



the
**Chickasaw
Nation**

The Chickasaw Nation Medical Center

Women's CLINIC

ISHKI' INCHOKMISHTO'
(HEALTHY MOTHERS)

IRON SUPPLEMENTS

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Anemia is very common in women, especially during and after pregnancy, or in women with very heavy or long periods. Iron supplements can help resolve anemia, but sometimes the iron supplement can cause constipation or nausea and vomiting.

HOW TO TAKE IRON:

- Twice daily
- With foods rich in vitamin C such as orange or tomato juice, berries or citrus fruits; or a vitamin C tablet
- Calcium blocks the absorption of iron in the gut, so try to avoid calcium-rich foods (milk, cheese, yogurt, leafy greens and seeds) or taking calcium supplements at the same time you take your iron supplement. A great schedule for taking iron and prenatal vitamins is to take iron with vitamin C at breakfast and dinner, and your prenatal vitamin at lunch.

IF YOU EXPERIENCE CONSTIPATION:

- Increase water intake.
- Increase fiber intake by eating more leafy green vegetables, fruits and whole grains. Eat less bread and pasta. Look for kale, spinach, prunes, apples, artichokes, sweet potatoes, beans/peas/lentils, chia/flax seeds.
- Take probiotics.
- Take 100 mg of a stool softener up to three times per day.
- Try a “magic cocktail” – one-half cup of apricot nectar, one-half cup of prune juice, warm in microwave and drink quickly. Not recommended for diabetics.

FOR NAUSEA AND VOMITING:

- Take iron with food.
- Take iron at night before bed.

Instead of iron supplements, you may also try one of the alternative forms of iron listed below:

- Floradix* (Liquid iron supplement)
- Blood Builder* by Mega Food
- Garden of Life Vitamin Code RAW Iron*
- Standard Process Ferrofood

These iron supplements are formulated for better absorption and easier digestion. You do not need to take with vitamin C, but they should still be taken at a different time from other supplements, such as your prenatal vitamins.

***The Chickasaw Nation does not prefer the brands of medication listed above. The brand names are included in this document for reference and educational purposes only.**