


Package leaflet: Information for the user
Strivit-D3 1000 IU Soft Capsules
 colecalciferol

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- 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 Strivit-D3 capsules is and what it is used for
2. What you need to know before you take Strivit-D3 capsules
3. How to take Strivit-D3 capsules
4. Possible side effects
5. How to store Strivit-D3 capsules
6. Contents of the pack and other information

1 What Strivit-D3 is and what it is used for

Strivit-D3 capsules contain the active ingredient colecalciferol. Colecalciferol is a form of vitamin D used in the prevention and treatment of vitamin D deficiency conditions.

It may also be prescribed for certain bone conditions, such as thinning of the bone (osteoporosis) when it will be given to you with other medicines. Strivit-D3 1000 IU is the equivalent of 25 micrograms vitamin D3, which is involved in bone formation.

The active ingredient colecalciferol is identical to the colecalciferol that is found in the human body. It is found in the diet and is also produced in the skin after exposure to the sun. Deficiency of vitamin D may occur when your diet or lifestyle does not provide you with enough vitamin D or when your body requires more vitamin D (for instance when you are pregnant).

2 What you need to know before you take Strivit-D3 capsules
Do not take Strivit-D3 capsules:

- If you are allergic (hypersensitive) to colecalciferol or any of the other ingredients in the capsules (these are listed in section 6. Contents of the pack and other information)
- if you have high levels of calcium in your blood (hypercalcaemia) or urine (hypercalciuria)
- if you are suffering from kidney failure, have kidney stones (renal calculi) or have a tendency to form kidney stones
- if you have high levels of vitamin D in your blood (hypervitaminosis D).

If any of the above applies to you, talk to your doctor or pharmacist before taking Strivit-D3 capsules.

Warnings and precautions

Talk to your doctor or pharmacist before taking Strivit-D3 capsules:

- if you have heart disease or narrowing of the arteries
- if you have sarcoidosis (a multisystem chronic inflammatory condition which can affect your lungs, heart and kidneys), then there is a risk of increased conversion of vitamin D into its active form
- if you are taking medicines containing vitamin D, or eating foods or drinking milk enriched with vitamin D.

Your doctor may want you to have regular blood tests to check the amount of calcium in your blood.

Children and adolescents

Strivit-D3 capsules should only be given to children and adolescents aged 12 and over.

Other medicines and Strivit-D3 capsules

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This includes any medicines which you have bought without a prescription.

You must tell your doctor or pharmacist if you are taking any of the following medicines:

- medicines for epilepsy such as barbiturates or other anti-convulsants (e.g. carbamazepine, phenobarbital, phenytoin, primidone)
- other vitamin D containing medicines including multi-vitamins
- medicines to control the rate of your heart beat (e.g. digoxin, digitoxin)
- diuretics (water tablets) such as bendroflumethiazide
- calcium supplements
- medicines to treat tuberculosis e.g. rifampicin, isoniazid
- medicines leading to fat malabsorption e.g. orlistat, cholestyramine, liquid paraffin
- medicines to treat fungal infections i.e. ketoconazole, itraconazole
- actinomycin (a medicine used to treat some forms of cancer) as it may interfere with the metabolism of vitamin D
- glucocorticosteroids (steroid hormones such as hydrocortisone or prednisolone).

Strivit-D3 capsules with food and drink

You can take Strivit-D3 capsules with food and drink. For more information, See section 3 "How to take Strivit-D3".

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine. If you require extra vitamin D do not take it without medical supervision because too much vitamin D may harm your baby.

Driving and using machines

Strivit-D3 capsules should not affect your ability to drive or operate machinery.

3 How to take Strivit-D3 capsules

Always take this medicine exactly as your doctor or pharmacist has told you and as written on the label. Check with your doctor or pharmacist if you are not sure.

