

Q&A 384.3

## Is there a suitable vitamin D product for a patient with a peanut or soya allergy?

Prepared by UK Medicines Information (UKMi) pharmacists for NHS healthcare professionals  
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### Background

Peanut protein and soya protein are known to cause severe and potentially life-threatening type 1 allergic reactions [1]. In the UK about one in 100 people have an allergy to peanuts, and this number is increasing [2]. Patients with known allergy to peanut protein carry an enhanced risk of severe reactions to soya preparations [1].

### Answer

A document has been written which lists the available products for treating vitamin D deficiency and insufficiency, including clinical considerations, cost, licensing status, product quality, and risk [3]. The table below gives information from the manufacturers or importers regarding the peanut or soya content of these products at the time of writing. Manufacturers may change their formulation or the suppliers of their excipients. **Current status of the product ingredients should therefore be obtained from the manufacturer.**

This Q&A does not seek to promote the use of products without marketing authorisation.

### Colecalciferol / Ergocalciferol Liquid Products

Preparation	Manufacturers & distributors	Licensing	Manufacturers/ distributors information
Baby D oral solution 200 IU/0.2mL (30mL)	Available from KoRa Healthcare via normal wholesalers, Tel. 0845 303 8631	Does not have UK marketing authorisation. Manufactured as a nutritional supplement.	Does not contain peanuts, peanut traces or soya [4,5]
Colecalciferol liquid: - 600 IU/mL (100mL bottle) - 1000 IU/5 mL (30mL–500mL bottle) - 3000 IU/mL (100 mL or 500 mL bottles)	Available from Martindale Pharmaceuticals, Tel. 0800 028 7933	Does not have UK marketing authorisation. Manufactured as a special by Martindale	Only contains sunflower oil as the excipient. Cannot guarantee that the sunflower oil has not come into contact with peanut or soya during its manufacture. [6]
Colecalciferol liquid 3000 IU/mL (100mL)	Available from Northwick Park Hospital, Tel. 020 8869 2295	Does not have UK marketing authorisation. Manufactured as a special by Northwick Park Hospital.	Does not contain nuts or soya. [7]

<p>Colevit D3 (colecalfiferol) solution:</p> <ul style="list-style-type: none"> <li>- 3000 IU/mL (30mL, 100mL)</li> <li>- 20 000 IU/mL (30mL, 100mL)</li> </ul>	<p>Available from Sterling Pharmaceuticals Ltd, Tel. 0845 170 5566</p>	<p>Does not have UK marketing authorisation. Manufactured as a special by Sterling Pharmaceuticals.</p>	<p>Do not contain peanuts or soya. [8]</p>
<p>D Lux 400 (colecalfiferol) 400 IU spray (100 daily sprays)</p> <p>D Lux 3000 IU (colecalfiferol) spray (100 daily sprays)</p> <p>D Lux 1000 (colecalfiferol) 1000 IU spray (100 daily sprays, 15mL)</p>	<p>Available from <a href="http://www.betteryou.uk.com">www.betteryou.uk.com</a></p>	<p>Does not have UK marketing authorisation. Manufactured as a nutritional supplement.</p>	<p>Do not have any peanut or soya content. [9]</p>
<p>Neo-D vitamin D drops containing colecalfiferol 200 IU per 0.25mL, 25mL</p>	<p>Available from Neoceuticals Ltd, Tel. 01904 567 608</p>	<p>Does not have UK marketing authorisation. Manufactured as a nutritional supplement.</p>	<p>Do not contain any peanut oil or soya. [10]</p>
<p>Pro D3 liquid drops containing colecalfiferol 100 IU per drop, 20mL/400 drops</p> <p>Pro D3 Forte Liquid 3000IU/mL</p>	<p>Available from AAH Pharmaceuticals, Tel. 0855 561 8899 and Phoenix Healthcare, Tel. 01928 750552</p>	<p>Does not have UK marketing authorisation. Marketed as a nutritional supplement</p>	<p>Do not contain any peanuts or soya. [11]</p>
<p>Steriferol (ergocalciferol) solution 3000 IU/mL (30mL, 100mL)</p> <p>Steriferol (ergocalciferol) solution 20 000 IU/mL (30mL, 100mL)</p>	<p>Available from Sterling Pharmaceuticals Ltd, Tel. 0845 170 5566</p>	<p>Does not have UK marketing authorisation. Manufactured as a special by Sterling Pharmaceuticals.</p>	<p>Do not contain peanuts or soya. [8]</p>
<p>Sterogyl (ergocalciferol) liquid 20 000 IU/mL (20mL; contains alcohol)</p>	<p>Available from Durbin PLC, Tel. 020 8869 554; UL medicines, Tel. 01923 204 333</p>	<p>Does not have UK marketing authorisation. Manufactured and licensed by DB Pharma, France.</p>	<p>Do not contain any peanut oil or soya. [12,13]</p>
<p>Uvesterol D (ergocalciferol) 1500 IU/ml liquid (20mL)</p>	<p>Available from UL medicines, Tel. 01923 204 333</p>	<p>Does not have UK marketing authorisation. Manufactured and licensed in France.</p>	<p>Do not contain any peanut oil or soya. [13]</p>
<p>Vigantol (colecalfiferol) 20 000 IU/mL oral solution drops, 10mL</p>	<p>Available from IDIS world medicines, Tel. 01932 824 100</p>	<p>Does not have UK marketing authorisation. Manufactured and licensed in Germany.</p>	<p>Do not contain any peanut or soy ingredients. [14]</p>

