

## Vitamin Supplementation and Cystic Fibrosis for adults

### Who needs vitamin supplements?

People who have Cystic Fibrosis (CF) may need to take fat soluble vitamins to prevent deficiencies. This is because people with CF can have difficulty absorbing nutrients, in particular fat. Fat soluble (A, D, E and K) vitamins need fat to be absorbed in the body. Pancreatic insufficiency may cause fat soluble vitamins to be less absorbed into the body. However, if you are not pancreatic insufficient, you may still need to take a supplement. Ask your doctor and dietitian to check if you need supplements.

### Which vitamin preparations are recommended?

In Queensland, the supplement most used for adults with CF is called **Vit ABDECK**. It comes in capsule form and needs to be taken once a day. The fat-soluble vitamins in Vit ABDECK are in an easier form for people with CF to absorb. It also contains B vitamins, vitamin C and zinc.

### Recommended Vit ABDECK dosage for adults:

Adults: 2 capsules daily. Note: If Vit ABDECK is not well tolerated, separate supplements may be used. Your doctor or dietitian will discuss this with you.

### Monitoring your vitamin levels

Your vitamin levels should be checked by a blood test every year. You may need more frequent blood tests if your levels are abnormal. Additional tests will also be required if other supplements or alternative therapies are being used. You may need extra vitamin or mineral supplements. Your doctor or dietitian will discuss this with you.

### What are fat soluble vitamins needed for?

- Vitamin A supports immune function, night eyesight and helps to keep skin healthy.
- Vitamin D is needed to optimise bone strength. It is also important for immune function, muscle strength and healthy skin.
- Vitamin E is an antioxidant. It protects the cells from free-radical damage.
- Vitamin K is needed for normal blood clotting and for bone health.

### What are good dietary sources of fat-soluble vitamins?

- Vitamin A sources include liver, egg yolk, dairy products, green leafy and yellow vegetables.
- The main source of vitamin D is through sunlight. It is found in small amounts in fortified milk and margarine, oily fish, egg yolk and liver.
- Good sources of vitamin E include wheat germ, vegetable oils, nuts, eggs and the fat of meat, poultry, and fish.
- Vitamin K sources include green leafy vegetables, liver, soybean and canola oils. Bacteria in the bowel also make vitamin K.

### Things I can do to improve my vitamin levels:

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2. \_\_\_\_\_
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***For further information contact your Dietitian or Nutritionist:***

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One capsule of Vit ABDECK contains 2500IU Vitamin A, 1250µg total retinol equivalents (RE), 440 IU vitamin D, 150 IU vitamin E and 150µg vitamin K.