

Position statement on the prescribing of multivitamin and mineral products

Following the local Spending NHS Money Wisely public consultation, the Governing Bodies of the BHR CCGs met in common on 29th June 2017 to agree changes to prescribing across Barking and Dagenham, Havering and Redbridge.

From 10th July 2017

Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups (BHR CCGs) no longer supports the prescribing of multivitamin and mineral supplements, where they are being used outside of known deficiency and/or disease related deficiency

Decision

- The decision to stop prescribing multivitamin and mineral supplements applies to ALL patients across Barking and Dagenham, Havering and Redbridge, where the below listed exceptions do not apply

Exceptions

- BHR CCGs have agreed exceptions to this recommendation, where they accept that prescribing should continue. These include:
 - Prescribing in known deficiency e.g. patients that are malnourished or specific vitamin/mineral deficiencies
 - Prescribing for patients with disease related deficiency (specialist conditions) e.g. in renal patients, cystic fibrosis etc.

This decision was made because:

- Many multivitamin and mineral supplements are classified as foods, not medicines, and therefore do not have to go through the Medicines and Health Regulatory Authority's (MHRA) processes to confirm their quality, safety and efficacy before reaching the market. BHR CCGs therefore do not deem it appropriate for such preparations to be routinely funded on the NHS
- Multivitamins and minerals are essential nutrients which most people should get from eating a healthy, varied and balanced diet
- If people want to take supplements to support a balanced diet, they are widely available to purchase at reasonable cost at supermarkets, pharmacies and other retailers
- Some patients may be eligible for free vitamins via the Healthy Start scheme. Patients can be directed to <https://www.healthystart.nhs.uk/>
- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before