

# Summary of Product Characteristics

## 1 NAME OF THE MEDICINAL PRODUCT

Desunin 25,000 IU soft capsules

## 2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Desunin 25 000 IU soft capsules

Each soft capsule contains: 0.625 mg cholecalciferol, corresponding to 25 000 IU vitamin D<sub>3</sub>.

For the full list of excipients, see section 6.1.

## 3 PHARMACEUTICAL FORM

Desunin 25 000 IU soft capsules are bourgogne red, size 4, oblong, soft capsules containing a clear colourless or greenish-yellow transparent solution.

## 4 CLINICAL PARTICULARS

### 4.1 Therapeutic indications

Prevention and treatment of vitamin D deficiency in adults.

Prevention of vitamin D deficiency for 25 000 IU only in adults with an identified risk when therapeutic adherence (or compliance) is not achieved by daily administration of low cholecalciferol doses.

### 4.2 Posology and method of administration

#### Posology

##### *Adults*

Dose should be established on an individual basis depending on the extent of the necessary vitamin D supplementation. The patient's dietary habits should be carefully evaluated and artificially added vitamin D content of certain food types should be taken into consideration. Desunin 10 000 IU soft capsules are suitable for weekly vitamin D supplementation.

Desunin 25 000 IU soft capsules are suitable for weekly (treatment) and monthly (prevention) vitamin D supplementation.

Dosage should be established by a physician.

#### **Desunin 10 000 IU soft capsules**

##### *Adults*

*Prevention of vitamin D deficiency:* 1 capsule every 2 weeks. In a population at high risk of vitamin D deficiency (see below), the dosage could be increased to 1 capsule weekly.

*Treatment of vitamin D deficiency:* 2 capsules weekly for up to 4-12 weeks.

After first month, a lower maintenance dose should be considered, dependent upon desirable serum levels of 25-hydroxycholecalciferol (25(OH)D), the severity of the disease and the patient's response to treatment.

Alternatively, national posology recommendations in treatment of vitamin D deficiency can be followed. The duration of use is usually limited to the first month of treatment, depending on the doctor's decision. Medical supervision is necessary as dose requirements may vary dependent on patient response (see section 4.4).

Higher doses could be necessary in some patients with vitamin D deficiency, where the dose should be adjusted dependent upon desirable serum levels of 25-hydroxycholecalciferol (25(OH)D), the severity of the disease and the patient's response to treatment.

#### **Desunin 25 000 IU soft capsules**

##### *Adults*

*Prevention of vitamin D deficiency in adults with an identified risk when therapeutic adherence (or compliance) is not achieved by daily administration of low cholecalciferol doses:* 1 capsule monthly. In a population at high risk of vitamin D deficiency (see below), the dosage could be increased to 2 capsules monthly.

*Treatment of vitamin D deficiency:* 1 capsule weekly for up to 4-12 weeks.

After first month, a lower maintenance dose should be considered, dependent upon desirable serum levels of 25-hydroxycholecalciferol (25(OH)D), the severity of the disease and the patient's response to treatment.

Alternatively, national posology recommendations in treatment of vitamin D deficiency can be followed. The duration of use is usually limited to the first month of treatment, depending on the doctor's decision. Medical supervision is necessary as dose requirements may vary dependent on patient response (see section 4.4).

Higher doses could be necessary in some patients with vitamin D deficiency, where the dose should be adjusted dependent upon desirable serum levels of 25-hydroxycholecalciferol (25(OH)D), the severity of the disease and the patient's response to treatment.

Certain populations are at high risk of vitamin D deficiency, and may require higher doses and monitoring of serum 25(OH)D:

- Institutionalised or hospitalised individuals.
- Dark skinned individuals.
- Individuals with limited effective sun exposure due to protective clothing or consistent use of sun screens.
- Obese individuals.
- Patients with osteoporosis.
- Use of certain concomitant medications (e.g., anticonvulsant medications, glucocorticoids).
- Patients with malabsorption, including inflammatory bowel disease and coeliac disease.

### **Renal impairment**

Desunin 10 000 IU, 25 000 IU soft capsules should not be used in patients with severe renal impairment (see section 4.3).

