIs, and are therefore not comparable with the products listed above.

All costs obtained from MIMS January 2017 and from major supermarkets and major pharmacies on 6/1/17

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