

# How to take iron supplements correctly to best absorb

Supplementing functional foods containing Iron good for health, especially pregnant women. To absorb the best Iron to note. Depending on the type of iron medication you should use at full or hungry.

Iron restricts anemia, supports better health. In particular, pregnant women need iron supplementation to avoid premature birth, ensuring the best development of the fetus. On the market today there are many types of functional foods that provide iron. However, if you do not take iron pills correctly, it will limit your body's absorption of iron.



## What is the effect of iron?

Iron is a mineral. Iron is necessary for the production of hemoglobin, myoglobin and cytochrom C. respiratory enzyme. This drug is often used to treat or prevent iron deficiency in the blood. The drug may also be used to treat other condition conditions as directed by a doctor.

**Reference :** When to drink iron best without harming the stomach?

## When should iron supplementation be given to the body?

Although the body's daily iron requirements are not too much, only about 10mg for men and 15mg for women. However, in Vietnam, studies have shown that the rate of children and pregnant women with iron deficiency is

not small, on average 40-50% of pregnant women have iron deficiency during pregnancy.

The World Health Organization (WHO) estimates that 43% of non-pregnant women aged 15-50 in developing countries are anemic. During pregnancy, this rate increased to 56%. 80% of cases of anemia are often caused by iron deficiency.

**See also :** List of foods that contain the most iron easily

To supplement iron for the body, the simplest way is to supplement it with food. However, because the body only absorbs an average of 10%, so if you want to get enough iron, you have to provide 10 times the amount of iron recommended. At this time, iron supplementation through diet is not enough. Using more iron supplements will help provide the amount of iron your body needs.



## **Instructions for taking iron pills properly**

### **1. At what time of day should I take iron pills?**

Depending on the type of iron medication you should use at full or hungry. Most iron drugs with iron content are iron chemotherapy II salt such as iron II Sulfate, iron II Fumarate, Iron II Gluconate . better absorbed if taken on an empty stomach. Therefore, you should take medicine before eating 1 hour or 2 hours after eating.

However, when pregnant with iron ingestion, it is easy to cause intestinal irritation, which can lead to nausea and vomiting symptoms. Therefore, you may not need to wait until you are hungry to take it, taking medicine after a snack can be applied to irritated pregnant women when you are taking fasting iron pills. In addition, you should limit iron intake before bedtime because they can cause reflux that makes it hard to sleep.

Currently on the market, new types of valence iron salts are often recommended after a full meal. This form of iron is usually better absorbed when used with meals. This will improve the irritation when drinking more than the use of chemotherapy iron salt II.

*To ensure the best use of the drug, carefully read the instructions for use of your medication before use.*



## **2. How is the best way to take iron pills?**

With iron tablets, take at least half a cup of water, do not take medicine when lying down, do not chew the pill when taking it (except with chewable form).

With water-based medicine, it is recommended to smoke with a straw to avoid black teeth caused by iron pills.

In addition, some unwanted effects on the gastrointestinal tract may be limited by taking low doses. Then increase the dose gradually. (This should only be done when directed by a doctor).

## **3. Note when you have to supplement both iron and calcium**

Calcium will interfere with iron absorption if taken concurrently. To ensure the best absorption of both substances, you should take these two drugs apart. For example, if you drink calcium after breakfast, you should drink iron at noon. It is also advisable to limit iron or calcium intake before bedtime because they can cause heat to cause sleeplessness.

Milk, yogurt, cheese and other dairy preparations are high in calcium preparations. You should also note that these products should not be added at the time of drinking iron, preferably away from each other for about 2 hours.

## **4. Foods to use to optimize iron absorption**

Vitamin C helps the body absorb iron easily. In addition, it helps to improve constipation when taking iron. Therefore, it is good to take iron tablets with 1 cup of sour fruit juice such as oranges, grapefruit, apples, mangoes or 1 tablet of vitamin C.

## **5. Medicines and foods that interfere with iron absorption**

Avoid combining iron with antibiotics ofloxacin, ciprofloxacin, norfloxacin. Concurrent administration with antacid drugs for gastric ulcers - duodenum such as calcium carbonate, sodium carbonate and magnesium

trisilicate may reduce iron absorption. Iron can be chelated with tetracyclines, so when iron is taken together with tetracylin, the absorption of both drugs is reduced.

Coffee and tea may also reduce iron absorption. Mainly due to the presence of a compound called tannin. Tannin is a type of polyphenol, which can have a strong inhibitory effect on iron absorption. In addition to coffee and tea, some other drinks containing tannins are red wine, apple and berry juice and beer are also not conducive to the absorption of iron in the body. You can avoid the inhibitory effect of these drinks by not taking them for two hours before and after taking iron pills.

## **Some iron supplements are best for pregnant women**

### **1. Sanct functional food Bernhard Eisen (60 tablets)**

Sanct Bernhard Eisen functional food has the effect of supporting iron deficiency anemia for all subjects. Especially for pregnant and lactating women. Support red cell regeneration after surgery.



#### **Ingredient:**

1. Iron Gluconat: 183mg
2. Iron (II) Gluconat

#### **Use of iron with pregnant women:**

Iron overcomes iron deficiency anemia during pregnancy. One of the causes of miscarriage, premature birth, postpartum haemorrhage, adversely affects fetal development, fetal malnutrition, physical and intellectual development retardation.

### **2. Gentle Iron Health Protection Food 25 MG Solgar (90 tablets)**

The 25 MG Gentle Iron functional food comes from the Solgar brand originating from the United States. This is a product line that provides iron for the body, supports strengthening red blood cells, good for blood.



### **Ingredient:**

1. Iron 25 mg
2. Accessories: Microcrystalline Cellulose, Cellulose Plant, Magnesium Stearate Plant

### **Note when using iron supplements:**

1. This is a functional food, not a medicine and has no effect to replace medicine
2. The product is only for adults over 19 years of age, who need iron supplements

## **Where to buy safe, genuine food?**

According to the investigation and evaluation, Quantrimang advises you on a number of reputable addresses to distribute genuine functional food products, ensuring that you can safely use:

Hanoi: No. 56, Pho Duy Tan, Dich Vong Hau, Cau Giay  
Hotline: 024.35.68.69.69

Ho Chi Minh City: 716 - 718 Dien Bien Phu, Ward 10, District 10  
Hotline: 028.38.33.33.66

*The functional food products here are committed to selling genuine products so you can trust.*

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