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2. Iron polysaccharide

Iron polysaccharide

Generic name: iron polysaccharide [*I-urn-POL-lee-SAK-ah-ride*]**Brand names:** [Ezfe](#), [Ferrex-150](#), [Hematex](#), [NovaFerrum 50](#), [NovaFerrum Pediatric](#), ... [show all 19 brands](#)**Dosage forms:** oral capsule ((as elemental iron) 150 mg, (as elemental iron) 180 mg, (as elemental iron) 200 mg, ... [show all 6 dosage forms](#)**Drug class:** [Iron products](#)[Medically reviewed](#) by Drugs.com on Dec 24, 2024. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#)

What is iron polysaccharide?

Iron polysaccharide is a form of the mineral iron. Iron is important for many functions in the body, especially for the transport of oxygen in the blood.

Iron polysaccharide is used to prevent and to treat iron deficiencies and [iron deficiency anemia](#).

iron polysaccharide is not for use as a general dietary supplement in people with normal iron levels.

Iron polysaccharide may also be used for purposes not listed in this medication guide.

Iron polysaccharide side effects

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

Iron polysaccharide may cause serious side effects. Call your doctor at once if you have:

- bloody or tarry stools; or
- severe stomach pain or cramps.

Common side effects of iron polysaccharide may include:

- [constipation](#), [diarrhea](#);
- [nausea](#), [upset stomach](#);
- black or dark colored stools; or
- temporary staining of the teeth.

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.

 [Iron polysaccharide side effects](#) (more detail)

Related/similar drugs

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Warnings

You should not take iron polysaccharide if you have [hemochromatosis](#), [hemosiderosis](#), or [hemolytic anemia](#).

Keep iron polysaccharide out of the reach of children. An accidental overdose of iron by a child can be fatal.

Before taking this medicine

You should not take iron polysaccharide if you have:

- hemochromatosis;
- hemosiderosis; or
- hemolytic [anemia](#).

Do not give this medicine to a child without medical advice.

Tell your doctor if you are pregnant or breastfeeding. Your dose needs may be different during pregnancy or while you are nursing.

How should I take iron polysaccharide?

Use exactly as directed on the label, or as prescribed by your doctor.

Take iron polysaccharide on an empty stomach for best results. If [stomach upset](#) occurs, take the medicine with food or after a meal.

Measure **liquid medicine** carefully. Use the dosing syringe provided, or use a medicine dose-measuring device (not a kitchen spoon).

Read and carefully follow any Instructions for Use provided with your medicine. Ask your doctor or pharmacist if you do not understand these instructions.

You will need frequent medical tests.

Do not use iron polysaccharide to treat iron deficiency anemia without your doctor's advice. Every person with anemia should remain under the care of a doctor.

Store at room temperature away from moisture and heat.

Keep this medicine out of the reach of children. An accidental overdose of iron can be fatal to a child.

Iron polysaccharide dosing information

Usual Adult Dose for Vitamin/Mineral Supplementation:

50 mg elemental iron oral capsules: 1 capsule orally once a day

US Recommended Dietary Intake (RDA) for elemental iron:

Male, 18 years: 11 mg daily

Male, 19 years and older: 8 mg daily

Female, 18 years: 15 mg daily

Female, 19 to 50 years: 18 mg daily

Female, 51 years and older: 8 mg daily

Tolerable Upper Intake Level (all genders): 45 mg

Comments:

-Recommended dietary allowances for vegetarians are 1.8 times higher than for meat eaters, as iron from meat is more bioavailable than from plant-based foods.

Usual Pediatric Dose for Vitamin/Mineral Supplementation:

15 mg elemental iron/mL:

4 years and younger: 15 mg (1 mL) orally once a day

50 mg elemental iron oral capsules:

12 years and older: 1 capsule orally once a day

US Recommended Dietary Intake (RDA) for elemental iron:

0 to 6 months (adequate intake): 0.27 mg per day

7 to 12 months: 11 mg per day

1 to 3 years: 7 mg per day

4 to 8 years: 10 mg per day

9 to 13 years: 8 mg per day

14 to 18 years, male: 11 mg per day

14 to 18 years, female: 15 mg per day

Tolerable Upper Intake Level (all genders), up to 13 years: 40 mg

Tolerable Upper Intake Level (all genders), 14 years and older: 45 mg

Comments:

-Recommended dietary allowances for vegetarians are 1.8 times higher than for meat eaters, as iron from meat is more bioavailable than from plant-based foods.

 [Detailed Iron polysaccharide dosage information](#)

What happens if I miss a dose?

Take the medicine as soon as you can, but skip the missed dose if it is almost time for your next dose. **Do not** take two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. **An overdose of iron polysaccharide can be fatal, especially to a child.**

Overdose symptoms may include decreased energy, [fever](#), [vomiting](#), stomach pain, tarry stools, weak pulse, [fast heart rate](#), or seizure (convulsions).

What should I avoid while taking iron polysaccharide?

For at least 2 hours before or 2 hours after you take iron polysaccharide, avoid:

- milk or other dairy products;
- high-fiber foods (such as whole grains, raw vegetables, or bran);
- coffee, tea;
- cola, chocolate; or
- energy drinks, or other sources of [caffeine](#).

What other drugs will affect iron polysaccharide?

Some medicines can make iron polysaccharide much less effective when taken at the same time. If you take any of the following medicines, take your iron polysaccharide dose 2 hours before or 2 hours after you take the other medicine:

- an antacid;
- an [antibiotic](#);
- medicine to treat [Parkinson's disease](#); or
- thyroid medication.

This list is not complete. Other drugs may affect iron polysaccharide, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Not all possible [drug interactions](#) are listed here.

 [Iron polysaccharide drug interactions](#) (more detail)

Does iron polysaccharide interact with my other drugs?

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

iron polysaccharide

+

Enter a drug name

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Patient resources

- [Polysaccharide-Iron Complex Capsules and Tablets patient information](#)
- [Polysaccharide-Iron Complex Liquid](#)

Other brands

[Ferrex-150](#), [Ezfe](#), [Hematex](#), [NovaFerrum Pediatric](#), ... [+6 more](#)

Related treatment guides

- [Iron Deficiency Anemia](#)

Further information

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.

[Medical Disclaimer](#)

DRUG STATUS

Availability

OTC Over the counter

Pregnancy & Lactation

 Risk data available

CSA Schedule*

N/A Not a controlled drug



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[Polysaccharide Iron 150 Complex \(PEC 105\)](#)

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