



Designed for
compliance

Vitamin D Medication

ADULT DOSING FREQUENCY ¹

Weekly Treatment
of vitamin D deficiency
 $25 (OH) D < 25 \text{ nmol/l}$

2 x 25,000 IU capsules
weekly for 6 – 8 weeks

Prevention/ Adjunct
to osteoporosis
treatments

1 x 25,000 IU capsule
Monthly

Altavita D3
25,000 IU
soft capsules



For further information
visit altavita.ie

 altavita[®]D3
COLECALCIFEROL

Licensed Medicine for
Vitamin D Deficiency

Licensed indications:¹

- The prevention and treatment of vitamin D deficiency
- As an adjunct to specific therapy for osteoporosis in patients with vitamin D deficiency, or at risk of vitamin D insufficiency

The prevention of vitamin D deficiency¹

1 x Altavita D3 25,000 IU soft capsule per month in the following at risk groups.*

- Patients being evaluated for osteoporosis
- Those recently treated for vitamin D deficiency, and requiring maintenance therapy
- Institutionalised or hospitalised individuals
- Dark skinned individuals
- Individuals with limited effective sun exposure
- Obese individuals
- Use of certain concomitant medications (e.g. anticonvulsant medications, glucocorticoids)
- Patients with malabsorption, including inflammatory bowel disease and coeliac disease

* Certain populations are at high risk of vitamin D deficiency, and may require higher doses and monitoring of serum 25(OH) D

References:

1. Consilient Health Ltd. Altavita® D3 25,000 IU soft capsules, Summary of Product Characteristics - available on medicines.ie.

Scan the QR code to view the Altavita SPC on medicines.ie



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Your Partner in Bone Health
Visit [consilienthealth.ie](https://www.consilienthealth.ie)

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