

Paravit[®]-Cf

Helping to Support Your Nutritional Needs



Fat-soluble vitamin supplement specially
designed for people with Cystic Fibrosis

- ✔ Taste free
- ✔ Odour free
- ✔ Suitable for Halal and Kosher diets

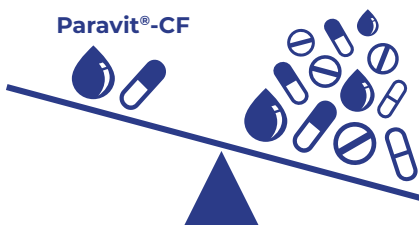
Why do people with CF need vitamin supplements?



For people with CF, eating a nutritious and balanced diet is not easy. This is because most people with CF have pancreatic insufficiency, and don't produce enough pancreatic enzymes to breakdown, digest or absorb nutrients from the food they eat. This is a particular issue for fat-soluble vitamins A, D, E and K, and without supplementation, these nutrients can become depleted leading to nutrient deficiencies.

This is where Paravit®-CF can support you. Paravit®-CF is specifically designed to supplement fat-soluble vitamins A, D, E and K in dosages appropriate for people with Cystic Fibrosis, based on CF Trust guidance on the Nutritional Management of Cystic Fibrosis¹.

Traditionally, people with Cystic Fibrosis may have had to take multiple tablets or liquid products each day to supplement their fat-soluble vitamins. With Paravit®-CF Liquid or Capsule, the four fat-soluble vitamins can be taken in just one convenient daily dose.



Why are fat-soluble vitamins important in maintaining health?

Fat soluble vitamins A, D, E and K perform a variety of critical functions in the human body, and are essential in maintaining good health.

Vitamin A



Eye
Health



Immune
Strength



Skin
Health

Vitamin A plays an important role in many parts of the body. It is essential for the normal function of our immune system (our body's natural defence against illness and infection), and the health of our skin, eyes, and mucous membranes (for example, it can help maintain / repair the lining inside our lungs²).

Vitamin D



Bone
Health



Immune
Strength

Vitamin D is critical in helping our bodies absorb Calcium from food, to develop strong bones and teeth as we grow and age. Vitamin D also helps manage inflammation, and plays an important role in maintaining our body's immune system².

Vitamin E



Antioxidant



Neuro-
development

Vitamin E is a powerful antioxidant, which protects cells in the body from damage caused by compounds called free radicals. It helps strengthen our immune system, and is needed to maintain healthy skin, eyes, nerves and blood cells².

Vitamin K



Coagulation
Health



Bone
Health

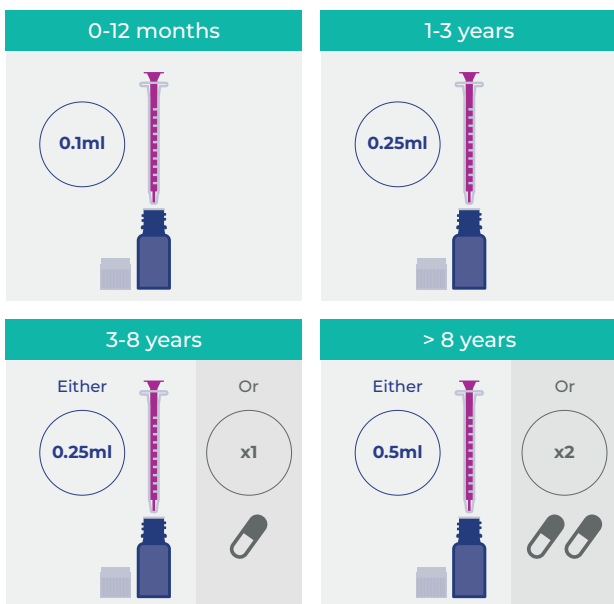
Vitamin K is essential for blood clotting, which is critical to stop wounds from bleeding, and to help them heal. It is also important for maintaining healthy bones, along with Calcium and Vitamin D².

How to take Paravit®-CF?

Depending on your age or preference, you may take **Paravit®-CF Liquid** or **Paravit®-CF Capsules**.

The recommended starting dosage of Paravit®-CF follows guidance from the Cystic Fibrosis Trust on the Nutritional Management of Cystic Fibrosis, published in 2016¹. Paravit®-CF should be taken with a meal.

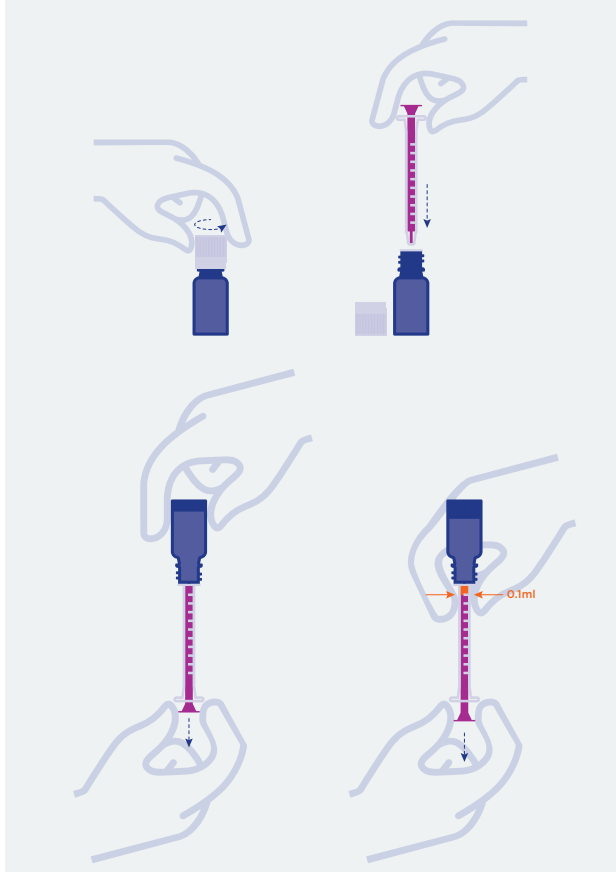
Recommended starting dose



From the ages of 3 and above, **Paravit®-CF Capsules** can be used – One capsule is equivalent to a single 0.25ml dose of **Paravit®-CF Liquid**. Always follow advice from your Cystic Fibrosis healthcare professional

1. Cystic Fibrosis Trust. Nutritional Management of Cystic Fibrosis. September 2016.
2. Cystic Fibrosis Trust and Cystic Fibrosis Dietitians Group UK. Vitamin Supplements in Cystic Fibrosis. 2019. Available at Vitamin Supplements in Cystic Fibrosis. 2019.pdf
Food for Special Medical Purposes (FSMP), for use under medical supervision.

How to use the Paravit®-CF liquid syringe device



- 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.

Paravit®-CF

Paravit®-CF Liquid



Paravit®-CF Capsules



Daily dosage

3-8 years
1 capsule



> 8 years
2 capsules



(+44) 01183 217100

info@parapharmdev.com

www.paravit-cf.com