

Paravit®-CF

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Vitamin liquid formula

Paravit®-CF liquid 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. 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.

How to use and store Paravit®-CF

For oral use only. To be taken with a meal. Speak with your cystic fibrosis dietician on how to take Paravit®-CF. Store in a cool, dry place, below 25°C. Do not freeze. Keep away from children. Do not use if the seal on the bottle is broken before starting to use Paravit®-CF. After use, close the vial with the cap, store in refrigerator and consume within 60 days. Paravit®-CF comes with a measuring device. When preparing Paravit®-CF for use, open the bottle containing Paravit®-CF liquid, by breaking the seal. Push the measuring device firmly into the plastic stopper in the neck of the bottle.

To fill the measuring device, turn the bottle upside down. Whilst holding the measuring device in place, gently pull the plunger down drawing the liquid to the correct dose on the measuring device. Turn the bottle the right way up, and holding the bottle, gently twist and remove the measuring device from the bottle plug. Place the tip of the measuring device into the mouth and depress the plunger to administer the dose. Replace the lid on the bottle and wash the measuring device out using hot water. Place the bottle and measuring device back into the outer carton.

How much Paravit®-CF should be taken

The recommended starting dosage of Paravit®-CF 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:-

Infants 0 to 12 months of age: 0.1ml per day measured by a supplied measuring device. Discard any unused liquid after 60 days. Special care should be taken to avoid overdosing in this age group by using the measuring device supplied.

Children 1 to 8 years of age: 0.25 ml per day.

Over 8 years of age (including adults): 0.5 ml per day.

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

Do not exceed the stated daily dose.

7 ml of the liquid formula will provide sufficient volume for 14 days treatment for an adult (or child over 8 years of age) and 28 days treatment for children and infants (Up to 8 years of age). To ensure that the measuring device can extract 7ml of liquid during the full treatment period, there is an additional 1ml of liquid in the bottle (making a total content of 8ml). At the end of your treatment period, some liquid will remain in the bottle which should then be discarded.

Ingredients:

Vitamin E (DL- α -tocopheryl acetate); Medium Chain Triglycerides (**coconut and palm oil origin**);

Vitamin K1 (phytomenadione); Vitamin A (retinyl palmitate); Vitamin D3 (cholecalciferol).

Nutritional Information:

Ingredient	Unit	Per 0.25ml dose	Per 100 Kcal	Per 100ml
Energy	kJ/Kcal	2.09/0.50		836/200
Fat	grams	0.075 (of which saturated 0.075)		30 (of which saturated 30)
Carbohydrates	grams	0		0
Protein	grams	0		0
Vitamin A	micrograms	1200 (= 4000 IU)	240,000 (= 800,000 IU)	480,000 (= 1,600,000 IU)
Vitamin D3	micrograms	37.5 (= 1500 IU)	7500 (= 300,000 IU)	15,000 (= 600,000 IU)
Vitamin E	milligrams	100 (= 150 IU)	20,000 (= 30,000 IU)	40,000 (= 60,000 IU)
Vitamin K1	micrograms	5000	1,000,000	2,000,000

IU = International Units

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Manufactured by:

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