

# Vitamin A and E solution

## Newborn use only

2022

<b>Alert</b>	<p>There are individual formularies for vitamin A and E.</p> <p>The dose recommendation of vitamins A and E oral solution in this formulary is based on the vitamin A content and may not match with vitamin E recommended dosage.</p> <p>Vitamin A is expressed as microgram retinol activity equivalents (RAE) or international units (IU) or units.  <b>1 microgram RAE = 1 microgram retinol = 3.3 units of retinol. (1)</b></p> <p>Vitamin E 1 International Unit (hereafter referred to as “units”) = 0.67 mg d-alpha-tocopherol.</p> <p>The consensus Australasian lipid formulation provides:</p> <ul style="list-style-type: none"> <li>- 920 units/kg/day of vitamin A at 3 g/kg/day</li> <li>- 2.8 IU/kg/day of vitamin E at 150 mL/kg/day.</li> </ul> <p>Penta-Vite Infant, a commonly used multi-vitamin supplement in Australia, contains vitamin A but doesn't contain vitamin E.</p>
<b>Indication</b>	Cholestatic liver disease
<b>Action</b>	<p>Vitamin A: Fat soluble vitamin required for vision, growth and bone development, immune function and maintenance of epithelial cells particularly in the retina and respiratory tract tissues.</p> <p>Vitamin E: Antioxidant protecting cell membranes from oxidative stress. Active isomer is α-tocopherol.</p>
<b>Drug type</b>	Fat soluble vitamins.
<b>Trade name</b>	Bio-Logical Vitamins A & E oral solution
<b>Presentation</b>	Bio-Logical Vitamins A & E oral solution (50 mL bottle): Each 1 mL contains Retinol palmitate 1.2 mg = Vitamin A 2210 units=663 microgram retinol equivalents and d-alpha-tocopheryl acetate 75 mg/mL (102 units/mL).
<b>Dose</b>	<p><b>Cholestatic liver disease</b></p> <p>Bio-Logical Vitamins A &amp; E Solution: 1.5 – 2 mL/day in 1 or 2 divided doses.*#</p> <p>*Prescription is based on vitamin A component, which would provide a dose between 3315-4420 units/day. (2) (ANMF consensus)</p> <p>#The prescribed dose provides 153 to 204 units/day of vitamin E. Although this vitamin E intake is considered excessive, these doses have been used in neonates without any reported toxicity. (3)</p>
<b>Dose adjustment</b>	<p>Therapeutic hypothermia – No information.</p> <p>ECMO – Not applicable.</p> <p>Renal impairment - No information.</p> <p>Hepatic impairment – No information.</p>
<b>Maximum dose</b>	
<b>Total cumulative dose</b>	
<b>Route</b>	Oral
<b>Preparation</b>	No preparation is required.
<b>Administration</b>	Oral: Administer undiluted with a feed.
<b>Monitoring</b>	
<b>Contraindications</b>	Hypersensitivity to vitamins A or E, or any component of the formulation, hypervitaminosis A.
<b>Precautions</b>	<p>Vitamin E interacts with iron and other oxidants or any polyunsaturated fatty acids.</p> <p>Vitamin E can increase serum bilirubin.</p>
<b>Drug interactions</b>	<p>Vitamin A may increase effects of anticoagulant and antiplatelet agents.</p> <p>Iron - Lowers bioavailability of Vitamin E.</p> <p>Vitamin E may increase the effects of vitamin K antagonists and antiplatelet agents.</p>
<b>Adverse reactions</b>	<p>Hypervitaminosis A: Irritability, vomiting, bulging fontanelle.</p> <p>Vitamin E: Sepsis, necrotising enterocolitis</p>
<b>Compatibility</b>	Not applicable
<b>Incompatibility</b>	Not applicable
<b>Stability</b>	
<b>Storage</b>	Protect from light (all forms). Store below 25°C (room temperature)
<b>Excipients</b>	Bio-Logical Vitamin A & E oral solution contains sodium benzoate. Avoid exposure to sodium benzoate of >99 mg/kg/day in neonates.
<b>Special comments</b>	
<b>Evidence</b>	<b>See individual Vitamin A and Vitamin E monographs for evidence summaries.</b>
<b>Practice points</b>	
<b>References</b>	1. <a href="https://dietarysupplementdatabase.usda.nih.gov/Conversions.php">https://dietarysupplementdatabase.usda.nih.gov/Conversions.php</a> . Accessed on 17 November 2021.

	<p>2. Yang CH, Perumpail BJ, Yoo ER, Ahmed A, Kerner Jr. JA. Nutritional Needs and Support for Children with Chronic Liver Disease. <i>Nutrients</i>. 2017;9(10):1127.</p> <p>3. Hittner HM, Godio LB, Rudolph AJ, Adams JM, Garcia-Prats JA, Friedman Z, Kautz JA, Monaco WA. Retrolental fibroplasia: efficacy of vitamin E in a double-blind clinical study of preterm infants. <i>New England journal of medicine</i>. 1981 Dec 3;305(23):1365-71.</p>
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<b>VERSION/NUMBER</b>	<b>DATE</b>
<b>Original 1.0</b>	<b>21/02/2022</b>
<b>REVIEW</b>	21/02/2027

**Authors Contribution**

Original author/s	Michelle Jenkins, Renee Dimond
Evidence Review	Srinivas Bolisetty, Nilkant Phad, Karel Allegaert
Expert review	
Nursing Review	Priya Govindaswamy, Kirsty Minter, Eszter Jozsa, Sarah Neale
Pharmacy Review	Michelle Jenkins, Renee Dimond
ANMF Group contributors	Nilkant Phad, Bhavesh Mehta, John Sinn, Mohammad Irfan Azeem, Simarjit Kaur, Joanne Malloy, Carmen Burman, Helen Huynh, Hannah Bell
Final editing and review	Thao Tran
Electronic version	Cindy Chen, Ian Callander
Facilitator	Srinivas Bolisetty