

# Iron Plus Warnings and Contraindications

## Warning

Keep Out of Reach of Children. Iron poisoning can be fatal in children under the age of 6. Excess iron can be dangerous and lead to organ damage and death. Please Do Not Use if you have Haemochromatosis, Haemosiderosis, Thalassaemia or Sideroblastic Anaemia. Iron Plus is a Premium Practitioner Approved formula. It contains iron as amino acid chelate (iron bisglycinate), which has been clinically proven to be a highly absorbable form of iron, with fewer side effects than ferrous sulfate, minimizing the risk of stomach upsets or constipation. Iron Plus also contains Vitamin C to help with iron absorption, as well as B6, B12 and folic acid to help with red blood cell formation.

## Suggested Serving

1 capsule per day with food. An Iron deficiency is not a quick fix. It takes 3 months for your body to regenerate red blood cells, so you need to take Iron Plus daily for at least 3 months to achieve the best result. It may take 6-12 months to completely build up your iron stores.

## Adverse Reactions

Oral supplementation may cause gastrointestinal disturbances such as nausea, diarrhoea, constipation, heartburn and upper gastric discomfort. However, these symptoms are usually seen with inferior forms of iron, not with iron bisglycinate as used in Iron Plus. Iron toxicity and subsequent organ damage can develop from long term excessive use, so please make sure you get your iron levels tested every 3-6 months when taking iron supplements.



## Drug Instructions

**Take Iron Plus at least 2 hours before or after any of the following drugs:**

- ACE Inhibitors
- Antacids and products containing aluminium, calcium or magnesium
- Cimetidine
- L-dopa and carbidopa
- Penicillamine

**Sulfasalazine Separate doses by 4 hours when taking any of the following drugs:**

- L-thyroxine
- Tetracycline antibiotics
- Quinolone antibiotics

**Cholestyramine and colestipol Monitor iron efficacy if these drugs are being used:**

- H2-receptor antagonists (antiulcer drugs)
- Haloperidol
- Omeprazole and other proton-pump inhibitors

If you experience any symptoms which concern you, please consult your doctor.