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2. Heme iron polypeptide

Heme iron polypeptide

Generic name: heme iron polypeptide [*HEEM-EYE-urn-POL-ee-PEP-tide*]

Brand names: Proferrin Clear, [Proferrin-ES](#)

Dosage forms: oral capsule (10.5 mg), oral tablet (10.5 mg)

Drug class: [Iron products](#)



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[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#)

What is heme iron polypeptide?

Heme iron polypeptide is also known as iron and other names.

Heme iron polypeptide is used to treat [anemia](#) of chronic disease, [iron deficiency anemia](#), and iron deficiency related to pregnancy.

Heme iron polypeptide has been used in alternative medicine as a **possibly effective** aid in treating breath-holding attacks, memory and thinking skills, [heart failure](#), and [restless legs syndrome](#).

Heme iron polypeptide has also been used to treat athletic performance, child growth, and premature birth. However, research has shown that heme iron polypeptide **may not be effective** in treating these conditions.

It is not certain whether heme iron polypeptide is effective in treating any medical condition. Medicinal use of this product has not been approved by the FDA. Heme iron polypeptide should not be used in place of medication prescribed for you by your doctor.

Heme iron polypeptide is often sold as a dietary supplement. There are no regulated manufacturing standards in place for many dietary supplements and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Dietary supplements should be purchased from a reliable source to minimize the risk of contamination.

Heme iron polypeptide may also be used for purposes not listed in this product guide.

Heme iron polypeptide side effects

Get emergency medical help if you have any of these **signs of an allergic reaction**: hives, difficulty breathing, swelling of your face, lips, tongue, or throat.

Although not all side effects are known, heme iron polypeptide is thought to be likely safe for most people when used as directed.

Common side effects of heme iron polypeptide may include:

- abdominal pain, [constipation](#);
- [diarrhea](#), [upset stomach](#); or
- [nausea](#), [vomiting](#).

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Heme iron polypeptide side effects](#) (more detail)

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Warnings

Follow all directions on the product label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

An overdose of this product can be fatal, especially in a young child who has accidentally swallowed it.

Before taking this medicine

Before using heme iron polypeptide, talk to your healthcare provider. You may not be able to use this product if you have certain medical conditions.

Ask a doctor, pharmacist, or other healthcare provider if it is safe for you to use this product if you have or have ever had:

- hemoglobin disease;
- [diabetes](#);
- [stomach ulcer](#);
- nosebleed;
- if you are a young female participating in physical training; or
- kidney disease (or if you are on dialysis).

Ask a doctor before using this product if you are pregnant or breastfeeding.

Do not give any dietary supplement to a child without medical advice.

How should I take heme iron polypeptide?

When considering the use of dietary supplements, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of dietary supplements.

If you choose to use heme iron polypeptide, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

Take on an empty stomach, at least 1 hour before or 2 hours after a meal.

If you are not able to tolerate taking heme iron polypeptide on an empty stomach, avoid dairy foods, coffee, tea, and cereals.

Your blood may need to be tested often.

Call your doctor if the condition you are treating with heme iron polypeptide does not improve, or if it gets worse while using this product.

This product can affect the results of certain medical tests. Tell any doctor who treats you that you are using heme iron polypeptide.

Heme iron polypeptide may be only part of a complete program of treatment that also includes a special diet. Follow the diet plan created for you by your doctor or nutrition counselor. Get familiar with the list of foods you should eat to help

control your condition.

Store at room temperature away from moisture and heat.

Heme iron polypeptide dosing information

Usual Adult Dose for Anemia Associated with Chronic Renal Failure:

3 to 4 tablets per day with doses spread throughout the day

Do not administer more than 3 tablets at any one time and separate additional tablets by at least 3 hours.

Usual Adult Dose for Iron Deficiency Anemia:

1 to 2 tablets per day

Usual Adult Dose for Vitamin/Mineral Supplementation:

1 to 2 tablets per day

Usual Adult Dose for Vitamin/Mineral Supplementation during Pregnancy/Lactation:

1 to 2 tablets per day

Usual Geriatric Dose for Anemia Associated with Chronic Renal Failure:

3 to 4 tablets per day with doses spread throughout the day

Do not administer more than 3 tablets at any one time and separate additional tablets by at least 3 hours.

Usual Geriatric Dose for Iron Deficiency Anemia:

1 to 2 tablets per day

Usual Geriatric Dose for Vitamin/Mineral Supplementation:

1 to 2 tablets per day

Usual Geriatric Dose for Vitamin/Mineral Supplementation during Pregnancy/Lactation:

1 to 2 tablets per day

 [Detailed Heme iron polypeptide dosage information](#)

What happens if I miss a dose?

Skip the missed dose and take the next regularly scheduled dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. **An overdose of iron can be fatal, especially in a young child who has accidentally swallowed it.**

Overdose symptoms may include diarrhea or vomiting blood.

What should I avoid while taking heme iron polypeptide?

Do not take any vitamin or mineral supplements that your doctor has not prescribed or recommended.

What other drugs will affect heme iron polypeptide?

Other drugs may affect heme iron polypeptide, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all other medicines you use.

i [Heme iron polypeptide drug interactions](#) (more detail)

Does heme iron polypeptide interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

heme iron polypeptide

+

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Patient resources

Other brands

[Proferrin-ES](#)

Related treatment guides

- [Iron Deficiency Anemia](#)
- [Anemia Due to Chronic Kidney Disease](#)
- [Vitamin/Mineral Supplementation and Deficiency](#)
- [Vitamin/Mineral Supplementation during Pregnancy/Lactation](#)

Further information

- Consult with a licensed healthcare professional before using any dietary supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

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DRUG STATUS

Availability

OTC Over the counter

[Pregnancy & Lactation](#)

 Risk data available

CSA Schedule*

N/A Not a controlled drug



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