

Iron Supplementation

There are different types of iron that you may encounter when trying to purchase supplemental iron for anemia. This handout is intended to assist you so that you are not only taking enough iron, but also taking it in a manner that enhances absorption.

You may purchase one of the following types of iron. If you are anemic we recommend that you take 65mg of elemental iron per day.

- ▶ Ferrous Gluconate 320-325 mg (36mg elemental iron)
- ▶ Take two tablets every day
- ▶ Ferrous Sulfate 300-325mg (60mg elemental iron)
- ▶ Take one tablet every day
- ▶ Ferrous Fumarate 200mg (67mg elemental iron)
- ▶ Take one tablet every day

Iron is best absorbed on an empty stomach and without other minerals ingested at the same time. Take supplemental iron at a different time than you take pre-natal vitamins. If iron is not tolerated without food, then it is best absorbed when taken with meat, fish, poultry, or vitamin C rich foods.

Iron/folate rich foods:

- Animal protein (liver & red meats)
- Deep green leafy vegetables
- Fruits
- Iron fortified cereals
- Dried peas & beans
- Seeds & nuts