

Vitamin & Mineral Supplements PCH Formulary Changes Effective February 1, 2025

Based on the evidence presented in the *Vitamin and Mineral Supplementation in LTC: Quick Reference Guide (Oct 2024)*, the table below outlines the changes to the vitamin and mineral supplements on the PCH Drug Benefit List (formulary) which will come into effect on February 1, 2025.

From October 2024 to January 2025, prescribers, pharmacists, dietitians, and nurses should identify residents on the vitamin and mineral supplements listed in the third column as these products will be removed from the PCH formulary (i.e., no longer covered in PCH).

For residents on the vitamin and mineral supplements which will no longer be covered, determine:

- 1) *Is the supplement required or can it be discontinued?*
- 2) *Is there an alternative supplement listed which is covered? For some micronutrients, supplementation via a multivitamin with minerals may provide sufficient amounts instead of a single ingredient supplement.*
- 3) *Does the resident/family want to continue on the supplement and pay for it?*

Vitamin & Mineral	Supplements which will remain on PCH Formulary	Supplements which will be removed from PCH Formulary
Vitamin A	None	<ul style="list-style-type: none"> • Vitamin A 10,000 units capsule • Cod Liver Oil capsules (Vitamin A 1,250 units + vitamin D 400 units)
Vitamin B1 (thiamine)	Vitamin B1 100 mg tablet	None
Vitamin B6 (Pyridoxine)	None	<ul style="list-style-type: none"> • Vitamin B6 25 mg tablet • Vitamin B6 100 mg tablet • Vitamin B6 250 mg tablet
Vitamin B12 (Cyanocobalamin)	<ul style="list-style-type: none"> • Vitamin B12 250 mcg tablet • Vitamin B12 1,000 mcg tablet • Vitamin B12 1,000 mcg/mL injection 	<ul style="list-style-type: none"> • Vitamin B12 100 mcg tablet
B Vitamin Complex	<ul style="list-style-type: none"> • B vitamin complex tablet • Vitamin B complex with vitamin C tablet (Replavite or equivalent) 	
Vitamin C (Ascorbic Acid)	Vitamin C 500 mg chewable tablet	None
Vitamin D (Cholecalciferol - D3)	<ul style="list-style-type: none"> • Vitamin D3 1,000 units tablet • Vitamin D3 10,000 units tablet • Vitamin D3 1,000 units/drop 	<ul style="list-style-type: none"> • Vitamin D3 400 units tablet • Vitamin D2 50,000 units capsule (discontinued)
Vitamin E (Alpha-tocopherol)	None	<ul style="list-style-type: none"> • Vitamin E 100 units softgel • Vitamin E 200 units softgel • Vitamin E 400 units softgel
Calcium	<ul style="list-style-type: none"> • Calcium 500 mg tablet (carbonate) • Calcium 500 mg chewable tablet (carbonate) • Calcium citrate 300 mg tablet • Calcium liquid 	<ul style="list-style-type: none"> • Calcium 750 mg chewable tablet (carbonate) • Calcium 1,000 mg chewable tablet (carbonate) • Calcium with vitamin D • Calcium with magnesium • Calcium with magnesium and vitamin D
Folic Acid (Vitamin B9)	<ul style="list-style-type: none"> • Folic acid 1 mg tablet • Folic acid 5 mg tablet 	None

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Iron	<ul style="list-style-type: none"> • Ferrous gluconate 300 mg tablet • Ferrous sulfate 300 mg tablet • Ferrous sulfate liquid • Ferrous fumarate 300 mg tablet 	<ul style="list-style-type: none"> • Ferrous fumarate 300 mg capsule • Ferrous fumarate liquid • Iron sucrose injection
Multivitamins (+/- minerals)	<ul style="list-style-type: none"> • Multivitamin with minerals tablet • Multivitamin tablet • Multivitamin chewable • Multivitamin liquid 	<ul style="list-style-type: none"> • Calcium with multivitamins • Ocular vitamin with multivitamins
Ocular Vitamins	<ul style="list-style-type: none"> • Vitalux Advanced or equivalent caplet • Vitalux Advanced or equivalent chewable 	<ul style="list-style-type: none"> • Ocular vitamin with omega-3 • Ocular vitamin with multivitamins
Zinc	None	None