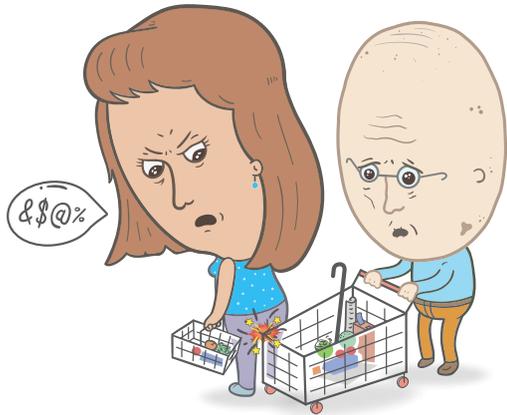


## MORE OF THE SIGNS

- Fatigue
- Tiredness
- Weakness
- Poor concentration
- Dizziness
- Cold hands and feet
- Decreased work performance
- Decreased exercise capacity
- Impaired immunity, reduced resistance to colds

If you suffer from any of these symptoms you could be iron deficient.

Note: These symptoms are not exclusive to iron deficiency. Please consult your doctor for further information.



Constant irritability

## WHAT YOUR DOCTOR MAY RECOMMEND

### ferrograd C®

ferrograd C contains a therapeutic dose of iron for the prevention and treatment of tiredness and fatigue associated with iron deficiency in a single tablet (105 mg elemental iron). It also contains 500 mg of vitamin C, which increases the level of iron absorption by up to 50%.



### ferrograd F®

ferrograd F contains 105 mg of elemental iron for the prevention and treatment of iron deficiency anaemia. It also contains 350 micrograms of folic acid for the prevention of folic acid deficiency. ferrograd F may assist with requirements during pregnancy†.



### ferrograd®

ferrograd contains a therapeutic dose of iron for the prevention of tiredness and fatigue associated with iron deficiency in a single tablet (105 mg of elemental iron).



Pharmacy Only Medicine. Always read the label. Use only as directed. If symptoms persist see your Doctor. Iron supplements should not be taken for more than 12 months without consulting a healthcare professional. Vitamin supplements should not replace a balanced diet. Dosage: One tablet daily or as directed by physician. Tablet should be swallowed whole.

† ferrograd F does not contain sufficient folic acid to act as the sole folate supplement before and during pregnancy.

\* Beck KL et al. *Eur J Nutr* 2013;52:467-476.  
© Registered Trademark. BGP Products, trading as Mylan EPD, Mt Wellington, Auckland. Ph: 0800 73 72 71.  
NZ-FERR-2015-6(1) ABBNZ0040  
July 2015. TAPS: PP6846.

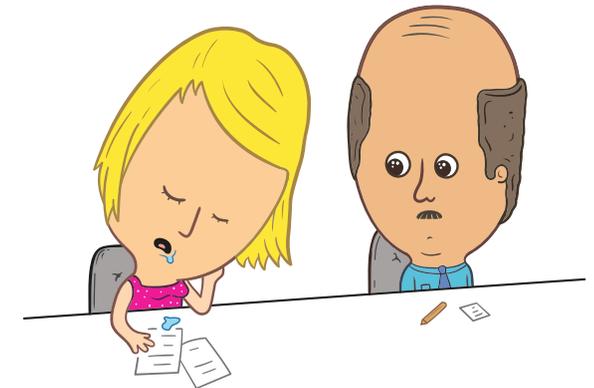


# SIGNS

of the

# ALWAYS

# TIRED



Inability to concentrate

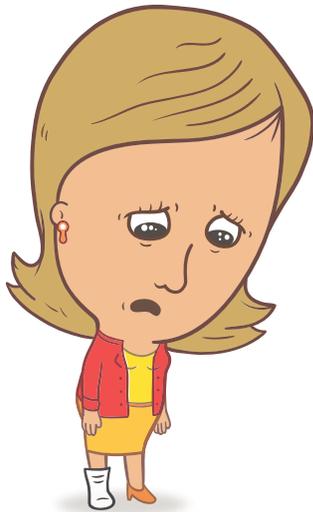
**1 in 5 New Zealand women under 45 years have some form of iron deficiency.\***

## FEELING CHRONICALLY TIRED IS NO WAY TO LIVE AND CAN BE TREATED.

If you are showing the signs, see your doctor for a proper diagnosis. With a simple blood test they can discover if you have an iron deficiency and recommend an iron supplement to help treat the signs.

Anything from lifestyle to an underlying condition can increase your chances of having an iron deficiency. The most common causes are:

- Pregnancy
- Heavy menstruation
- A vegetarian diet
- Skipping meals or growing rapidly (often experienced with teenagers)



Making silly mistakes

## A BIT ABOUT IRON

Iron is a mineral which is vital for sustaining plant and animal life. Without it, the body can't make haemoglobin or myoglobin. In human terms, these are responsible for carrying oxygen in the blood to the organs and muscles.

A good way to help prevent iron deficiency is to include iron-rich foods in your diet. Keep in mind that haem iron (from animal foods) is more easily absorbed than non-haem iron (from plant foods).

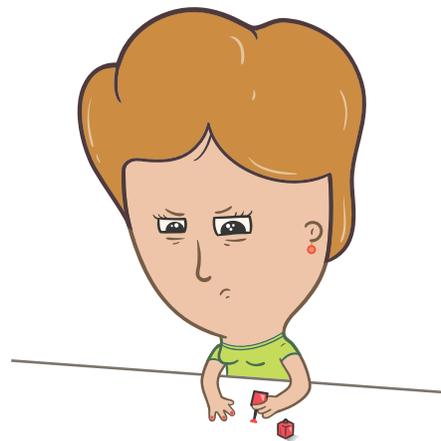
## DIETARY SOURCES OF IRON

### Haem iron foods

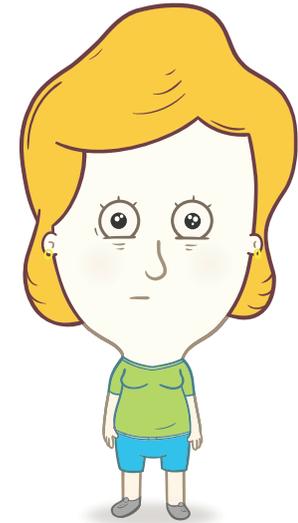
- Red meat
- Poultry
- Seafood

### Non-haem iron foods

- Leafy green vegetables
- Bread
- Cereals
- Beans
- Lentils
- Eggs
- Nuts



Hiding brittle nails



A pale version of yourself

## THE RIGHT AMOUNT OF IRON

There's a variety of iron-containing supplements available over-the-counter. Yet of all these choices, only a few contain the right amount of elemental iron to treat iron deficiency.

Before you self-prescribe, remember it's also risky to have too much iron. Iron deficiency should be properly diagnosed, and the underlying cause should be identified. Make sure you get the advice of a doctor.

Iron tablets should not be taken for more than 12 months except on medical advice.