

Oral Iron Substitution Chart

Note: Ferrous Sulfate and Ferrous Gluconate are the IWK formulary iron products

Chart below does not include all available iron products.

Consult RxTx (e-CPS) for more information on brands available.

Preparation ordered	Elemental iron content/dose format	Preparation dispensed (Iron salt)
"iron" 1 tablet PO daily	--	Elemental Iron 35 mg (as Ferrous Gluconate 300 mg)
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)
Iron Polysaccharide Complex 150 mg (e.g. FeraMAX [®])	150 mg/capsule	Elemental Iron 120 mg (as 2 x 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)
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)
Iron Polysaccharide Complex Powder (e.g. FeraMAX [®])	Powder contains 15 mg of elemental iron per 1/4 teaspoon, which should be added to at least 10 mL of water or other liquid per dose	Equivalent elemental iron dose using 15 mg elemental/mL (as Ferrous Sulfate 75 mg/mL)