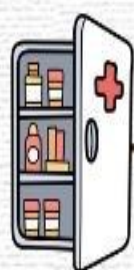


Tips For Safe Use Of Iron Supplements In Toddlers



+ Precautions

Administer supplements as per the prescribed dosages.



Keep supplements away from your toddler's reach to prevent accidental ingestion.

Don't give your toddler iron supplements with milk or caffeinated beverages to avoid food-drug interaction.



Give iron supplements an hour before or two hours after mealtime for better absorption.

Don't give antacids simultaneously or within two hours of taking an iron supplement.



Give your toddler plenty of fluids and a fiber-rich diet to overcome mild gastrointestinal issues that iron supplements can cause.

+ Potential Side Effects Of Iron Supplement Overuse

- Abdominal pain
- Nausea and vomiting
- Malaise
- Rapid pulse
- Low blood pressure



References

1. Iron needs of babies and children; Caring for Kids
2. Iron; NHS
3. Iron; Oregon State University
4. Poisoning - Iron; Government of Western Australia Child & Adolescent Health Service