

Paravit®-CF Capsules

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Vitamin formula in soft gelatin capsules

Paravit®-CF is a Food for Special Medical Purposes. For the dietary management of patients with cystic fibrosis on the specific recommendation of a cystic fibrosis specialist, Paravit®-CF contains higher amounts of fat soluble vitamins than regular food supplements.

Important information: Paravit®-CF may not be used as a sole source of nutrition and is not a substitute for a varied diet. Paravit®-CF has been designed specifically for patients with cystic fibrosis and should be only used by this group as this is its intended use. This product poses a health hazard if consumed by persons who do not have the medical condition for which the product is intended. Paravit®-CF may only be used during pregnancy if advised by a doctor.

Paravit®-CF Capsules are not recommended for children under the age of 3 years. For this age group, Paravit®-CF Liquid is recommended.

How to use and store Paravit®-CF Capsules

Warning not for parenteral use. To be taken with a meal.

Store in a cool, dry place, below 25°C. Do not freeze. Keep away from children.

How many Paravit®-CF Capsules should be taken

The recommended starting dosage of Paravit®-CF Capsules follows guidance of the Cystic Fibrosis Trust 2016 and ESPEN-ESPGHAN-ECFS guidelines on nutrition care for infants, children, and adults with cystic fibrosis 2016 and is as follows:-

Children 3 to 8 years of age: one capsule per day.

Over 8 years of age (including adults): two capsules per day.

The recommended daily doses are higher than a normal food supplement. This is because they take into account the poor absorption problems suffered by cystic fibrosis patients.

Do not exceed the stated daily dose.

Ingredients:

Medium Chain Triglycerides (**coconut origin**); Vitamin E (DL- α -tocopheryl acetate); gelatin; Stabilizer: glycerol (E 422); Vitamin K1 (phytomenadione); Vitamin A (Retinyl palmitate); Vitamin D3 (Cholecalciferol); Emulsifier: **Soy** lecithin; Colouring agent: copper chlorophyllin (E 141ii); mineral blend: zinc oxide, starch.

Nutritional Information:

Ingredient	Unit	Per capsule	Per 100 Kcal	Per 100g
Energy	kJ/Kcal	14/3		2222/476
Fat	grams	0.3 (of which saturated 0.3)		48 (of which saturated 48)
Carbohydrates	grams	0.07 (of which sugars 0.01)		11 (of which sugars 1.6)
Protein	grams	0.1		16
Vitamin A	micrograms	1200 (= 4000 IU)	40,000 (= 133,333 IU)	190,476 (= 634,921 IU)
Vitamin D3	micrograms	37.5 (= 1500 IU)	1250 (= 50,000 IU)	5952 (= 238,095 IU)
Vitamin E	milligrams	100 (= 150 IU)	3333 (= 5000 IU)	15,873 (= 23,809 IU)
Vitamin K1	micrograms	5000	166,666	793,651

IU = International Units

Contains no salt. Contains **soy**bean ingredient but no other potential allergens according to EU regulation.

Allergens are shown in bold type

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Nordic Pharma Ltd.,
Building 1410
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Theale, Reading
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