

210. VITAMINS AND MINERALS**21.1 VITAMINS**

ASCORBIC ACID
(*vitamin C*)

Oral: 100 mg, 250 mg and 500 mg tablet
100 mg/mL drops, 15 mL, 30 mL
and 60 mL
Inj.: 100 mg/5 mL syrup, 60 mL, 120 mL
and 250 mL

ERGOCALCIFEROL
(*calciferol, vitamin D2*)

★ Oral: 1.25 mg (50,000 IU) tablet/capsule
250 mcg/mL (10,000 IU/mL)
solution, 60 mL

FOLIC ACID

Oral: 1 mg tablet
5 mg tablet/capsule
★ Inj.: 1 mg/mL, 1 mL ampul (IM)
(as sodium salt)

★ **HYDROXOCOBALAMIN**
(*vitamin B12*)

Oral: 100 mcg and 250 mcg tablet
inj.: 1 mg/mL, 1 mL ampul/vial (IM)

★ **NICOTINAMIDE**
(*vitamin B3*)

Oral: 50 mg and 100 mg tablet

PHYTOMENADIONE
(*phytonadione, vitamin K1*)

Oral/Inj.: 2 mg/0.2 mL pediatric ampul
(IM, IV, PO) (as mixed micelle)
Inj.: 10 mg/mL, 1 mL ampul (IM, IV, SC)
(as aqueous colloidal solution
with benzyl alcohol)
10 mg/mL, 1 mL ampul (IM, IV, SC)
(as mixed micelle)

PYRIDOXINE
(*vitamin B6*)

Oral: 25 mg and 50 mg tablet
(as hydrochloride)
Inj.: 100 mg/mL, 10 mL ampul (IM, IV)
(as hydrochloride)

RETINOL
(*vitamin A*)

Oral: 10,000 IU, 25,000 IU and 50,000 IU
soft gel capsule (as palmitate)
10,000 IU/mL, 15 mL and 30 mL bottle
(oily solution) (as palmitate)
★ 100,000 IU and 200,000 IU soft gel
capsule with nipple
(as palmitate)
(only for DOH Program) (2)

RIBOFLAVIN
(*vitamin B2*)

Oral: 50 mg tablet

CORE LIST

Complementary List

Route of Administration
Pharmaceutical Forms and Strengths

THIAMINE

(vitamin B1)

Oral: 10 mg, 50 mg, 100 mg and 300 mg
tablet (as hydrochloride)

★ Inj.: 100 mg/mL, 1 mL ampul/vial (IV)

★ *alpha-tocopherol*
(vitamin E)
(for prematures)Oral: 10 mg/mL suspension, 10 mL
(as acetate)*calcitriol* (1, 2)

Oral: 0.25 mcg and 0.5 mcg capsule

mecobalamin

Oral: 500 mcg tablet

Inj.: 500 mcg/mL, 1 mL ampul (IM, IV)

multivitamins

Oral:

	for Infants per 1 mL drops	for Children per 5 mL syrup	for Adults per tablet/capsule
vitamin A	325 mcg RE	350-400 mcg RE	425-525 mcg RE
vitamin B1	0.3-0.4 mg ■ 0.1-0.3 mg	0.7-0.9 mg ■ 0.5-1 mg	0.7-1.3 mg ■ 1.3-1.7 mg
vitamin B2	0.3-0.4 mg	0.7-0.9 mg	0.7-1.3 mg
vitamin B6	0.3-0.6 mg	0.9-1.6 mg	1.6-2 mg
vitamin B12	0.5-1.5 mcg ■ 0.3-0.4 mcg	2-3 mcg ■ 0.9-1.8 mcg	3-5 mcg ■ 2.4 mcg
vitamin C	30 mg	35-55 mg	65-80 mg
vitamin D	400 IU ■ 5 mcg	400 IU ■ 5 mcg	400 IU ■ 5-15 mcg
vitamin E	3-4 mg ■ 3.4 mg	5-7 mg ■ 5-7 mg	6-10 mg ■ 10-12 mg
folic acid	20-30 mcg	40-80 mcg	100-170 mcg
niacin	5-8 mg	13-17 mg	13-23 mg

▼ Inj.: freeze-dried powder, 10 mL vial
(IV Infusion)
(must be diluted before use)

