

ferrograd® C



1 in 6 women suffer from some form of iron deficiency.¹

If you experience any of these symptoms,
you could be iron deficient:*

- Fatigue
- Tiredness
- Weakness
- Irritability
- Poor concentration
- Dizziness
- Brittle nails
- Cold hands and feet
- Decreased work performance
- Decreased exercise capacity
- Impaired immunity
- Reduced resistance to colds

* Symptoms are not exclusive to iron deficiency

For the prevention and treatment of iron deficiency:

- ✔ *Once-daily dose*
- ✔ *Only therapeutic dose of iron in a single tablet*
- ✔ *Contains vitamin C to increase the iron absorption by up to 50%²*
- ✔ *Gradual release formula to protect you against side effects*
- ✔ *Vegan formulation*
- ✔ *Gluten, sucrose and lactose free*
- ✔ *Pharmacy only medicine*



**ferrograd® C is available directly
from your local pharmacy**

ferrograd® (without vitamin C) is available as a fully funded medicine with a prescription from your doctor.

Note: *If you are taking once-a-day supplements, check what they contain – guidelines recommend 105–210mg of elemental iron per day to treat iron deficiency.³*

Do's and don'ts when taking ferrograd[®] C

Do



Take ferrograd[®] C on an empty stomach, at least 1-2 hours before eating or 2-4 hours after.^{4,5}



Continue taking ferrograd[®] C for 3-6 months to replenish your iron stores.^{4,5}



Take ferrograd[®] C with food if stomach upsets, constipation or diarrhoea become a problem.⁵



Consult your doctor if symptoms persist.

Don't



Don't take ferrograd[®] C with tea, coffee or wine, as they may reduce the absorption of iron.^{4,6}



Don't take antacids and calcium supplements while using ferrograd[®] C, as they may reduce iron absorption.⁶



If you notice your stools are black after taking ferrograd[®] C, don't worry as this can occur with iron supplementation.



Don't substitute ferrograd[®] C, guidelines recommend 105-210mg of elemental iron per day to treat iron deficiency.³



Don't stop taking ferrograd[®] C earlier than recommended as iron deficiency may recur.

References: 1. Beck KL et al. Eur J Nutr 2013;52:467-76. 2. Brise H. & Hallberg L. Acta Med Scand 1962;171 (Suppl 376):51:8. 3. Iron Deficiency [revised March 2016]. In eTG complete. Melbourne: Therapeutic Guidelines Limited; March 2014. Available at: <http://online.tg.org.au/complete/>. (Accessed August 2019). 4. Baird-Gunning J. & Bromley J. Aust Prescr 2016;39:193-9. 5. Pasricha SS et al. Med J Aust 2010;193:525-32. 6. Gastroenterological Society of Australia (GESA). Iron Deficiency. Clinical Update. First Ed 2008, updated October 2015. Available at: www.gesa.org.au (Accessed August 2019). ferrograd[®] (dried ferrous sulfate 325 milligrams, equivalent to 105 milligrams elemental iron). ferrograd[®] C (dried ferrous sulfate 325 milligrams, equivalent to 105 milligrams elemental iron and vitamin C 500 milligrams). Pharmacy Only Medicine for the prevention and treatment of tiredness and fatigue associated with iron deficiency. Always read the label. Use only as directed. If symptoms persist see your doctor. Iron supplements should not be taken for more than 12 months without consulting a healthcare professional. Vitamin supplements should not replace a balanced diet. Dosage: One tablet daily as directed. Tablets should be swallowed whole. ferrograd is a fully funded medicine. ferrograd C is an unfunded medicine. You will need to pay for this medicine. ferrograd[®] is a registered trademark of BGP Products S.a.r.l, Mylan NZ Ltd., Auckland. TAPS DA1927FR-192.

For more information visit ferrograd.co.nz

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