### **Hepatic impairment**

No posology adjustment is required in patients with hepatic impairment.

### **Paediatric population**

Desunin 10 000 IU, 25 000 IU soft capsules should not be used in children under 18 years.

### **Pregnancy and breastfeeding**

Desunin 10 000 IU, 25 000 IU soft capsules should not be used in pregnancy and breastfeeding.

### **Method of administration**

Oral use

### **4.3 Contraindications**

- hypersensitivity to the active substance or to any of the excipients listed in section 6.1
- patients with a history of hypersensitivity reactions, such as asthma, bronchospasm, urticaria, acute rhinitis or angioedema in response to acetylsalicylic acid or non-steroidal anti-inflammatory drugs (NSAIDs)
- on open injuries, inflammations or infections of the skin as well as on eczema or mucous membranes
- third trimester of pregnancy (see section 4.6)
- in children and adolescents under 14 years of age

#### 4.4 Special warnings and precautions for use

##### Monitoring

In case of long-term administration at high doses, it is advised to monitor serum levels of 25-hydroxyl cholecalciferol. Intake of Desunin soft capsules should be stopped when serum levels of 25-hydroxyl cholecalciferol exceed 100 ng/ml (corresponding to 250 nmol/l).

In patients already receiving cardiac glycosides or diuretics it is important to monitor calcaemia and calciuria. In case of hypercalciuria or renal insufficiency, the dose should be reduced or the treatment discontinued.

##### Concomitant use of multivitamin products

To avoid overdose, the total dose of vitamin D must be taken into consideration in case of combination with treatments containing vitamin D, food added with vitamin D, or in case milk enriched with vitamin D is used.

##### Dose adjustment

A dosage increase compared to those indicated may be required in the following cases:

- Obese subjects (see section 5.2);
- Digestive disorders (intestinal malabsorption, mucoviscidosis, or cystic fibrosis);
- Hepatic insufficiency.

##### Sarcoidosis

The product should be prescribed with caution in patients suffering from sarcoidosis, due to the possible increased metabolism of active vitamin D. Plasma and urinary calcium levels should be monitored in these patients.

##### Renal impairment

Vitamin D should be used with caution in patients with renal impairment and the effect on calcium and phosphate levels should be monitored. The risk of soft tissue calcification should be taken into account. In patients with severe renal impairment, vitamin D in the form of cholecalciferol is not metabolised normally and other forms of vitamin D should be used (see section 4.3).

During long-term treatment with high doses of vitamin D calciuria and renal function, especially in elderly patients, must be monitored. It is recommended to reduce the dose or interrupt treatment if the calcium content in the urine exceeds 7.5 mmol / 24 hours (300 mg / 24 hours).

The product should not be taken by patients with a predisposition to calcium-containing kidney stones.

##### Calcium supplements

Any need to add calcium supplements should be considered individually on a case-by case basis. Calcium supplements should be given under strict medical control.

##### Pseudohypoparathyroidism

Cholecalciferol should not be taken if pseudohypoparathyroidism is present (the need for vitamin D may be reduced by the sometimes normal sensitivity to vitamin D, with a risk of long-term overdose). In such cases, more manageable vitamin D derivatives are available.

#### 4.5 Interaction with other medicinal products and other forms of interaction

##### Anticonvulsants and barbiturates

Concomitant use of anticonvulsants or barbiturates can reduce the effect of vitamin D<sub>3</sub> due to metabolic inactivation (phenytoin, phenobarbital, primidone, etc.).

##### Thiazide diuretics

In case of therapy with thiazide diuretics reducing calcium urinary excretion, serum calcium levels should be monitored.

##### Glucocorticoids

Concomitant use of glucocorticoids can reduce the effect of vitamin D<sub>3</sub>.

Digitalis and other cardiac glycosides

In case of treatment with drugs containing digitalis and other cardiac glycosides, oral administration of calcium combined with vitamin D may increase the risk of digitalis toxicity (arrhythmia). Medical control is therefore required as well as ECG and serum calcium levels monitoring, if required.

Antacids

Concomitant use of antiacids containing aluminium can interfere with the drug efficacy, reducing vitamin D absorption, while preparations containing magnesium may expose to a risk of hypermagnesemia.

