

# RPA Allergy Unit

## Nutritional Supplements



To be used in conjunction with the [Diagnostic Elimination Diet Handbook Volume 1](#)

Products marked with \* contain ingredients that some individuals may react to.

Products will be available mostly from pharmacies.

<< Seek advice from a healthcare professional and use nutritional supplements only as directed >>

### MULTIVITAMINS - ADULTS



### VITAMIN C



### CALCIUM + VIT D



### CALCIUM



### VITAMIN D



### CARBOHYDRATE ENERGY SUPPLEMENTS



### CHILDRENS MULTIVITAMINS (Practitioner only prescribed)



This guide is up-to-date as of October 2021. Please read labels carefully as ingredients may change. Please note that not all additives will be labelled on the packaging, so please check with your healthcare professional. If you notice a change in formulation, please email us: [SLHD-RPAAllergy@health.nsw.gov.au](mailto:SLHD-RPAAllergy@health.nsw.gov.au).