



IRON SUPPLEMENTATION

GENERAL INFORMATION

- The following information is for those individuals who are **instructed by their doctor** to take iron supplements, due to a low level of iron/ferritin
- Iron supplements are available over the counter, and do not need a prescription from a doctor. They are available at all pharmacies and most health food stores
- There are many different types/formulations of iron supplements, each with different amounts of elemental iron in them
- Examples of iron formulations
 - FeraMAX (this formulation is made of pure elemental iron)
 - Ferrous sulfate
 - Ferrous gluconate
 - Ferrous fumarate
 - Proferrin
- Possible side effects
 - Upset stomach: Be sure to take with food, and not on an empty stomach
 - Constipation: Be sure to drink plenty of water and stay well hydrated

DOSE

- Aim for a dose of 50-150mg of **elemental iron** per day
- Start with a lower dose, then increase gradually to avoid unpleasant side effects
- Be sure to read the label of any iron supplement carefully, as there are many different types/formulations of iron supplements, and each have different amounts of elemental iron in them
- If you are unsure of how to choose the right supplement for you, ask the pharmacist or an employee at the store for help

ADDITIONAL TIPS

- To help the iron to be absorbed into the body, try to take it with one/some of the following
 - Acidic foods (oranges, tomatoes)
 - Vitamin C rich foods (oranges, red bell peppers, kiwi)
- To avoid improper absorption of the iron into the body, avoid taking it at the same time as any of the following
 - Dairy products, eggs, spinach
 - Caffeine
 - Calcium
 - Fibre, whole-grain breads, cereals, bran
 - Multivitamin