

Table 2. Examples of medicines that have little evidence of benefit. (Note: this list and examples given are not exhaustive. For further detail please refer to Bulletin 227 GP guide to self care over the counter items PrescQIPP in references/resources section).

Product category	Example products (not exhaustive)	Specific Exceptions (for general exceptions see above)
Probiotics	VSL#3, lactobacillus, acidophilus	No routine exceptions have been identified.
Vitamins and minerals	Pharmacy own brands of vitamins/multivitamins (i.e. Boots, Lloyds, Superdrug, Valupak), Haliborange, Sanatogen, Fruitivits Sachets, Spatone, Seven Seas, Lamb, Vita E, Osteocaps, Osteocare, Redoxon, Centrum,	<p>Vitamin D (high strength) for proven vitamin D deficiency. Calcium and vitamin D for osteoporosis or osteopenia. Vitamin D for patients with hyperparathyroidism, hypercalcaemia and patients receiving parenteral osteoporosis treatment as per the JAPC position statement on self-care with vitamin D*. <i>NB maintenance or preventative treatment is not an exception.</i></p> <p>Vitamin B12 deficiency. Post bariatric surgery – only as specified in the JAPC guideline on monitoring and medication after bariatric surgery. Vitamin supplements for premature and low birth weight babies as advised by hospital. <i>Patients suitable to receive Healthy start vitamins for pregnancy or children between the ages 6 months to their fourth birthday. (NB this is not on prescription but commissioned separately)</i></p>