

# Dos And Don'ts

## When Taking

# IRON SUPPLEMENTS



## Dos



Consume the supplements as per the prescribed dosage.



Have a two-hour gap between iron supplements and other drugs.



Take the supplement on an empty stomach or with food consumed in small amounts.



Have iron supplements at bedtime if they upset your stomach when consumed in the daytime.

## Don'ts



Do not consume caffeinated drinks and foods with iron supplements.



Do not eat high-fiber or whole-grain foods with them.



Do not club the iron supplements with drugs prescribed for Parkinson's disease.



Do not consume iron (supplements and foods) exceeding the required limit.

### References:

1. Taking iron supplements; National Library of Medicine
2. Iron; Office of Dietary Supplements, NIH