




# Feosol®



## Iron as Unique as You Are!

Product	Type of iron	Heme or Non-heme	Patient Benefit
 <b>Feosol® Original</b>	Ferrous sulfate (an iron salt)	Non-heme (non-animal source)	Form of iron most often recommended by doctors in a high potency formula
 <b>Feosol® Natural Release</b>	Carbonyl iron (micro-particles of iron)	Non-heme (non-animal source)	Gentle to your system because its absorption is naturally regulated by the body
 <b>Feosol® Complete with Bifera®</b>	HIP & PIC iron (Heme Iron Polypeptide & Polysaccharide Iron Complex)	Heme & non-heme combined in one pill! (heme is derived from hemoglobin)	Dual iron formula which minimizes side effects and maximizes absorption

[www.feosol.com](http://www.feosol.com)

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 FE015-5001

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## Meet the Feosol Family of Iron Supplements

### Frequently Asked Iron Questions

#### What's the difference between the three forms of Feosol® iron?

- HIP/PIC iron (in Feosol® Complete with Bifera®) - A unique, patented dual-iron formula. Feosol® Complete is the only iron supplement that contains both heme (animal-based) and non-heme (plant-derived) iron. When combined, heme and non-heme iron works synergistically to restore the body's iron stores while minimizing the usual side effects of constipation and nausea.
- Ferrous sulfate (in Feosol® Original) – A non-heme iron salt that is 20% elemental iron. For decades, ferrous sulfate was the type of iron most familiar to doctors, making it the most commonly recommended.
- Carbonyl iron (in Feosol® Natural Release) – A non-heme iron micro-particle that is 100% elemental iron. It's gentler on the system than iron salts, because the absorption is regulated naturally by the body, so it may be prolonged.

#### How much elemental iron does each Feosol® iron supplement contain?

- Each tablet of Feosol® Original with ferrous sulfate contains 65 mg of elemental iron.
- Each caplet of Feosol® Natural Release with carbonyl iron contains 45 mg of elemental iron.
- Each tablet of Feosol® Complete with Bifera® contains a total of 28 mg of elemental iron.

Elemental iron is the amount of iron available for absorption by your body. Not all irons are 100% absorbable. For example, ferrous sulfate is 20% elemental iron. That means only 20% of the iron present is available for absorption.

#### What are the most common side effects of taking iron?

Iron supplements may produce side effects such as constipation, diarrhea, stomach cramps, or upset stomach. If you experience any of these effects and they persist or worsen, contact your doctor or pharmacist. In some cases, people may experience local throat pain and heartburn due to possible contact irritation from the iron.

Feosol offers two gentle iron options: Feosol® Natural Release, a gradually-absorbed iron supplement which is naturally regulated by your body; or try Feosol® Complete, a dual-iron formula which enhances iron absorption while minimizing side effects such as constipation and nausea.

#### Are the Feosol® iron caplets or tablets slow-released or time-released?

No. Slow-release supplements usually rely on a chemical coating to slow down the absorption. Feosol® Natural Release requires no special coating to achieve a gradual and gentle absorption of iron. That's because the type of iron itself – carbonyl – is naturally regulated by your body, which must produce gastric acid to dissolve the caplet. Because of this prolonged absorption, many people find that it is a well-tolerated alternative.