Vitashine 1000 IU spray (150 sprays, 200 IU/spray)	Available from <a href="http://www.vitashine-d3.com">www.vitashine-d3.com</a>	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain peanut or soya but the oil itself contains a small amount of vitamin E that is extracted from soy (around 0.1). [15]
Zymad (colecalfiferol) drops 10 000 IU/mL (10mL)	Available from IDIS world medicines, Tel. 01932 824 100, UL Medicines, Tel. 01923 204 333	Does not have UK marketing authorisation. Manufactured and licensed by Novartis Pharmaceuticals, France.	Do not contain peanut or soya. [13] Contains natural mixed tocopherols from soybean sources but these are exempted from allergen labelling by an EC directive. However manufacturer advises caution in soya allergy. [14]

## Colecalciferol / Ergocalciferol Tablets and Capsules

Preparation	Manufacturers & distributors	Licensing	Manufacturers/ distributors information
Aciferol D3 (colecalfiferol) tablets <ul style="list-style-type: none"> <li>- 1000 IU (90 tablets)</li> <li>- 5000 IU tablets (60 tablets)</li> <li>- 10 000 IU (30 tablets)</li> <li>- 20 000 IU (30 tablets)</li> <li>- 30 000 IU (10 capsules)</li> <li>- 50 000 IU capsules (10 capsules)</li> </ul>	Available from Fontus Health via normal wholesaler routes	Does not have UK marketing authorisation. Marketed as a nutritional supplement	Do not contain soya or peanut oil. [16]
BioLife Vitamin D3 25µg (1000 IU) tablets (90 tablets)	Available for purchase only from <a href="http://www.lifestylenaturalhealth.co.uk">www.lifestylenaturalhealth.co.uk</a>	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain peanuts. Contains "extremely small" amount (not specified) of soybean oil in one of the carrier ingredients. [17]
Bio-Vitamin D3 <ul style="list-style-type: none"> <li>- 1000 IU (80 capsules)</li> <li>- 5000 IU capsules (40 capsules)</li> <li>- 20,000 IU (30 capsules)</li> </ul>	Available from Pharma Nord via normal wholesalers	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain soya or peanut oil. [18]
Boots Pharmaceuticals Vitamin D3 25µg (1000 IU) tablets (90 tablets)	Available for purchase only from Boots <a href="http://www.boots.com">www.boots.com</a>	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain peanut or soya. [19]

