



**TIP:** Iron supplements are only necessary if your iron levels are low

#### Why is iron important?

- Iron is important for many functions in your body.
- Iron is an important component of haemoglobin in Red Blood Cells, which carry oxygen around your body. If your iron levels are low, your body may produce too little haemoglobin, which means less oxygen to your muscles and brain, leaving you feeling tired.

#### Do I need iron supplements?

- If your blood tests indicate that you are low in iron, or your iron stores are getting a little low, you may benefit from an iron supplement.

#### What type of iron supplement?

- We recommend avoiding tablet forms of iron as these can be irritating in your small stomach pouch.
- Capsule or liquid forms are better tolerated. Capsule and liquid iron supplements tend to contain a low dose of iron in a form that is better absorbed (compared to tablets), so they tend to cause fewer side effects. If your iron levels are quite low you may need to start by taking a dose 2 or 3 times each day.
- Some examples of suitable choices include:

#### **Capsules:**

*Fab* Iron and B Complex Capsules

*Microgenics* - Iron Plus in Vegecaps with Folic Acid



#### **Liquid:**

*Floradix* Herbal Iron Supplement

*Clements* Iron Tonic

*FerroForce* Iron Supplement

*Blooms* Organic Iron Plus

*SpaTone* 100% Natural Iron Supplement Sachets



#### **Chewable tablet:**

*Iron Melts* (strawberry flavoured)

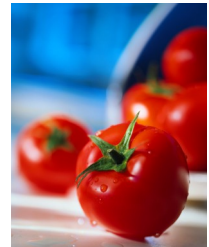


#### **High dose supplement:**

Fefol delayed release capsule

#### Tips for improving iron absorption

- Take your supplement with a meal, preferably your main meal
- Serve it with Vitamin C rich foods like fresh green leafy vegetables, capsicum, tomato etc.
- Avoid having tea or coffee until at least 30 minutes after your main meals.



#### Include Iron-rich foods

- Try to have iron-rich foods (i.e. lean mince meat) twice a week.



- When shopping, look for iron-fortified breakfast cereals

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