

Changing from generic vitamin D (colecalciferol) to ValuPak® 1000 unit tablets – Patient information

Why do we need Vitamin D?

Vitamin D is needed to keep bones, teeth, and muscles healthy. We usually get it from sunlight and some foods, but some people may require a supplement to ensure they receive an adequate amount of Vitamin D.

Why switch to ValuPak® Vitamin D?

ValuPak® Vitamin D contains the same active ingredient as other Vitamin D (colecalciferol) versions. It is just as effective and costs less, helping the NHS make better use of public funds. This change will enable the NHS to provide more treatments for more people, supporting sustainable care.

What is the difference?

There is no difference in the active ingredient. Both your previous Vitamin D supplement and ValuPak® Vitamin D contain colecalciferol and work in the same way. However, ValuPak® Vitamin D may differ in shape, size, colour, and taste compared to what you were taking before. These differences are related to how the medicine is made and do not affect how it works. Additionally, you may notice that the packaging has changed, as ValuPak® Vitamin D comes in a blue and white tub.

Do I need to do anything?

No, just take your ValuPak® Vitamin D the same way you took your previous Vitamin D tablets or capsules. Use up your current supply of vitamin D before starting Valupak®.

What if I have a problem with ValuPak® Vitamin D?

If you notice any side effects or feel unwell after using the medicine, please speak to your doctor or pharmacist. If you have any known allergies or intolerances, always let your doctor or pharmacist know before starting a new medicine.

Key reminders

- Always take medicines as prescribed by your doctor or pharmacist.
- If you have any questions or concerns about your medicines, ask your pharmacist or doctor.
- If you want to leave feedback, please contact the ICB Patient Experience Team by email at nnicb-nn.patientexperience@nhs.net.