



Iron Supplement During Pregnancy

Sometimes during pregnancy, a woman's blood iron level becomes depleted and needs to be replenished at a faster rate than usual.

If we have recommended an iron supplement to you, try to take the iron pill at a different time of day than when you take your prenatal vitamin. Do not take the iron pill with milk or dairy products. Calcium binds with iron and you won't absorb it as well. Vitamin C helps you absorb iron so try to take the iron pill with juice (non-calcium fortified) and make sure you get enough Vitamin C in your diet. We recommend Hemaspan and Slow Fe, both sold over-the-counter, or you can ask your pharmacist for recommendations.

Try to get iron in your diet from natural sources also. Lean red meats, liver, fresh dark green leafy vegetables (broccoli, spinach, dark green lettuce), raisins and other dried fruits, blackstrap molasses, and brewer's yeast are all good sources. Buying iron-fortified cereals like Cream of Wheat is also a good idea.