Ferrous Gluconate 306 mg Tablets

Product Summary:

Anemia is a condition where the body does not have enough healthy red blood cells. Iron deficiency anemia is the most common form of anemia. It is a condition where anemia is caused by insufficient iron in the body. Iron is found in the hemoglobin molecules in red blood cells.

Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): A factor in the maintenance of good health. Helps form red blood cells and prevent iron deficiency anemia.

BLOOD

Pharmacology:

Iron is a key mineral in the body. It plays a pivotal role in the hemoglobin molecule in red blood cells. Hemoglobin transports oxygen from the lungs to the body's tissues and carbon dioxide back. Iron is also important in the function of several enzymes for energy production and metabolism.[1] Iron is an essential cofactor in the synthesis of neurotransmitters such as dopamine, norepinephrine, and serotonin.

Orally, iron is used for preventing and treating iron deficiency and iron deficiency anemia. It is also used for attention deficit-hyperactivity disorder (ADHD), restless legs syndrome (RLS), heart failure, improving athletic performance, treating oral canker sores, Crohn's disease, depression, fatigue, female infertility, and menorrhagia.[2]

Taking iron orally seems to improve cognitive function in iron-deficient children and adolescents. Supplemental iron seems to improve verbal learning and memory in non-anemic iron-deficient adolescent girls. It might also reverse developmental and learning deficits in iron-deficient children.[2]

There is interest in using iron to treat attention deficit-hyperactivity disorder (ADHD). Research suggests that children with ADHD are more likely to be iron deficient. The level of iron deficiency seems to be positively correlated with the severity of ADHD symptoms.[2]

Strict vegetarians, the elderly and individulas with Celiac's disease or Crohn's disease are at risk for iron deficiency.

Manufacturer product information:

Manufacturer:
WN Pharmaceuticals® Ltd.

Size/UPC:
100's 7 77747 10293 8

NPN:
80002426

Expiry Date:
36 months from date of manufacture

Active Ingredient:
Each tablet contains:

Iron (ferrous gluconate) . . . . . 35 mg
306 mg ferrous gluconate providing 35 mg elemental iron

Non-Medicinal Ingredients (in descending order):
Microcrystalline cellulose, coating (polydextrose, carbohydrate gum, FD&C Yellow No.5, titanium dioxide, glycerin, FD&C Blue No.1), croscarmellose sodium, magnesium stearate.

Appearance:
Green round shaped coated tablet.

Packaging:
175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on the label applied to the exterior of the bottle.

Storage:
Preserve in tight, light resistant containers.

Dose:

According to the NHPD, the dose information for adults, including pregnant and breast-feeding women is 1.4-45 mg/day.[3]

Note: for comparing dosage to dosage of elemental iron, 1 gram ferrous gluconate = 120 mg elemental iron.[2]

Directions:

(Adults): 1 tablet daily with a meal, a few hours before or after taking other medications, or as recommended by a physician.

Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. There is enough iron in the package to seriously harm a child. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

Iron deficiency is the most common nutrient deficiency in US. High risk groups include infants under 2 years of age, teenage girls, pregnant women and the elderly.[1] Iron deficiency leads to anemia. Energy levels and metabolism are first affected. Low serum ferritin levels have also been found in individuals with restless legs syndrome.[1]

Drug Interactions/Contraindications:

Calcium and zinc interfere with iron absorption. Take supplements at different times of day. Vitamins A and C may increase iron absorption. Iron decreases the absorption of quinolone antibiotics and tetracycline antibiotics. Take antibiotics at least two hours before or after iron supplements.

Toxicity/Adverse Reactions:

The most common side effects are mild gastrointestinal discomfort, nausea, and constipation or diarrhea. However, these are uncommon at doses below the tolerable upper intake level.[2] Taking iron supplements with food seems to decrease gastrointestinal discomfort.[2] Severe iron poisoning leads to damage to the intestinal lining, liver failure, nausea and vomiting.[1]

Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Flavors	Artificial Colors
Artificial Sweeteners	Corn Products
Egg Products	Tartrazine
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Soy Products	
Starch/Modified Starch	
Sulphites (<10 ppm)	
Tree Nuts	
Wheat Products	
Yeast	

ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTION:

Free of animal products

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTION:

Kosher

References:

1. Murray, M. The Pill Book Guide to Natural Medicines, Bantam Books, Toronto, ON, 2002
2. Natural Medicine Comprehensive Database (NMCD), Iron Monograph, Accessed March 2012 [Available from: http://www.naturaldatabase.com/]
3. Health Canada, Iron Monograph, Accessed March 2012 [Available from: http://www.hc-sc.gc.ca]

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