

# ***Brecon Medical Group Practice***

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## **Vitamins & Minerals**

Dear Sir/Madam,

We are currently reviewing the use of vitamin & mineral supplements in line with current NHS prescribing guidelines. We have therefore undertaken an audit of our prescribing and have identified that you have been prescribed one of these supplements.

Current NHS prescribing guidelines strongly recommend de-prescribing of over-the-counter products so that we may better utilise limited NHS resources for treatments that must be prescribed as they cannot be purchased.

**As a practice we will no longer be prescribing this treatment and have removed it from your repeat prescription.**

It is important, however, to maintain adequate vitamin and mineral intake by eating a healthy, varied and balanced diet. Useful information is available from the NHS here:

Eating a balanced diet:

- Eating well  
<https://www.nhs.uk/live-well/eat-well/>
- The Eatwell Guide  
<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Information on vitamins and minerals:

- Do I need vitamin supplements?

<https://www.nhs.uk/common-health-questions/food-and-diet/do-i-need-vitamin-supplements/>

- Overview of vitamins and minerals.  
<https://www.nhs.uk/conditions/vitamins-and-minerals/>

If you still feel you need to take a vitamin and mineral supplement, they can be purchased over the counter with the support of the community pharmacist.

We do not expect you to notice any difference when your prescription is stopped. However, should you have any questions about this medicine change, please contact your Community Pharmacist.

Yours Sincerely