

Iron supplements

Product	Form	Elemental iron (mg)	Recommended Dose	Cost	Pack size	Empty stomach
Blackmores For Women Bio Iron (contains folic acid, vitamin C)	Tablet	5	1 three times a day	\$14.15	80	No
Clements Iron	Elixir	5 (per 5mL)	15mL twice a day (pregnant)	\$12.95	500 mL	Yes
Clements Iron	Capsule	12	2 daily (pregnant)	\$12.95	30	No
Ethical Nutrients Iron Plus	Tablet	5	1 twice a day	\$14.50	60	No
FAB iron and B complex	Capsules or Tablets	5	1 to 2 daily OR twice a day	\$13.95	80	No
Fabfol plus	Tablet	12	1 daily	-	28	No
FGF (contains folic acid)	Tablet	80	1 daily	\$3.92	30	Yes
Fefol (contains folic acid)	Capsule	87	1 daily	\$7.95	30	No
Ferrogradumet	Tablet	105	1 daily	\$6.56	30	Preferably
Ferrograd C (contains Vit C)	Tablet	105	1 daily	\$8.16	30	Preferably
Haemo-Red	Tablet	2.95	1 daily	?	60	No
Healthstream Iron Formula	Tablet	5	1 daily	\$17.38	90	No
Nature's Way Iron-All	Tablet	5	1 daily	\$7.00	100	No
Elevit (contains folic acid and Vit C)	Tablet	60	1 daily	\$22.45	30	No

Aids in iron absorption:

Meat
Vitamin C

Inhibitors of iron absorption:

Calcium (including dairy products)
Tannins (tea)
Phytates (bran, some cereals)

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