



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.

Always check the latest [PHARMAC Schedule](#) for updates to the current list of subsidised products, before prescribing as products and /or brand names can change.

Note some products need a Special Authority (SA). Some products have a dose restriction or maximum per prescription.

Special Foods

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

Vitamins

Vitamin B

PYRIDOXINE HYDROCHLORIDE (B6)

Tab 25 mg

Tab 50 mg

THIAMINE HYDROCHLORIDE (B1)

Tab 50 mg

VITAMIN B COMPLEX

Tab, strong, BPC

FOLIC ACID

Oral liq 50 mcg per ml

Tab 0.8 mg

Tab 5 mg

Vitamin B6 25

Pyridoxine Multichem

Thiamine Multichem

Bplex

Biomed

Folic Acid Multichem

Folic acid Viatris

Folic Acid Mylan (to be delisted 1st Jan 2024)

Vitamin C

ASCORBIC ACID

Tab 100 mg

Vitamin D

COLECALCIFEROL

Cap 1.25 mg (50,000 iu)

Oral liquid 188 mcg per ml (7500 iu per ml)

* (Puria Oral liq 188 mcg per ml (7,500 iu per ml) to be delisted 01 March 2024)

Multivitamin Preparations

MULTIVITAMIN RENAL

Cap

MULTIVITAMINS

Powder (inborn errors of metabolism only)

Cvite

Vit.D3

Puria*

Clinicians

Clinicians Renal Vit

Paediatric Seravit

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

Ferrograd

Ferodan

Ferro-Liquid

FERROUS FUMARATE

Tab 200 mg (65 mg elemental)

Ferro-tab

Iodine

POTASSIUM IODATE

Tab 253 mcg (150 mcg elemental iodine)

Neurotabs

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

Oral Electrolytes

COMPOUND ELECTROLYTES

Powder for oral solution

Electral (5 sachets available on a PSO)

POTASSIUM CHLORIDE

Tab long-acting 600 mg (8 mmol)
Tab eff 548 mg (14 mmol)

Span-K

Chlorvescent (not fully subsidised)

COMPOUND ELECTROLYTES with GLUCOSE (DEXTRROSE)

Solution with electrolytes (2 x 500 ml)

Pedialyte Bubble Gum

PHOSPHORUS

Tab eff 500 mg (16 mmol)

Phosphate Phebra

SODIUM CHLORIDE

Oral liquid (4 mmol/ml) * (Only funded if prescribed for treatment of hyponatraemia)

Pancreatic Enzymes

PANCREATIC ENZYME

Modified release granules 60.12 mg

Cap pancreatin 150 mg

Cap pancreatin 300 mg

Creon Micro

Creon 10000

Creon 25000

Laxatives

ISPAGHULA (PSYLLIUM) HUSK

Powder for oral solution

Konsyl-D

Macro Organic Psyllium Husk*

MACROGOL 3350 WITH POTASSIUM CHLORIDE,
SODIUM BICARBONATE AND SODIUM CHLORIDE

Powder for oral solution

Molaxole

* (Macro Organic Psyllium Husk Powder for oral soln to be delisted 01 February 2024)

DOCUSATE SODIUM WITH SENNOSIDES

Tab 50 mg

Laxsol

Antidiarrhoeals

LOPERAMIDE HYDROCHLORIDE

Tab 2 mg

Cap 2mg

Nodia (30 tablets available on a PSO)

Diamide Relief (30 tablets available on a PSO)