

# Choosing an Iron Pill

If more than 1 pill a day is recommended: start with taking 1 pill a day. If you do not have side effects, and tolerate it well, increase the amount after 3 to 4 days to the recommended amount. The most common side effects are constipation or diarrhea, stomach discomfort and dark or black stool. This is more common with the last 3 pills listed below. Do not take iron at same time as antibiotics, Parkinson or thyroid medications.

Iron pills	Amount	Cost per day	Information
Heme-Iron Polypeptide example — <b>Proferrin</b>	One tablet 2 to 3 times a day or per doctor's advice	<b>\$2.02 to \$3.03 a day</b> \$30.29 for 30 tablets = \$1.01 a tablet	Very easily absorbed. Taken with or without food. Does not need acid in the stomach to get absorbed. Good choice if you take medicines that reduce stomach acid.*** Note to vegetarians and vegans: product is made from animal proteins (bovine source). Do not take if you have an allergy to cow products.
Polysaccharide-Iron Complex example — <b>FeraMAX 150</b> or generic	One capsule 1 to 2 times a day or as per doctor's advice (Also available in powder form)	<b>67¢ to \$1.34 a day</b> \$19.99 for 30 capsules = 67¢ a capsule	Taken with or without food. Does not need acid in the stomach to get absorbed. Good choice if you take medications that reduce stomach acid.*** Note to vegetarians and vegans: capsule coating is made from an animal source. Capsule can be opened and contents mixed into water or sprinkled over soft food. Virtually tasteless.
Ferrous fumarate 300 mg tablets examples — <b>Eurofer, Palafer</b>	One tablet 2 times a day or as per doctor's advice	<b>38¢ a day</b> \$5.69 for 30 tablets = 19¢ a tablet	Needs acid in the stomach to get absorbed. Take on an empty stomach — at least 1 hour before or 2 hours after eating, with orange juice or vitamin C. Absorption may be decreased if you take antacids or medications that reduce stomach acid.***
Ferrous sulphate 300 mg tablets examples — <b>Feosol, Fer-In-Sol</b>	One tablet 3 times a day or as per doctor's advice	<b>30¢ a day</b> \$10.19 for 100 tablets = 10¢ a tablet	Needs acid in the stomach to aid in absorption. Take on an empty stomach — at least 1 hour before or 2 hours after eating, with orange juice or vitamin C. Absorption may be decreased if you take antacids or medications that reduce stomach acid.***
Ferrous gluconate 300 mg tablets	Two tablets 2 to 3 times a day or as per doctor's advice	<b>16¢ to 24¢ a day</b> \$3.89 for 100 tablets = 4¢ a tablet	Needs acid in the stomach to aid in absorption. Take on an empty stomach — at least 1 hour before or 2 hours after eating, with orange juice or vitamin C. Absorption may be decreased if you take antacids or medications that reduce stomach acid.***

**Prices are approximate and subject to change.**

\*\*\* Examples of some common brand name medicines that reduce stomach acid are:  
Pevacid, Nexium, Tecta, Pantoloc, Losec, Prilosec, Zantac