



FerOral®

Iron + Folic Acid

30 Film Coated Tablets



Iron + Folic Acid

Iron assists in management of dietary iron deficiency and provides support during pregnancy and breastfeeding when the body requires increased level of iron. An adequate intake of folic acid in childbearing women also reduces the risk of having a baby with a neural tube defect and also supports blood formation.

Iron deficiency is the most common and widespread nutritional disorder in the world. The condition impacts the lives of millions of women and children contribution to poor cognitive development, increased maternal mortality and decreased work capacity.

- Management of dietary Iron deficiency
- Formulated with Ferrous fumarate, more bioavailability and less GI complaints
- Meets the Folic acid requirement

Iron-deficiency anemia results when there is inadequate iron to support normal red blood cell formation. The anemia of iron deficiency is characterized as microcytic and hypochromic. At this stage of iron deficiency, symptoms may be a result of inadequate oxygen delivery due to anemia and/or sub-optimal function of iron-dependent enzymes like: Fatigue, rapid heart rate, palpitations and rapid breathing on exertion. Iron deficiency impairs athletic performance and physical work capacity in several ways. Severe iron-deficiency anemia may result in brittle and

spoon-shaped nails, sores at the corners of the mouth, taste bud atrophy, and a sore tongue. Folic acid or vitamin B9 is critical in the metabolism of nucleic acid precursors and several amino acids, as well as in methylation reactions. Severe deficiency in either folate or vitamin B12 can lead to megaloblastic anemia, which causes fatigue, weakness, and shortness of breath. Inadequate folate status during early pregnancy increases the risk of congenital anomalies.

Contraindications

No contraindications have been reported to date.

Pregnancy and Lactation

This product is safe to use by pregnant or lactating women. Pregnant or lactating women should consult a physician before using this product.

Interaction

No interaction with other medicinal products has been reported to date.

Adverse Effect

No adverse effects has been reported to date.

Supplement Facts		
Composition per tablet		RDA%*
Ferrous fumarate	30 mg	167
Folic Acid	0.50 mg	125

*Recommended daily allowance (RDA)

Presentation

30 Film Coated tablets

Administration

Take one tablet one hour after meal.

Marketing Authorization Holder Darman Yab Darou
Under license of Vitex Pharmaceuticals pty Ltd (Golden Life) Australia

References:

- L-Kathleen Mahan, *Krause's food and the nutrition care process, 2012-105*
- Linus Pauling Institute, Oregon state university, Micronutrient information center
<http://lpi.oregonstate.edu/mic/minerals/iron>



Darman Yab Darou (P.J.S)
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www.goldenlifehealth.com
Contact No.: +98 21 87175303



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