





Oral iron preparations	Dosage	Elemental Iron Amount	How to take
<b>Spring Valley®</b> 	1 tablet	65 milligrams	Daily or every other day
<b>Nature Made®</b> 	1 tablet	65 milligrams	Daily or every other day
<b>Slow Fe®</b> 	1 tablet	45 milligrams	Daily or every other day <b>*While slow-release products may reduce the side effects of oral iron, these formulations may not be absorbed as well.</b>
<b>Floridex®</b> 	10 milliliters	10 mg elemental iron	Requires multiple doses per day, but liquid

### Frequently Asked Questions

How should I take an oral iron supplement?	<ul style="list-style-type: none"> <li>• <b>Best absorbed when taken on an empty stomach.</b></li> <li>• However, okay to take with a small amount of food if improves compliance</li> <li>• <b>Try to avoid taking with foods that are calcium-rich</b>, such as dairy products and leafy greens, as they may decrease the amount of iron that your body absorbs.</li> </ul>
Is it okay to take my iron with a daily multivitamin?	<ul style="list-style-type: none"> <li>• The amount of calcium contained in multivitamins or prenatal vitamins is likely not enough to greatly reduce the amount of iron your body absorbs.</li> </ul>
Should I take my iron supplement with a source of vitamin C?	<ul style="list-style-type: none"> <li>• <b>Not necessary to take oral iron with vitamin C</b> to improve its absorption.</li> <li>• Newer data has shown that vitamin C is not essential to enhance oral iron absorption.</li> </ul>
How do I manage the adverse effects of taking an oral iron supplement?	<ul style="list-style-type: none"> <li>• <b>Constipation:</b> Stool softeners like Colace® and gentle laxatives like Miralax® can help alleviate symptoms of constipation.</li> <li>• <b>Nausea and indigestion:</b> Take with a small amount of food</li> <li>• Newer data has shown that taking an oral iron supplement <b>every other day</b> instead of daily or multiple times a day may improve absorption and reduce side effects.</li> </ul>