

Kent and Medway ICB Forceval - Position Statement for Primary Care

Kent and Medway ICB does **not** support the prescribing of Forceval® capsules:

In line with NHS England guidance¹ the prescribing of vitamins and minerals is of low clinical priority and the routine prescribing of vitamins and minerals will not be supported on prescription unless indicated for a diagnosed vitamin or mineral deficiency. Maintenance or preventative treatment is not an exception.

Following bariatric surgery, patients should purchase Forceval® capsules over the counter (OTC) or choose a suitable alternative A-Z multivitamin and mineral preparation for supplementation.

The service providing bariatric surgery can advise on OTC vitamin and mineral products for post-operative use.

These preparations have been recommended by The British Obesity and Metabolic Surgery Society (BOMSS)². They recommend that the multivitamin and mineral supplement is complete and contains a minimum of 400 to 800 micrograms folic acid, 15 mg zinc and 2 mg copper.

Although Forceval is a supplement that meets these requirements, other OTC supplements can be taken (may require double dose).

Only under very exceptional circumstances should Forceval® be prescribed – please seek the advice of the KMICB Medicines Optimisation team.

References:

1. NHSE Conditions for which over the counter items should not be routinely prescribed in primary care. Guidance for CCGs. Accessed at: <https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf>
2. British Obesity & Metabolic Surgery Society Guidance. Accessed at: <https://bomss.org/bomss-post-bariatric-surgery-nutritional-guidance-for-gps/>