

Multivitamin & Mineral Supplement Options for those with ARFID - supplementary sheet -

About this resource

This is a blank supplementary resource intended to support the original resource titled: 'Multi Vitamin and Mineral Advice and Options for those with ARFID'. It is intended as a tool for dietitians to collate and add further frequently used multi-vitamin and mineral preparations which may be more specific to their care setting.

To use the tool:

- Add the name of the preparation in the first column, under the correctly corresponding sensory preparation
- Add the age range into the second column
- Add an X to indicate whether the supplement is suitable for vegetarians or vegans
- Add an X into each micronutrient box that the supplement contains
- Add a flavour in the end column by using the flavour key (final page)

The table then shows you at quick glance which micronutrient preparation may be suitable for your patients' needs. The tool is not able to specify the appropriate age range, %DRV, or the necessary dose.

Table Key	
Age	A - Adult 18 years and above Number- Age in years e.g. 12y+ represents 12 years and over Months- Age in months e.g. 3m+ represents 3months and over
Ve	Vegan
Veg	Vegetarian
B1	Vitamin B1 (Thiamine)
B2	Vitamin B2 (Riboflavin)
B3	Vitamin B3 (Niacin)
B5	Vitamin B5 (Pantothenic Acid)
B6	Vitamin B6 (Pyridoxine)
B7	Vitamin B7 (Biotin)
B12	Vitamin B12 (Cobalamin)
D	Vitamin D
C	Vitamin C
A	Vitamin A
E	Vitamin E
K	Vitamin K
Na	Sodium
K+	Potassium
Iron	Iron
Folate	Folate
Folic	Folic Acid
Cal	Calcium
Zinc	Zinc
Cu	Copper
Mg	Magnesium
Phos	Phosphorus
Sel	Selenium
Iodine	Iodine
Chl	Chlorine
Mang	Manganese
Moly	Molybdenum
Chr	Chromium
L.ly	L. Lysine
Flavours Key	
AB	Apple and Blackcurrant
Bl	Blueberry
BP	Blackcurrant and Plum
Br	Berry
C	Cherry
CM	Chocolate and Marshmallow
F	Fruit
G	Grape
O	Orange
P	Peppermint
PA	Pineapple
PO	Pomegranate
PR	Pomegranate and Raspberry
R	Raspberry
SM	Strawberry Milkshake
Tr	Tropical
U	Unflavoured