

# Oral Iron Choices for Adults

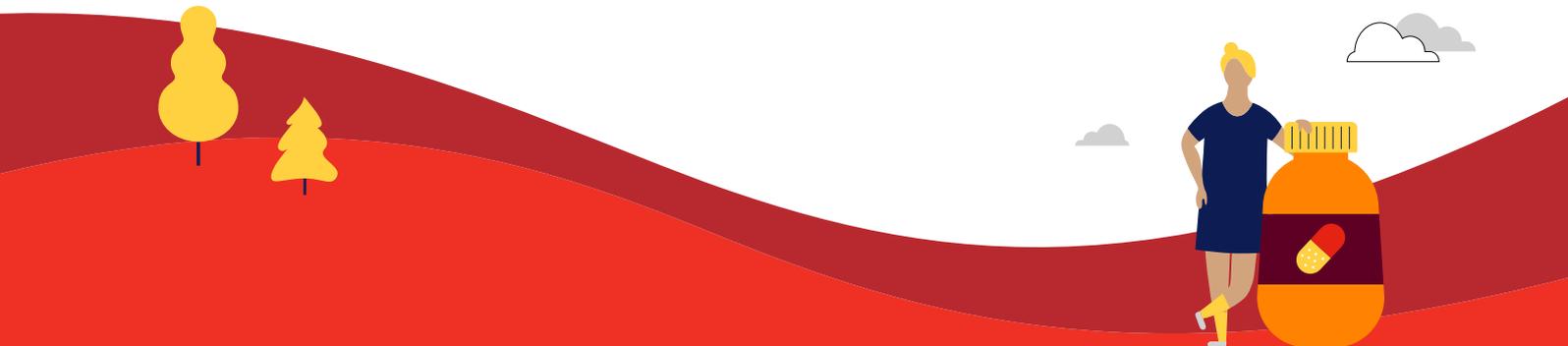
Patient name \_\_\_\_\_  
 Today's date \_\_\_\_\_  
 Date of blood test \_\_\_\_\_  
 Haemoglobin (g/L) \_\_\_\_\_  
 Ferritin (µg/L) \_\_\_\_\_

**It is recommended you begin taking a daily dose of:**  
 60–100 mg of elemental iron     ≥ 100 mg of elemental iron

**Follow-up with your GP after \_\_\_\_\_ weeks.**

Health professional's signature: \_\_\_\_\_

Recommended iron preparations	Elemental iron	Dosage information
<input type="checkbox"/>  <b>Ferro-grad</b> Ferrous sulfate 325 mg tablets	105 mg per tablet	<b>Take one tablet on an empty stomach:</b> <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days
<input type="checkbox"/>  <b>Ferro-grad C</b> Ferrous sulfate 325 mg tablets	105 mg per tablet	<b>Take one tablet on an empty stomach:</b> <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days
<input type="checkbox"/>  <b>Ferro-F-Tab</b> Ferrous fumarate 310 mg tablets	100 mg per tablet	<b>Take one tablet on an empty stomach:</b> <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days
<input type="checkbox"/>  <b>Maltofer</b> Iron polymaltose 370 mg tablets	100 mg per tablet	<b>Take one tablet with food:</b> <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days
<input type="checkbox"/>  <b>Maltofer Syrup</b> Iron polymaltose 370 mg/10 mL oral liquid	100 mg/10 mL	<b>Take _____ mL with food, through a straw to avoid staining teeth.</b>
<input type="checkbox"/>  <b>Ferro-grad F</b> Ferrous sulfate 250 mg tablets	80 mg per tablet	<b>Take one tablet on an empty stomach:</b> <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days
<input type="checkbox"/>  <b>Fefol Iron &amp; Folate Supplement</b> Ferrous sulphate 270 mg capsules	87.4 mg per capsule	<b>Take one tablet on an empty stomach:</b> <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days
<input type="checkbox"/>  <b>Ferro-Tab</b> Ferrous fumarate 200 mg tablets	65.7 mg per tablet	<b>Take one tablet on an empty stomach:</b> <input type="checkbox"/> once a day <input type="checkbox"/> twice a day <input type="checkbox"/> on alternate days
<input type="checkbox"/>  <b>Ferro-Liquid</b> Ferrous sulphate 30 g/mL oral liquid	60 mg/10 mL	<b>Take _____ mL with food, through a straw to avoid staining teeth.</b>





## Taking iron

Take iron products (except for Maltofer) 1 hour before or 3 hours after meals – ideally with juice (not milk). If this isn't possible, it's better to take iron with food than not at all.

Iron is better absorbed if taken with orange juice due to the vitamin C content.

Discuss the timing of any other medications with your GP, especially those for treating reflux.

Keep taking oral iron for a minimum of three months unless otherwise directed.

Keep iron products safely out of reach of children and pets.

## Side effects

Side effects may include darkened bowel motions, indigestion, nausea, constipation or diarrhoea.

If you are experiencing indigestion or nausea, try changing the timing so you take your iron supplement with food.

If you are experiencing additional mild symptoms, do not stop taking iron, but try spacing the doses out instead and discuss with your GP.

## Recommended iron preparations vs over-the-counter multivitamins

Over-the-counter multivitamins **DO NOT** contain enough iron to treat iron deficiency anaemia.

	Recommended iron preparation	Over-the-counter multivitamins		
Number of tablets required to meet the daily therapeutic dose for treatment of iron deficiency	1	5	10	20
Product	Ferro-grad	Swisse Ultiboost Iron	FAB Iron + Vitamin B Complex	Nature's Own Iron Plus
Elemental iron equivalent	1 tablet = 105 mg	1 tablet = 20 mg	1 tablet = 10 mg	1 tablet = 5 mg

**Important:** The information on this page is for illustration purposes only to compare common over-the-counter multivitamins with the recommended iron preparations. Follow instructions on the front page.

