

Vitamin Supplementation for children and Adolescents with Cystic Fibrosis

Who needs vitamin supplements?

Cystic Fibrosis (CF) can affect your pancreas and cause 'pancreatic insufficiency'. This means your pancreas has trouble working properly. Your pancreas plays an important role in breaking down food and absorbing nutrients. This includes absorbing vitamins A, D, E and K, which are 'fat-soluble'. To prevent vitamin deficiencies, people with CF may be recommended supplements.

What are fat-soluble vitamins needed for?

- Vitamin A supports your immune function, eyesight and skin health.
- Vitamin D is needed for bone and muscle strength, immune function and healthy skin.
- Vitamin E is an antioxidant which protects your cells from free-radical damage.
- Vitamin K is needed for normal blood clotting and bone health.

Which vitamin supplements are recommended?

The supplement for children with CF in Queensland is a capsule called **Vit ABDECK**, which:

- includes Vitamins A, D, E and K, in addition to other vitamins and minerals.
- is easier to absorb for people with CF, as vitamins are in a 'water-soluble' form.

Recommended Vit ABDECK dosage





Unless otherwise prescribed by your doctor, dietitian, pharmacist, or nurse practitioner:






- Infants 0-3 years old: Take ½ capsule daily.
- Children 4-9 years old: Take 1 capsule daily.
- Children and adolescents 10+ years old: Take 2 capsules daily.





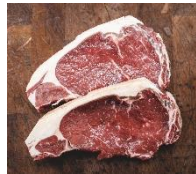
Talk to your doctor or dietitian if you or your child does not tolerate Vit ABDECK. They may recommend using separate vitamin supplements instead.

See your doctor for a blood test to check your vitamin levels every year. If levels are too low or high, you may need a blood test more often. Your doctor or dietitian may adjust your supplement dose.

What are good dietary sources of fat-soluble vitamins?

Vitamin A	 Liver	 Green leafy vegetables	 Egg yolk	 Dairy products
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Vitamin D	 Sunlight	 Fortified milk or margarine	 E.g. salmon, tuna, sardines	 Egg yolk	 Liver
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Vitamin E	 Wheat germ	 Vegetable oil	 Nuts	 Eggs	 Fat of meat, chicken, fish
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Vitamin K	 Green leafy vegetables	 Liver	 Soybean	 Canola oil
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For further information contact your dietitian.