

iFM

Iron (as Ferric Maltol) 30 mg · 30 Capsules

Main uses

- Supports healthy iron levels
- Gentle on the stomach
- High bioavailability
- Suitable for long-term use

PRODUCT INFORMATION

About IFM

IFM contains iron as ferric maltol, 30 mg in each capsule. Ferric maltol is a stable complex of iron and maltol that supplies iron to the body.

IFM is a food supplement that supports healthy iron levels. It is made to be gentle on the stomach and suitable for long-term use.

IFM is for adults and adolescents. It should not be given to children under 12 years of age.

How to use

Take IFM as directed on the pack, or as advised by your doctor or pharmacist.

1. Swallow the capsules whole with water.
2. Iron is taken up best on an empty stomach. Food reduces how much iron the body absorbs.
3. A common regimen for 30 mg ferric maltol is one capsule in the morning and one in the evening. Follow the directions on your IFM pack and do not take more than the amount shown.
4. Iron stores take time to build up, so treatment is usually continued for at least 12 weeks. Your doctor can check your iron levels with a blood test.

Ask your doctor or pharmacist before taking IFM for a long time.

Composition

CAPSULES

Each capsule contains iron 30 mg (as ferric maltol).

TYPE

Food supplement.

PACK SIZES

Pack of 30 capsules.

Side effects and warnings

Iron can cause stomach side effects. The most common are stomach pain, wind, constipation, diarrhoea and feeling sick. Stools may look darker.

- Do not take IFM if you are allergic to ferric maltol or any of the other ingredients.
- Do not take IFM if you have haemochromatosis or any other iron overload condition, or if you regularly receive blood transfusions.
- Tell your doctor if you have inflammatory bowel disease (such as Crohn's disease or ulcerative colitis).
- Do not take IFM with intravenous iron. Take it at least 2 hours apart from calcium or magnesium products (such as antacids) and from some medicines, including certain antibiotics, thyroid medicines and osteoporosis medicines. Ask your pharmacist.
- If you think you are low in iron, see your doctor first. The cause should be found, and iron levels are checked with a blood test.
- Keep out of reach of children. An overdose of iron can be serious, so contact a doctor straight away if a child swallows capsules.
- If you are pregnant or breast-feeding, ask your doctor before taking IFM.

Always read the patient information leaflet in the pack. If you have any questions, ask your doctor or pharmacist.