Calciferol

Studies on animals have suggested a possible potentiation of warfarin action when given with calciferol. Although there is no such evidence with the use of cholecalciferol, caution is appropriate when the two drugs are used concomitantly.

Ion exchange resins, orlistat and laxatives

Colestyramine, colestipol, orlistat and laxatives (such as paraffin oil) may reduce vitamin D absorption, while chronic alcoholism reduces vitamin D deposits in the liver.

Rifampicin

Rifampicin may reduce cholecalciferol efficacy due to hepatic enzyme induction.

Isoniazid

Isoniazid may reduce cholecalciferol efficacy due to the inhibition of metabolic activation of vitamin D.

Actinomycin and imidazole antifungal agents

The cytotoxic agent actinomycin and imidazole antifungal agents interfere with vitamin D activity by inhibiting the conversion of 25-hydroxyvitamin D to 1,25-dihydroxyvitamin D.

Keticonazole

Ketoconazole may inhibit both synthetic and catabolic enzymes of vitamin D. Reductions in serum endogenous vitamin D concentrations have been observed following the administration of 300 mg/day to 1,200 mg/day ketoconazole for a week to healthy men. However, in vivo drug interaction studies of ketoconazole with vitamin D have not been investigated.

**4.6 Fertility, pregnancy and lactation**Pregnancy

Desunin 10 000 and 25 000 IU soft capsules are not indicated during pregnancy due to the lack of clinical data. High doses of vitamin D have been shown to have teratogenic effects in animal experiments (see section 5.3). Overdose in the first 6 months of pregnancy may have toxic effects on the foetus: there is a correlation between excessive intake of or extremely maternal sensitiveness to vitamin D during pregnancy and physical and mental retardation, supravalvular aortic stenosis and retinopathy of the child.

Maternal hypercalcaemia can also lead to the suppression of parathyroid function in infants with consequent hypocalcaemia, tetany and convulsions.

However, during pregnancy and breast-feeding adequate vitamin D intake is necessary and lower dosed products should be used, when needed.

Where there is a vitamin D deficiency the recommended dose is dependent on national guidelines.

Breast-feeding

Vitamin D<sub>3</sub> and metabolites pass into the breast-milk. This should, however, be borne in mind when administering additional vitamin D to the child. Treatment with high-dose vitamin D in breast-feeding women is not recommended.

Fertility

Normal endogenous levels of vitamin D are not expected to have any adverse effects on fertility.

**4.7 Effects on ability to drive and use machines**

Desunin soft capsules has no or negligible influence on the ability to drive and use machines.

#### 4.8 Undesirable effects

In general cholecalciferol is well tolerated. Adverse reactions are listed by system organ class and frequency. Frequencies are defined as:

Very common ( $\geq 1/10$ ); common ( $\geq 1/100$  to  $< 1/10$ ); uncommon ( $\geq 1/1,000$  to  $< 1/100$ ); rare ( $\geq 1/10,000$  to  $< 1/1,000$ ); very rare ( $< 1/10,000$ ) and not known (cannot be estimated from the available data).

Immune system disorders:

Uncommon: Hypersensitivity reactions

Metabolism and nutrition disorders:

Uncommon: Hypercalciuria, hypercalcaemia, weakness, anorexia, thirst in case of prolonged administration.

Psychiatric disorders:

Rare: Drowsiness, confusion.

Nervous system disorders:

Not known: Headache.

Gastrointestinal disorders:

Rare: Constipation, flatulence, abdominal pain, nausea, vomiting, diarrhoea, metal taste, dry mouth.

Skin and subcutaneous tissue disorders:

Rare: Rash, pruritus, urticarial

Renal and urinary disorders:

Not known: Nephrocalcinosis, polyuria, polydipsia, renal failure.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via HPRA Pharmacovigilance. Website: [www.hpra.ie](http://www.hpra.ie).

#### 4.9 Overdose

Vitamin D intoxication is a consequence of accidental or intentional poisoning as well as of chronic overdose. Acute or chronic overdose occurs as hypercalciuria and hypercalcaemia, whose symptoms include headache, anorexia, diarrhoea, constipation, nausea, vomiting, thirst, polyuria, kidney stones, dehydration, lethargy and subsequent renal failure with also fatal outcome in rare cases.

