


Your doctor has prescribed Benferol
for the treatment or prevention of
vitamin D deficiency




Treatment of deficiency




50,000 IU soft capsule 	2 capsules over 1 week	1 capsule/month	2 capsules/month	Number of weeks
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other dose: <input type="text"/>				Return visit, date: <input type="text"/>




25,000 IU soft capsule 	1 capsule/week	1 capsule/month	2 capsules/month	Number of weeks
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other dose: <input type="text"/>				Return visit, date: <input type="text"/>

Maintenance and preventive treatment




400 IU soft capsule 	1 capsule/day	2 capsules/day	Other dose:	Number of weeks
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>
				Return visit, date: <input type="text"/>




800 IU soft capsule 	1 capsule/day	2 capsules/day	Other dose:	Number of weeks
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>
				Return visit, date: <input type="text"/>



5,600 IU soft capsule 	1 capsule/week	2 capsules/week	Other dose:	Number of weeks
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>
				Return visit, date: <input type="text"/>



25,000 IU soft capsule 	1 capsule/month	2 capsules/month	Other dose:	Number of weeks
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>
				Return visit, date: <input type="text"/>

Benferol® (cholecalciferol) soft capsules, (vitamin D3). Rx. F. ATC code: A11CC05. **Indication (400, 800 and 5,600 IU):** Prophylaxis and treatment of vitamin D deficiency in adults and adolescents. As an adjunct to specific osteoporosis treatment of patients at risk of vitamin D deficiency, preferably in combination with calcium. **Indication (25,000 and 50,000 IU):** Prophylaxis and treatment of vitamin D deficiency in adults and adolescents (children aged ≥ 12 years). Vitamin D deficiency is defined as serum concentrations of 25-hydroxycholecalciferol (25(OH)D) < 25 nmol/l. As an adjunct to specific osteoporosis treatment of patients

with vitamin D deficiency or at risk of vitamin D deficiency, preferably in combination with calcium. **Recommended dose:** 1 capsule 400 IU or 800 IU/day. The daily dose should not exceed 4,000 IU. Alternatively 1 capsule 5,600 IU/week or 1 capsule 25,000 IU/month. For symptomatic vitamin D deficiency, a loading dose of 2 x 50,000 IU can be given over the course of one week. **Contents:** Each capsule contains 400 IU, 800 IU, 5,600 IU, 25,000 IU or 50,000 IU cholecalciferol respectively. Date of revision of the SPC: 28-12-2016. For further information, including prices and packaging, please visit www.fass.se and www.tlv.se



benferol[®]

CHOLECALCIFEROL

What is vitamin D?

Vitamin D is a fat-soluble vitamin. We get this vitamin in two ways: via food and via the sun when we are out of doors. Vitamin D in food we get primarily from fish; salmon, herring and mackerel, for example, contain a lot of vitamin D. Dairy products, margarine and spreads are also important sources if they have been enriched with vitamin D. Eggs and meat also contain some vitamin D. The sun gives us nearly 90 per cent of our vitamin D, which is why it is sometimes called the "sunshine vitamin". In the summer you can get enough vitamin D by going out in the sunshine wearing shorts or a t-shirt for a quarter of an hour per day a few times a week.

What is vitamin D deficiency?

A vitamin D deficiency develops when you have low levels of vitamin D in your body. This can lead to unpleasant and painful health problems. Vitamin D₃ is produced by the body, and its main function is to regulate the absorption of calcium and phosphate from the intestine, so that bones can develop normally.

A serious vitamin D deficiency can make bones soft and misshapen, something called osteomalacia in adults and rickets in children. These diseases are relatively rare in the West but have increased in recent years, probably due to changing lifestyles. Vitamin D deficiency can lead to bone loss and impaired muscle function. It is therefore important to get treatment for vitamin D deficiency at an early stage.

What causes vitamin D deficiency?

In our northern latitudes we only get vitamin D from the sun in the summer months, from April to September. Therefore there is a much greater risk of vitamin D deficiency developing in the winter. Despite the fact that certain foods are enriched with vitamin D, it can be difficult to get the recommended daily dose. If in addition you wear clothes that cover you up all year round, eat a special diet or spend a lot of time indoors, your risk of vitamin D

deficiency increases further. Other risk factors are age, skin colour and obesity. As we age, our skin's ability to convert the sun's UVB rays to vitamin D reduces considerably. If you have a fair complexion 15-20 minutes out in the sun may be enough in the summer for your body to produce the vitamin D you need, but if you are dark-skinned you may need 5-10 times as long. Overweight individuals more often have a vitamin D deficiency than people of normal weight. Researchers are not quite sure why, but it is likely connected to the fact that vitamin D is stored in fatty tissue and is then unavailable for use by the body.

How do you know that you have a vitamin D deficiency?

Mild vitamin D deficiency usually produces vague symptoms or is asymptomatic. Severe vitamin D deficiency, on the other hand, can lead to:

- general muscle weakness
- pains in the shoulders, upper arms, hips and thighs
- pains in the muscles of the shoulders, upper arms, hips or thighs

Sometimes the pain can be so severe that it is difficult to walk or to stand up.

Treating vitamin D deficiency

Investigation and treatment of vitamin D deficiency is generally handled by a GP. A simple blood test can measure the level of vitamin D in the body, which is indicated in the unit nmol/L. A level of 25 nmol/L or less is usually considered to indicate vitamin D deficiency.

Effective treatment for vitamin D deficiency is available in the form of tablets or drops prescribed by a doctor. The dose of vitamin D varies from person to person and depends on, among other things, how severe the deficiency is and whether there are any underlying medical conditions that are affecting the body's absorption of vitamin D. Some people need to take vitamin D every day, others once a week or once a month.

You have been prescribed Benferol[®]

What Benferol is and what it is used for

Benferol contains vitamin D₃, which regulates the absorption and metabolism of calcium and the incorporating of calcium in bone tissue. Benferol is used to prevent and treat vitamin D₃ deficiency in adults and adolescents. Your doctor may prescribe Benferol as an adjunct to specific drug treatment for bone loss. Benferol comes in the form of a soft, oval capsule containing a pale yellow oil.

The oil in the capsule is produced using plant fatty acids, and the gelatine in the capsule shell is Halal and Kosher certified.

How to use Benferol

Always take this medicine exactly as instructed by your doctor. You should check with your doctor or pharmacist if you are not sure. The capsules should be swallowed whole with water. Benferol may be taken with or without food. This medicine is not suitable for children under 12 years of age.

Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Uncommon (may occur in up to 1 in 100 users):

Hypercalcaemia (increased quantity of calcium in the blood) and hypercalciuria (increased quantity of calcium in the urine).

Rare (may occur in up to 1 in 1,000 users):

Itching, rash (pruritus/urticaria).

For full product information, please visit: www.fass.se

References: www.livsmedelverket.se
www.internetmedicin.se
Svenska Osteoporosförbundet

HEALTHCARE FACILITY

MY DOCTOR

TELEPHONE



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