Each 10 mL vial contains:

vitamin B1	-	3.2 mg
vitamin B2	-	3.6 mg
vitamin B6	-	4.0 mg
vitamin B12	-	5.0 mcg
vitamin C	-	100 mg
folic acid	-	0.4 mg
nicotinamide	-	40 mg
pantothenic acid	-	15 mg
biotin	-	60 mcg

CORE LIST	Complementary List	Route of Administration Pharmaceutical Forms and Strengths																								
		<p>emulsion, 10 mL ampul (IV Infusion) (pedia) (must be diluted before use)</p> <p>Each mL contains:</p> <table> <tr><td>vitamin A</td><td>-</td><td>69 mcg</td></tr> <tr><td>vitamin D2</td><td>-</td><td>1.0 mcg</td></tr> <tr><td>vitamin E</td><td>-</td><td>0.64 mg</td></tr> <tr><td>vitamin K1</td><td>-</td><td>20 mcg</td></tr> </table> <p>fractionated soybean oil - 100 mg</p> <p>fractionated egg phospholipids - 12 mg</p> <p>emulsion, 10 mL ampul (IV Infusion) (adult) (must be diluted before use)</p> <p>Each mL contains:</p> <table> <tr><td>vitamin A</td><td>-</td><td>990 mcg</td></tr> <tr><td>vitamin D2</td><td>-</td><td>20 IU</td></tr> <tr><td>vitamin E</td><td>-</td><td>9.1 mg</td></tr> <tr><td>vitamin K1</td><td>-</td><td>15 mcg</td></tr> </table> <p>fractionated soybean oil - 100 mg</p> <p>fractionated egg phospholipids - 12 mg</p>	vitamin A	-	69 mcg	vitamin D2	-	1.0 mcg	vitamin E	-	0.64 mg	vitamin K1	-	20 mcg	vitamin A	-	990 mcg	vitamin D2	-	20 IU	vitamin E	-	9.1 mg	vitamin K1	-	15 mcg
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	<i>vitamin B1 B6 B12</i>	<p>Oral: 100 mg + 5 mg + 50 mcg per tablet/capsule 10 mg + 5 mg + 5 mcg per 0.6 mL drops, 15 mL</p> <p>Inj.: 100 mg + 100 mg + 1 mg per 3 mL ampul (IV) 100 mg + 100 mg + 1 mg per mL, 10 mL vial (IV)</p>																								
21.2 MINERALS																										
	<i>FERROUS SALT</i>	<p>Oral: tablet, (equivalent to 60 mg elemental iron) solution, 15 mg elemental iron/0.6 mL drops, 15 mL and 30 mL 30 mg elemental iron/5 mL syrup, 60 mL</p>																								

N.B.: The elemental iron content of a ferrous salt depends on the type of preparation as follows:

Ferrous fumarate	- 33%
Ferrous gluconate	- 12%
Ferrous lactate	- 19%
Ferrous sulfate, hydrated	- 20%
Ferrous sulfate, desiccated	- 32%

FLUORIDE (2)

- Oral: 250 mcg and 500 mcg tablet (as sodium salt)
★ 250 mcg/mL and 500 mcg/mL drops (as sodium salt)

IODIZED OIL FLUID

- Oral: 500 mg (equiv. to 200 mg iodine) soft gel capsule (only for DOH Program)

calcium

- Oral: 325 mg and 650 mg tablet (as lactate)
1.25 g tablet (equiv. to 500 mg elem. calcium) (as carbonate)
syrup, 1.437 g calcium glubionate and 295 mg calcium lactobionate (equiv. to 110 mg ionizable calcium), 120 mL
Inj.: 10% solution in 10 mL ampul (IV) (as gluconate)

★ **iron dextran (1)**

- Inj.: 50 mg/mL, 2 mL ampul (deep IM, IV)

★ **zinc**

- Oral: 27.5 mg/mL (equiv. to 10 mg elemental zinc) 15 mL drops, (as sulfate monohydrate)
55 mg/5 mL (equiv. to 20 mg elemental zinc) 60 mL syrup, (as sulfate monohydrate)
132 mg tablet (equiv. to 30 mg elemental zinc) (as sulfate)
220 mg tablet (equiv. to 50 mg elemental zinc) (as sulfate)

21.3 VITAMINS AND MINERALS

FERROUS SALT + FOLIC ACID
(nutritional supplement during pregnancy)

- Oral: 60 mg elemental iron + 400 mcg folic acid per tablet / capsule / film coated tablet