Colecalciferol 1000 IU capsules (30 capsules)  Colecalciferol 20,000 IU capsules (30 capsules)	Available from Ambe Medical Group via normal wholesaler routes	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain nuts or soya. [20]
Colecalciferol capsules 50 000 IU (100 capsules)  Manufactured by Bio-Tech	Available from UL medicines, Tel. 01923 204 333	Does not have a UK marketing authorisation. Manufactured and licensed in the US.	Do not contain peanut oil or soya. [13]
Colecalciferol 50 000 IU capsules (100 capsules)	Available from Mawdsleys, Tel. 01302 553 000	Does not have UK marketing authorisation. Marketed as a US nutritional supplement.	Do not contain peanut of soya. [21]
ColeVit D3 (colecalciferol) - 1000 IU capsules (30 capsules) - 5000 IU capsules (30 capsules) - 10 000 IU capsules (30 capsules) - 20 000 IU capsules (30 capsules) - 30 000 IU capsules (15 capsules) - 50 000 IU capsules (10 capsules)	Available from Sterling Pharmaceuticals Ltd, Tel. 0845 170 5566	Does not have UK marketing authorisation. Manufactured as a special by Sterling Pharmaceuticals.	Do not contain peanuts or soya. [8]
Dekristol (colecalciferol) capsules 20 000 IU (50 capsules)	Available from Pharmarama, Tel. 0208 238 6770; IDIS world medicines, Tel. 01932 824 100; Martindale Pharmaceuticals, Tel. 0800 028 7933; UL medicines, Tel. 01923 204 333	Does not have UK marketing authorisation. Manufactured and licensed by MIBE Pharmaceuticals, Germany.	Contains peanut oil. Not suitable for patients with peanut allergy. [6,13,14,22,23] or soya allergy [22]
Desunin (colecalciferol) 800 IU tablets (30 tablets)	Available via normal wholesaler routes	Product has UK marketing authorisation.	Do not contain peanut oil or soya. [24,25]
Drisdol (ergocalciferol) 50 000 IU capsules (50 capsules)	Available from Pharmarama, Tel. 0208 238 6770; IDIS world medicines, Tel. 01932 824 100; UL medicines, Tel. 01923 204 333	Does not have UK marketing authorisation. Manufactured and licensed by Sanofi Aventis, US.	Contains soybean oil. [13,14,22,26]
Ergocalciferol 50 000 IU capsules (30 capsules)	Available from Ambe Medical Group via normal wholesaler route	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain nuts or soya. [20]

Fultium D3(colecalciferol) 800 IU capsules (30 capsules)	Available from Jenson Pharmaceuticals Services Ltd. via normal wholesaler routes	Product has UK marketing authorisation.	Contains peanut oil. Peanut or soya allergy is a contraindication to use.[27]
Holland and Barrett Sunvite vitamin D3 25µg (1000 IU) caplets (100 caplets)	Available for purchase only from Holland and Barrett <a href="http://www.hollandandbarrett.com">www.hollandandbarrett.com</a>	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain peanuts or soya. [28,29]
Nature's Remedy Vitamin D3 1000 IU capsules (100-200 capsules)	Available for purchase only from <a href="http://www.naturesremedy.co.uk/">www.naturesremedy.co.uk/</a>	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain nuts or soya. [30]
Nature's Remedy Vitamin D3 (colecalciferol) 10 000 IU tablets (60 tablets)	Available for purchase only from <a href="http://www.naturesremedy.co.uk">www.naturesremedy.co.uk</a>	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain peanuts or soya. [31]
Osto D2 (ergocalciferol) 50,000 IU capsules (100 capsules)	Available from Pharmarama Tel. 0208 238 6770	Does not have UK marketing authorisation. Manufactured and licensed by Triton Pharma, Canada.	Contains soybean oil. [22,26]
Plenachol (colecalciferol) - 20 000 IU capsules (50 capsules) - 100 000 IU capsules (30 capsules)	Available from Encap Drug Delivery Limited, Tel. 01506 448 080 / Oxford Pharmacy Stores, Tel. 01865 321 085	Does not have UK marketing authorisation. Manufactured as a special by Encap drug delivery	Do not contain peanut oil or soya. [32]
ProD3 (colecalciferol) capsules - 1000 IU capsules (30 capsules) - 2500 IU capsules (30 capsules) - 10 000 IU capsules (30 capsules) - 20 000 IU capsules (30 capsules) - 30 000 IU capsules (10 capsules)	Available from AAH Pharmaceuticals, Tel. 0844 561 8899	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain peanuts or soya. [11]
Solgar Vitamin D3 25µg (1000 IU) softgels (90 capsules)	Available for purchase only from <a href="http://www.solgar.co.uk">www.solgar.co.uk</a>	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain peanuts or soya. [33]
SunVit D3 1000 IU tablets SunVit D3 10 000 IU tablets SunVit D3 20 000 IU tablets SunVit D3 50 000 IU tablets (Monthly blister packs)	Available from <a href="http://www.sunvitd3.co.uk">www.sunvitd3.co.uk</a>	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain nuts or soy. [34,35]

