

## Tips for taking Ferro-grad C

It's best to take Ferro-grad C tablets without food; however, gastrointestinal upset may be reduced by taking it at night or with a meal.<sup>3</sup>

Tea, coffee and calcium can reduce the amount of iron your body absorbs from food, so it's best to cut back on your intake of these. Especially close to mealtimes.<sup>4,12</sup>

## How long should I take Ferro-grad C?

3 to 6 months of treatment is usually recommended to fully replenish your iron stores.<sup>2</sup> But do not use for more than 12 months without advice from your doctor.<sup>1</sup>

Even if you start feeling better, it's important to continue the treatment for the duration recommended by your doctor, as it takes longer for your body's iron stores to be fully replenished.<sup>2</sup>

To find out more, go to the Ferro-grad C website

[www.ferrogradrange.com.au](http://www.ferrogradrange.com.au)



For use when you have been diagnosed as iron deficient and your doctor has recommended a therapeutic oral iron supplement.

### ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE

1. Ferro-grad C Product Label. 2. Digestive Health Foundation/GESA. Iron deficiency. Clinical Update. Updated 2022. Available from: [www.gesa.org.au](http://www.gesa.org.au). Accessed July 2023. 3. Pasricha SS et al. Med J Aust 2010;193:525-32. 4. Iron deficiency anaemia. BMJ Best Practice. Updated 2022. Available from: [bestpractice.bmj.com](http://bestpractice.bmj.com). Accessed 2023. 5. Gulec S et al. Am J Physiol Gastrointest Liver Physiol. 2014;307(4):G397-409. 6. Gomez G, Gomez J. Br J Clin Pract 1969;23(10):421-5. 7. Gomez G, Gomez J. Br J Clin Pract 1967;21(1):31-6. 8. Webster JJ. Curr Ther Res Clin Exp 1962;4:130-4. 9. Blair H, Blair C. J Coll Gen Pract 1967;13(1):117-21. 10. Morrison J et al. Med J Aust 1977;1(14):482-4. 11. Gupta S, Pavli P. Medicine Today 2022;23(3):41-8. 12. Iron. Australian Medicines Handbook (online). Adelaide: Australian Medicines Handbook Pty Ltd; 2022 July. Available from: <https://amhonline.amh.net.au>. Accessed 2022.

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# Fight the fatigue

By taking charge of your iron deficiency<sup>1</sup>



# What is iron deficiency?

Iron deficiency occurs when your body is using more iron than it's receiving, which uses up your body's stored iron.<sup>2</sup>

Doctors can check your iron stores by testing your ferritin levels.<sup>2</sup> Women who are menstruating, pregnant women, blood donors and vegetarians are some of the most affected groups.<sup>2,3</sup>

## What does iron deficiency do to the body?

- ✗ Fatigue and decreased ability to do physical exercise/work<sup>2</sup>
- ✗ Impacted concentration and memory<sup>2</sup>
- ✗ Negative effects to immunity<sup>2</sup>
- ✗ Thinning or flattening of your fingernails<sup>4</sup>

# Why choose Ferro-grad C?

- ✓ Helps fight the fatigue associated with iron deficiency<sup>1</sup>
- ✓ Convenient once-daily tablet<sup>1</sup> or as directed by the doctor
- ✓ Contains modified release ferrous sulfate Fe<sup>2+</sup>, an readily absorbable form of iron<sup>2</sup>
- ✓ Includes 500 mg of vitamin C<sup>1</sup> to enhance iron absorption.

# Reduce risk of constipation

Some iron supplements frequently cause tummy upset.<sup>2</sup> The modified release formulation of Ferro-grad C prevents the iron from being released too quickly in the digestive system. This helps reduce the risk of gastric side effects like constipation, nausea and stomach pain\*.<sup>7-11</sup>



\*vs immediate release ferrous sulphate

