



New Zealand Dietitians Board

Te Mana Mātanga Mātai Kai

Products Dietitians can prescribe

The following subsidised products are able to be prescribed by Registered Dietitian Prescribers. Please note that some products require a Special Authority (SA) application, whilst others have dose restrictions or maximum amounts that can be prescribed. We encourage you to regularly check the latest [PHARMAC Schedule](#) for product and/or brand name changes, familiarise yourselves with the NZ Formulary for adults <https://nzf.org.nz/> children https://www.nzfchildren.org.nz/nzf_1 and access to Medsafe's Medicines Information pages <https://www.medsafe.govt.nz/medicines/medicine-information.asp>

Special Foods

All – see [PHARMAC Special Foods Schedule](#)

Vitamins

Vitamin B

THIAMINE HYDROCHLORIDE (B1)
Tab 50 mg

Thiamine Multichem

PYRIDOXINE HYDROCHLORIDE (B6)
Tab 25 mg
Tab 50 mg

**Vitamin B6 25
Pyridoxine Multichem**

HYDROXOCOBALAMIN (B12)
Inj 1 mg/ml
* can prescribe but not administer

**Vita B12*
Hydroxocobalamin Panpharma***

VITAMIN B COMPLEX
Tab, strong, BPC

Bplex

Vitamin C

ASCORBIC ACID
Tab 100 mg

Cvite

Vitamin D

COLECALCIFEROL
Cap 1.25 mg (50,000 iu)
Oral liquid 188 mcg per ml (7500 iu per ml)

**Vit.D3
Clinicians**

Multivitamin Preparations

MULTIVITAMIN RENAL
Cap

Clinicians Renal Vit

MULTIVITAMINS
Powder (inborn errors of metabolism only)

Paediatric Seravit

FOLIC ACID
Oral liq 50 mcg per ml
Tab 0.8 mg
Tab 5 mg

Biomed
Folic Acid Multichem
Folic acid Viatris

VITAMINS
Tab (BPC cap strength)
Cap (fat soluble vitamins A, D, E, K)

Mvite
Vitabdeck

Minerals

Iron

FERROUS FUMARATE WITH FOLIC ACID
Tab 310 mg (100 mg elemental) with
Folic acid 350 mcg

Ferro-F-Tabs

FERROUS SULPHATE

Tab long-acting 325 mg (105 mg elemental)
Oral liquid 30 mg (6 mg elemental) per 1 ml
Oral liquid 30 mg (6 mg elemental) per 1 ml

Ferrograd
Ferodan
Ferro-Liquid

FERROUS FUMARATE

Tab 200 mg (65 mg elemental)

Ferro-tab

Calcium

CALCIUM CARBONATE

Tab 1.25 g (500 mg elemental)
Oral liq 1.25 g per 5 ml (500 mg elemental)*

Calci-Tab 500
Roxane

*Only when prescribed for patients unable to swallow calcium carbonate tablets or where calcium carbonate tablets are inappropriate and the prescription is endorsed accordingly

Zinc

ZINC SULPHATE

Cap 137.4 mg (50 mg elemental)

Zincaps

Iodine

POTASSIUM IODATE

Tab 253 mcg (150 mcg elemental iodine)

Neurotabs

Oral Electrolytes

COMPOUND ELECTROLYTES

Powder for oral solution

*5 sachets available on a PSO

Electral*

POTASSIUM CHLORIDE

Tab long-acting 600 mg (8 mmol)

Tab eff 548 mg (14 mmol)

Span-K
Chlorvescent

COMPOUND ELECTROLYTES with GLUCOSE (DEXTROSE)

Solution with electrolytes (2 x 500 ml)

Solution with electrolytes

*(to be delisted 1st May 2024)

Pedialyte Bubble Gum*
Hydralyte Lemonade

PHOSPHORUS

Tab eff 500 mg (16 mmol)

Phosphate Phebra

SODIUM CHLORIDE

Oral liquid (4 mmol/ml)*

Biomed

* Only funded if prescribed for treatment of hyponatraemia

Pancreatic Enzymes

PANCREATIC ENZYME

Modified release granules 60.12 mg

Creon Micro

Cap pancreatin 150 mg

Creon 10000

Cap pancreatin 300 mg

Creon 25000

Laxatives

ISPAGHULA (PSYLLIUM) HUSK

Powder for oral solution

Konsyl-D

MACROGOL 3350 WITH POTASSIUM CHLORIDE,
SODIUM BICARBONATE AND SODIUM CHLORIDE

Powder for oral solution

Molaxole

DOCUSATE SODIUM WITH SENNOSIDES

Tab 50 mg with sennosides 8 mg

Laxsol

POLOXAMER

Oral drops 10%

Coloxyl

DOCUSATE SODIUM

Tab 50 mg

Coloxyl

Tab 120 mg

Coloxyl

LACTULOSE

Oral liquid 10 g per 15 ml

Laevolac

SENNA

Tab, standardised

Senokot

Anti-diarrhoeal agents

LOPERAMIDE HYDROCHLORIDE

Tab 2 mg (up to 20 x 2 mg tabs)

Nodia*

Cap 2 mg (up to 20 x 2 mg caps)

Diamide relief

*30 tablets available on a PSO

Phosphate binding agents

ALUMINIUM HYDROXIDE
Tab 600 mg

Alu-tab

CALCIUM CARBONATE
Tab 1.25 g
Oral liq 1,250 mg per 5 ml

Calci-Tab 500
Roxane

Anti-reflux agents

OMEPRAZOLE
Cap 20 mg (up to 28 x 20 mg)*
*if 18yrs or older

Omeprazole Actavis

Anti-nausea agents

HYOSINE
Patch 1 mg per 72 hrs

Scopoderm TTS

Mouth and throat

BENZAMYDINE HYDROCHLORIDE
Soln 0.15% (for oromucosal or topical use)

Difflam*

* see the PHARMAC schedule for information regarding increased subsidy for oral mucositis

NYSTATIN
Oral liq 100,000 u per ml

Nilstat

CHOLINE SALICYLATE
Gel 8.7% with cetalkonium chloride 0.01%
*in pack sizes of 15 g or less

Bonjela*