Dimension - 140 x 300 mm

Front Side

 MFG. LOCATION:
 KRSG (OneSource)

ARTWORK DETAIL LABEL

NON PRINTING COLOUR

Product	Strivit-D3 1000 IU Soft Capsules (colecalciferol)			
Buyer/Country	SPUK	Component	Pack Insert	
Dimension	140 x 300 mm	Pack	----	
New Item Code	1052209 (OneSource Item Code: 1200012905)	Old Item Code	1051876 (OneSource Item Code: 1200012625)	
Colour Shades	■ BLACK	No. of Colours	1	
Change Control No.	PC-ODF/2025/447 - Record Number: 461982		Artwork Version	2.0
Design/Style	Front & Back side printing, To be supplied in a unfolded size.			
Substrate	60 GSM Maplitho Paper.			
Special Instructions	PRINTING CLARITY TO BE CLEAR AND SHARP.			
Autocartonator Requirements	Pack insert supply should be as per auto-cartonator. Refer auto-cartonator drawing for instructions.			
Caution to the printer: Before processing, please ensure that the ARTWORK received for printing is exactly in line with APPROVED ARTWORK provided to you. In case of any FONTS/DESIGN are Mis-matching with the APPROVED ARTWORK, please inform PDC for further action. DO NOT MAKE ANY CHANGE TO THE ARTWORK WITHOUT WRITTEN INSTRUCTIONS FROM PDC.				

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Recommended Doses

Adults

- **Treatment of vitamin D deficiency:** 1-4 capsules (1000 - 4000 IU) daily for 12 weeks, followed by maintenance therapy of 1-2 capsules (1000 - 2000 IU) daily, as directed by your doctor.
- **Prevention of vitamin D deficiency:** 1 capsule (1000 IU) per day. Higher doses may be required in certain populations. may be required in certain populations.
- **In osteoporosis (you will also be taking other medicines for this):** 1 capsule (1 000 IU) daily, as directed by your doctor.

Children and adolescents (12- 18 years)

- **Treatment or prevention of vitamin D deficiency:** 2 capsules (2000 IU) per day for 6 weeks, followed by maintenance therapy of 1 capsule (1000 IU) daily, as directed by your doctor.

If you have problems absorbing vitamin D or have other conditions such as liver disease the dose may be different and will depend on your medical condition.

It is important not to exceed the prescribed dose.

Strivit-D3 capsules with food and drink

The capsules should be swallowed whole with a glass of water, preferably with the main meal of the day.

Use in children and adolescents

Strivit-D3 capsules should only be given to children and adolescents aged 12 and over.

If you take more Strivit-D3 capsules than you should

If you accidentally take one capsule too many, nothing is likely to happen. If you accidentally take several capsules too many tell your doctor or get other medical advice immediately.

If possible, take the capsules, the box and this leaflet with you to show the doctor.

If you forget to take Strivit-D3 capsules

If you forget to take your capsules, take them as soon as possible. Then take the next dose at the correct time, in accordance with the instructions given to you by your doctor. However, if it is almost time to take the next dose, do not take the dose you have missed; just take the next dose as normal.

Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4 Possible side effects

Like all medicines, Strivit-D3 capsules can cause side effects, although not everybody gets them.

Side effects with Strivit-D3 capsules may include:

Uncommon side effects (affecting less than 1 in 100 people)

- too much calcium in your blood (hypercalcaemia). You may feel or be sick, lose your appetite, have constipation, stomach ache, feel very thirsty, have muscle weakness, drowsiness or confusion
- too much calcium in your urine (hypercalciuria).

Rare (may affect up to 1 in 1,000 people)

- skin rash;
- itching;
- hives.

Reporting of side effects

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

5 How to store Strivit-D3

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

Do not use this medicine after the expiry date which is stated on the carton after "EXP". The expiry date refers to the last day of that month.

Store below 30°C.

Store in the original pack. Keep blister in the outer carton.

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

What Strivit-D3 capsules contains

The active substance is colecalciferol. Each capsule contains: 1000 IU colecalciferol (equivalent to 25 micrograms vitamin D3).

The other ingredients are: Maize oil, Gelatin (animal origin), Glycerol (E-422), Medium chain triglycerides.

What Strivit-D3 capsules looks like and contents of the pack

Clear transparent oval shaped soft gelatin capsules containing clear colorless to pale yellow colored oily liquid.

It is available in PVC/Aluminium foil blister packs.

Pack sizes: 10, 14, 20, 28, 30, 56, 60, 84 and 100

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

Strides Pharma UK Ltd.
Unit 4, The Metro Centre
Dwight Road, Watford,
WD18 9SS
United Kingdom

PL 13606/0280

This leaflet was last revised in 07/2025



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