

## IWK Oral Iron Dose Equivalency Chart

*Note:* Ferrous sulfate, ferrous gluconate, and polysaccharide iron complex are the IWK's formulary oral iron products. The chart below does not include all available products. Consult RxTx (e-CPS) or Health Canada's Drug Product Database for more information on available brands.

Preparation Ordered	Elemental Iron Content/ Dose Format	IWK Formulary Equivalent (Iron Salt)
Ferrous Gluconate 300 or 324 mg	35 or 37.5 mg/tablet	Elemental Iron 35 mg (as Ferrous Gluconate 300 mg)
Ferrous Sulfate 160 mg slow release (Slow FE®)	50 mg/tablet	Elemental Iron 60 mg (as Ferrous Sulfate 300 mg)
Ferrous Fumarate 300 mg (e.g. Palafer®)	100 mg/capsule	Elemental Iron 120 mg (as 2 x Ferrous Sulfate 300 mg)
Polysaccharide Iron Complex 150 mg (e.g. FeraMAX®)	150 mg/capsule	Elemental Iron 150 mg (as Polysaccharide Iron Complex)
Ferrous Sulfate 30 mg/mL (e.g. PediaFer®, Ferodan® Syrup)	6 mg/mL	Equivalent elemental iron dose using 15 mg elemental/mL (as Ferrous Sulfate 75 mg/mL)
Ferrous Fumarate 60 mg/mL (e.g. Palafer® Suspension)	20 mg/mL	Equivalent elemental iron dose using 15 mg elemental/mL (as Ferrous Sulfate 75 mg/mL)
Polysaccharide Iron Complex Powder (e.g. FeraMAX®)	Powder contains 15 mg of elemental iron per 1/4 teaspoon (Add each dose to at least 10 mL of water or other liquid).	Equivalent elemental iron dose using 15 mg elemental/mL (as Ferrous Sulfate 75 mg/mL)