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HEALTHY START

Children's vitamin drops
Retinol, Sodium ascorbate
and Cholecalciferol (Vitamins A, C and D)

Read all of this leaflet carefully before you give Healthy Start children's vitamin drops to your child because it contains important information.

Always use this medicine exactly as described in this leaflet or as your doctor, health visitor or dietitian have told you.

- Keep this leaflet. You may need to read it again.
- Ask your health visitor or dietitian if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Healthy Start children's vitamin drops are and what they are used for
2. What you need to know before you use these vitamin drops
3. How to use these vitamin drops
4. Possible side effects
5. How to store Healthy Start children's vitamin drops
6. Contents of the pack and other information

1. What Healthy Start children's vitamin drops are and what they are used for

Healthy Start children's vitamin drops contain three essential vitamins (vitamins A, C and D). These drops help to prevent vitamin deficiencies and maintain normal growth and health in your child when given as shown in this leaflet.

2. What you need to know before you use these vitamin drops

Healthy Start children's vitamin drops can be given to babies and young children aged 6 months to 5 years.

- If your child is having 500ml or more of infant formula a day, do not give them Healthy Start children's vitamin drops as infant formula is fortified with vitamins.
- If your child is being exclusively breastfed and their mother did not take vitamin D supplements throughout pregnancy, then your child should be given the Healthy Start children's vitamin drops from 1 month.

Do not give these vitamin drops to your child

- if they are allergic to Vitamin A, C or D or any of the other ingredients of Healthy Start children's vitamin drops (listed in section 6).
- if your child is receiving more than 500ml per day of infant formula.

Take special care with these vitamin drops

- **you should not give your child more than 5 drops in a day (24 hours)**
- if you or your child swallow the entire contents of the bottle, seek medical attention
- if you are giving your child **other vitamin supplements containing vitamin A, C or D**, talk to your doctor, pharmacist or dietitian **before** giving these drops.

Taking other medicines

If your child is taking or has taken **any other medicines**, including medicines bought without a prescription, please tell your health visitor or dietitian.

Using these vitamins with food and drink

Healthy Start children's vitamin drops can be given with food and drink (see section 3 for instructions on how to use these vitamins).

Pregnancy and breast-feeding

This product is intended for use in children. If you are an adult considering taking the product you should not take these vitamin drops if you are pregnant, trying to become pregnant or breast-feeding. High levels of Vitamin A may cause birth defects if taken during pregnancy.

3. How to use these vitamin drops

Healthy Start children's vitamin drops should be given by mouth (orally).

Dose: 5 drops once daily for children aged 1 month to 5 years.

Ideally, the oral drops should be given directly from a spoon to your child, in order to give the complete dose. If your child will not take the drops from a spoon, they can be mixed with a little milk, or other liquid foods for your child.

If the food or drink is not completely finished your child will not have had the recommended dose of vitamin drops. Do not worry if this happens.

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Do not give more drops. The next day give the 5 drops in a smaller amount of food or drink to ensure that your child takes the correct dose.

Directions:

1. Shake bottle.
2. Unscrew cap.
3. Turn bottle vertically upside-down and tap base with index finger until drop forms.
4. To avoid overdosing catch drops on spoon before adding to food or drink.
5. Screw cap back firmly after use.



If you give more of these vitamin drops to your child than recommended

There is little risk of overdose when using Healthy Start children's vitamin drops. However, if you accidentally give your child too much, seek medical attention.

If you forget to give these vitamin drops to your child

Do not worry. If you remember on the same day give your child the recommended daily dose of 5 drops for that day and then carry on as normal. If you do not remember, DO NOT give a double dose the following day. It is not critical if your child misses a dose, so only give the normal daily dose at the usual time.

If you stop giving these vitamin drops to your child

Discuss the reasons for doing so with your child's health visitor.

4. Possible side effects

No side effects have been reported for these drops when given at the correct dose. However, as with all medicines, Healthy Start children's vitamin drops may cause side effects in some children.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Healthy Start children's vitamin drops

Keep this medicine out of the sight and reach of children.

Do not store above 25°C.

Do not use these vitamin drops after the expiry date which is stated on the label.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

6. Contents of the pack and other information

Healthy Start children's vitamin drops contain

- The active ingredients are vitamins A, C and D.

Composition: Each daily dose of 5 drops contains approximately:

Vitamin A 233 microgram (or 700 iu)

Vitamin C 20 mg

Vitamin D 7.5 microgram (or 300 iu)

- The other ingredients are water, glycerol, polysorbate 80, banana flavour, alpha-tocopherol, Medium Chain Triglycerides.

Marketing Authorisation Holder

Secretary of State for Health & Social Care
Department of Health & Social Care
Healthy Food Schemes
39 Victoria Street, Westminster
London SW1H 0EU

Manufacturer

Honeywood Limited
Edmonds Close
Denington Industrial Estate
Wellingborough
Northamptonshire NN8 2QY, UK

You can get more information on these vitamin drops by contacting the Healthy Start team at:

nhsbsa.healthystart@nhs.net

A LARGE PRINT VERSION OF THIS LEAFLET IS AVAILABLE FROM THE HEALTHY START MAILBOX: nhsbsa.healthystart@nhs.net

This leaflet is only a summary of the important information on Healthy Start children's vitamin drops. IF YOU HAVE ANY QUESTIONS, PLEASE ASK YOUR HEALTH VISITOR, DIETITIAN, OR A DOCTOR, PHARMACIST, OR NURSE.

This leaflet was last approved in 05/2018

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