



# The use of Cholecalciferol in Vitamin D Deficiency

Cholecalciferol (also known as Vitamin D3) is used for the prevention and treatment of Vitamin D deficiency. Cholecalciferol helps to prevent the problems usually associated with Vitamin D deficiency such as osteoporosis, muscle weakness, increased risk of bone fractures. In infants and unborn babies, Vitamin D deficiency may result in slow growth and rickets (bone weakness), and increased risk of fractures in later life.

**Cholecalciferol is safe to use during pregnancy and while breastfeeding.**

## Types of products available

There is a wide range of Vitamin D3 products available in Australia including tablets, capsules and oral liquids. The strength of the dose may vary between products. Your doctor will advise you, on how much you will need to take depending on your level of Vitamin D deficiency.

Form	Strength
Tablet/Capsules	1000 IU
Oral liquid	1000 IU/0.2mL
	400IU/0.45mL(component of Pentavite® Infants Oral Multivitamin Liquid)

25 micrograms = 1000 IU Vitamin D3

**If you are taking an oral liquid, the dose may be mixed with water or juice to hide the taste.**

## Dose

### Adults during pregnancy and lactation:

The dose prescribed will vary according to vitamin D levels.  
Please consult your doctor if unsure of your dose.

### Maintenance dose:

1000 IU per day until you stop breastfeeding

### Infants for treatment of Vitamin D deficiency:

1000 IU per day for three months

### Maintenance dose/prevention of Vitamin D deficiency in babies at high risk:

1000 IU per day until you stop breastfeeding

## Helpful hints

### Sun exposure

Exposure to at least 15 - 30 minutes of sunshine per day is recommended to increase Vitamin D absorption. Avoid being in the sun between 11.00am and 3.00pm during winter and 11.00am and 5.00pm during summer without proper sun protection. To absorb the most Vitamin D, your hands, face and both arms have to be exposed to the sun.

### Calcium supplements

A normal level of vitamin D is needed to absorb calcium from food. Calcium is vital in building strong bones and teeth and is important for the nervous system. If you are being treated for Vitamin D deficiency it is recommended that you also take a calcium supplement according to the recommended daily intake.

Recommended daily intake of calcium for pregnant and breastfeeding women:

Age	Calcium(mg)
14-18	1300
19-30	1000
31-50	1000

### Diet

You can increase your calcium intake by eating more high calcium foods such as milk and dairy products, bony fish, nuts, soy drinks and cereals that are calcium enriched. Vitamin D is found in fish, margarine and eggs, but this can not be relied on if sun exposure is inadequate.

### Further testing

If you are a mother with a Vitamin D deficiency you are advised to arrange screening for other family members (particularly your children) as they may also be at risk.

**Please speak to your doctor or pharmacist if you have any questions or concerns.**



This document can be made available in alternative formats on request for a person with a disability.

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