Vigantoletten (colecalciferol) 1000 IU tablets (90 tablets)	Available from IDIS world medicines, Tel. 01932 824 100	Does not have UK marketing authorisation. Manufactured and licensed by Merck Serono, Germany.	Contains soybean oil. Must not be used by persons hypersensitive to soy or peanut. [14,26]
Vitamin D3 1000 IU capsules (100)	Available from UL Medicines. Tel 01923 204 333	Does not have UK marketing authorisation. Marketed as a US nutritional supplement.	Do not contain peanut oil or soya. [13]
Vitamin D3 (colecalciferol) 5000 IU capsules (100 capsules)	Available from UL medicines, Tel. 01923 204 333	Does not have UK marketing authorisation. Manufactured and licensed in the US.	Do not contain peanut oil or soya. [13]
Vitamin D3 1000 IU microtablets (400 microtablets)  Vitamin D3 2000 IU microtablets (400 microtablets)  Vitamin D3 5000IU microtablets (200 microtablets)	Available only from <a href="http://www.vitamins3uk.com">www.vitamins3uk.com</a>	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain nuts or soya. [36]
Vitashine 5000 IU capsules (60 capsules)	Available from <a href="http://www.vitashine-d3.com">www.vitashine-d3.com</a>	Does not have UK marketing authorisation. Marketed as a nutritional supplement.	Do not contain peanut or soya but the oil itself contains a small amount of vitamin E that is extracted from soy (around 0.1%). [15]

## Colecalciferol / Ergocalciferol Injections

Preparation	Manufacturers & distributors	Licensing	Manufacturers/ distributors information
Colecalciferol injection 300 000 IU/mL (10x1mL)	Available from Mawdsleys, Tel. 01302 553 000	Does not have UK marketing authorisation. Manufactured and licensed in Switzerland.	Do not contain peanut or soya. [21]
Colecalciferol injection 300 000 IU/mL (10x1mL)	Available from IDIS world medicines, Tel. 01932 824 100	Does not have UK marketing authorisation. Manufactured and licensed by Streuli Pharmaceuticals, Switzerland.	Free from peanut and soya but include triglyceride saturate media obtained from these oils. [14]



Ergocalciferol injection - 300 000 IU/mL (10x1mL) - 600 000 IU/2 mL (10x2mL)	Available from Focus Pharmaceuticals, Tel. 01283 495 280	Product has UK marketing authorisation.	Do not contain peanut or soya but are not made in a nut free environment. [37]
Ostelin OS (ergocalciferol) injection 400 000 IU/2mL (2x1.5mL)	Available from UL medicines, Tel. 01923 204 333	Does not have UK market authorisation. Manufactured and licensed in Italy.	Contains peanut oil. [13]

Whilst a specific excipient may be listed as “not present” in a particular product, it cannot be guaranteed that the product has not been in contact with the listed excipients during the manufacturing process. Further information on the manufacturing process should therefore be obtained from the manufacturer if appropriate.

## Limitations

Manufacturers may change the formulation of their products or the suppliers of the excipients. The current status of the peanut or soya content of the ingredients of a product should therefore be obtained from the manufacturer.

## References

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### Search strategy

- Electronic Medicines Compendium [[www.medicines.org.uk/emc](http://www.medicines.org.uk/emc)]: search terms used = Fultium-D3, Desunin
- MHRA [[www.mhra.gov.uk](http://www.mhra.gov.uk)]: search terms used = colecalciferol peanut soy / ergocalciferol peanut soy
- Manufacturers – Contacted by email: KoRa Healthcare, Martindale Pharma, London Medicines Information Service - Northwick Park Hospital, Sterling Pharmaceuticals, BetterYou Ltd, Neoceuticals Ltd, Durbin PLC, UL Medicines, IDIS Medical Information, Opti3&Vitashine, Lifestylenaturalhealth.co.uk, Pharma Nord Specials, Boots UK Ltd, E-Pharm Ltd, Mawdsleys, Pharmarama International Ltd, Meda Pharmaceuticals, NBTY Europe, Encap Drug Delivery, Solgar UK, Durbin PLC, D3 Vitamin LLP, The Vitamin D Company, PharSafer Associates Ltd 26/2/2013
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