Chronic overdoses can also lead to vascular and organ calcification as a result of hypercalcaemia.

In rare cases hypercalcaemia was lethal.

Treatment in case of overdose

Stop Desunin soft capsules and proceed to rehydration.

### 5 PHARMACOLOGICAL PROPERTIES

#### 5.1 Pharmacodynamic properties

Pharmacotherapeutic group: Vitamin D and analogues, cholecalciferol

ATC Code: A11CC05

Cholecalciferol is produced within the skin under the influence of UV radiation including sunlight. In its biologically active form, cholecalciferol stimulates intestinal calcium absorption, incorporation of calcium into the osteoid, and release of calcium from bone tissue. In the small intestine it promotes rapid and delayed calcium uptake. The passive and active transport of phosphate is also stimulated. In the kidney, it inhibits the excretion of calcium and phosphate by promoting tubular resorption. The production of parathyroid hormone (PTH) in the parathyroids is inhibited directly by the biologically active form of

cholecalciferol. PTH secretion is inhibited additionally by the increased calcium uptake in the small intestine under the influence of biologically active cholecalciferol.

## 5.2 Pharmacokinetic properties

### Absorption

Cholecalciferol is easily absorbed in the small intestine. As for other liposoluble vitamins, cholecalciferol intestinal absorption is promoted by concomitant intake of fat foods.

### Distribution

Cholecalciferol is present in the blood circulation in combination with specific  $\alpha$ -globulins that transport it to the liver. Unchanged cholecalciferol is stored in the muscle and fatty tissue in order to be available based on the body needs. In obese subjects, vitamin D bioavailability is reduced due to the exceeding fatty tissue.

### Biotransformation

Cholecalciferol is hydroxylated to 25-hydroxy cholecalciferol in the liver. A second hydroxylation occurs in the kidneys, where 25-hydroxy cholecalciferol is transformed into 25-dihydroxy cholecalciferol, representing the active metabolite of vitamin D that is responsible for the effects on phosphate and calcium metabolism.

### Elimination

Vitamin D is eliminated via the faeces and urine.

## 5.3 Preclinical safety data

Preclinical studies carried out on different animal species show that toxic effects occurs in animals only at doses clearly exceeding therapeutic doses in humans.

The effects most commonly detected in repeated dose toxicity studies are: increased calciuria, decreased phosphaturia and proteinuria.

Hypercalcaemia was observed at high doses. In case of prolonged hypercalcaemia, the most frequent histological alterations (calcifications) affected kidneys, heart, aorta, testicles, thymus and intestinal mucosa.

Cholecalciferol has no teratogenic activity at doses that are equivalent to therapeutic doses. At doses far higher than the human therapeutic range, the teratogenicity has been observed in animal studies.

Cholecalciferol has no mutagenic and carcinogenic potential.

## 6 PHARMACEUTICAL PARTICULARS

### 6.1 List of excipients

*Desunin 10 000 IU, 25 000 IU soft capsules:*

*Fill:*

olive oil refined,  
Butylhydroxytoluene (E321).

*Shell:*

glycerol (E422),  
titanium dioxide (E171),  
gelatine succinate  
allura Red 40 (E129).

### 6.2 Incompatibilities

Any incompatibility with other drugs is not known.

### 6.3 Shelf life

24 months.

#### **6.4 Special precautions for storage**

Store below 25°C in the original package to protect from light.

Do not freeze.

#### **6.5 Nature and contents of container**

*Desunin 25,000 IU soft capsules*

Opaque white PVC/PVDC and Aluminium thermo-sealed blister packed in cardboard box. The pack contains 1, 2, 4, 8 capsules.

Not all pack sizes may be marketed.

#### **6.6 Special precautions for disposal**

No special requirements.

### **7 MARKETING AUTHORISATION HOLDER**

Viatrix Limited  
Damastown Industrial Park  
Mulhuddart  
Dublin 15  
Dublin  
Ireland

### **8 MARKETING AUTHORISATION NUMBER**

PA23266/005/002

### **9 DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION**

Date of first authorisation: 23rd February 2024

### **10 DATE OF REVISION OF THE TEXT**

March 2025