Paravit-CF Capsules

**Vitamin formula in soft gelatin capsules**

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

**Important information:** Use under medical supervision. 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. Speak with your cystic fibrosis dietician on how to take Paravit-CF Capsules. Store at room temperature in a cool, dry place. Keep out of the reach and sight of 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-ESPAGHAN-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, vitamin E (dl alpha-tocopheryl acetate), gelatin, stabilisers: glycerol (E422) and beeswax (E901); vitamin K1 (phytomenadione), vitamin A (retinyl palmitate), colouring agents: sodium copper chlorophyllin (E141ii), titanium dioxide (E171), vitamin D3 (cholecalciferol), emulsifier: soya lecithin; colouring agent: black iron oxide (E172)

**Nutritional Information:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Unit</th>
<th>Per capsule</th>
<th>Per 100 Kcal</th>
<th>Per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>kj/Kcal</td>
<td>14/3</td>
<td>1995/447</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td>grams</td>
<td>0.3</td>
<td>(of which saturated 0.3)</td>
<td>39 (of which saturated 38)</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>grams</td>
<td>0.07</td>
<td>(of which sugars 0.01)</td>
<td>10 (of which sugars 1)</td>
</tr>
<tr>
<td>Protein</td>
<td>grams</td>
<td>0.1</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>micrograms</td>
<td>1500 (+ 5000 IU)</td>
<td>50,000 ( +166,666 IU)</td>
<td>232,126 (+773,754 IU)</td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>micrograms</td>
<td>375 (+ 1500 IU)</td>
<td>1250 ( +50,000 IU)</td>
<td>5803 (+232,126 IU)</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>milligrams</td>
<td>100 (+ 150 IU)</td>
<td>3333 ( +5000 IU)</td>
<td>15,475 (+ 23,212 IU)</td>
</tr>
<tr>
<td>Vitamin K1</td>
<td>micrograms</td>
<td>5000</td>
<td>166,666</td>
<td>773,754</td>
</tr>
</tbody>
</table>

IU = International Units

Contains no salt. Contains soya ingredient but no other potential allergens according to EU regulation.

Allergens are shown in bold type

Paravit-CF is distributed by:
ParaPharm Development Limited,
Merlin House, Brunel Road,
Theale, Reading,
RG7 4AB,
United Kingdom

Paravit-CF is manufactured in the EU.
Leaflet prepared in 11/2017 (V5/120717)