

[Home](#)

2. Multivitamin with iron

Multivitamin with iron

Generic name: multivitamin with iron [*MUL-tee-VYE-ta-mins-with-EYE-ron*]**Brand names:** Fero-Folic 500, Theragran Hematinic, Iberet-Folic-500, [Dialyvite](#), TriHEMIC 600, ... [show all 184 brands](#)**Dosage forms:** oral capsule (Multiple Vitamins with Iron, Minerals and Docusate; Vitamin B Complex with C and Iron; Vitamin B Complex with C, Folic Acid and Iron; Vitamin B Complex with C, Folic Acid, Iron and Probiotics; Vitamin B Complex with Folic Acid, Iron, and Essential Fatty Acids; Vitamin B Complex with Iron and Intrinsic Factor; Vitamin B12 with C, Folic Acid and Iron; Vitamin B12 with Folic Acid and Iron), ... [show all 5 dosage forms](#)**Drug classes:** [Iron products](#), [Vitamin and mineral combinations](#)[Medically reviewed](#) by Drugs.com on Jan 31, 2025. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#)

What is multivitamins with iron?

Multivitamins are a combination of many different vitamins that are normally found in foods and other natural sources.

Iron is normally found in foods like red meat. In the body, iron becomes a part of your hemoglobin (HEEM o glo bin) and myoglobin (MY o glo bin). Hemoglobin carries oxygen through your blood to tissues and organs. Myoglobin helps your muscle cells store oxygen.

Multivitamins with iron are used to provide vitamins and iron that are not taken in through the diet. They are also used to treat iron or vitamin deficiencies caused by illness, pregnancy, poor nutrition, digestive disorders, and many other conditions.

[Multivitamin](#) and iron may also be used for purposes not listed in this medication guide.

Multivitamins with iron side effects

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

When taken as directed, multivitamins are not expected to cause serious side effects.

Call your doctor if you have:

- bright red blood in your stools; or
- pain in your chest or throat when swallowing a tablet.

Common side effects of multivitamin with iron may include:

- [constipation](#), diarrhea;

- nausea, vomiting, [heartburn](#);
- stomach pain, [upset stomach](#);
- black or dark-colored stools or urine;
- temporary staining of the teeth;
- [headache](#); or
- unusual or unpleasant taste in your mouth.

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.

 [Multivitamin with iron side effects](#) (more detail)

Related/similar drugs

Ferrous sulfate

Ferrous sulfate is used to treat iron deficiency anemia. Includes ferrous sulfate side effects ...

Reviews & ratings

5.6 / 10

[47 Reviews](#)

[View more](#)

FEATURED

Reblozyl

Reblozyl is used to treat anemia in adults with beta-thalassemia or myelodysplastic syndromes ...

Reviews & ratings

[6 Reviews](#)

[View more](#)

Revlimid

Revlimid is used to treat types of multiple myeloma, mantle cell lymphoma, follicular lymphoma and ...

Reviews & ratings

7.0 / 10

[28 Reviews](#)

[View more](#)

Lenalidomide

Lenalidomide (Revlimid) is used to treat multiple myeloma, mantle cell lymphoma, follicular ...

Reviews & ratings

7.3 / 10

[35 Reviews](#)

[View more](#)

Warnings

Never take more than the recommended dose of a multivitamin. Avoid taking any other multivitamin product within 2 hours before or after you take multivitamins with iron.

Seek emergency medical attention if you think you have used too much of multivitamin with iron. **An overdose of vitamins A, D, E, or K can cause serious or life-threatening side effects. Iron and other minerals contained in a multivitamin can also cause serious overdose symptoms if you take too much.**

Before taking this medicine

Iron and certain vitamins can cause serious or life-threatening side effects if taken in large doses. Do not take more of this medicine than directed on the label or prescribed by your doctor.

Ask a doctor or pharmacist if it is safe for you to take a multivitamins with iron if you have other medical conditions.

Do not use this medicine without a doctor's advice if you are pregnant. Some vitamins and minerals can harm an unborn baby if taken in large doses. You may need to use a prenatal vitamin specially formulated for pregnant women.

Your dose needs may also be different while you are nursing. **Do not use this medicine without a doctor's advice if you are breast-feeding a baby.**

How should I take multivitamins with iron?

Use multivitamin with iron as directed on the label, or as your doctor has prescribed. Do not use the medicine in larger amounts or for longer than recommended.

Never take more than the recommended dose of multivitamins with iron. Avoid taking any other multivitamin product within 2 hours before or after you take multivitamins with iron. Taking similar vitamin products together at the same time can result in a vitamin overdose or serious side effects.

Many multivitamin products also contain minerals such as calcium, magnesium, potassium, and zinc. Minerals (especially taken in large doses) can cause side effects such as tooth staining, increased urination, stomach bleeding, uneven heart rate, confusion, and muscle weakness or limp feeling. **Read the label of any multivitamin product you take to make sure you are aware of what it contains.**

You may take the medicine with food if it upsets your stomach.

The **chewable tablet** must be chewed or allowed to dissolve in the mouth before swallowing.

Measure **liquid medicine** with the dosing syringe provided, or with a special dose-measuring spoon or medicine cup. If you do not have a dose-measuring device, ask your pharmacist for one.

Liquid or powder multivitamin may sometimes be mixed with water, fruit juice, or infant formula (but not milk or other dairy products). Follow the mixing directions on the medicine label.

Do not crush, chew, break, or open an **extended-release capsule or tablet**. Swallow it whole.

It is important to take multivitamins with iron regularly to get the most benefit.

Store in the original container at room temperature away from moisture and heat. Do not allow the liquid to freeze.

Multivitamin with iron dosing information

Usual Adult Dose for Anemia:

Tablets or capsules:

1 tablet orally once daily or as indicated by individual product directions.

Oral liquid:

5 to 15 mL orally once daily or as indicated by individual product directions.

Usual Pediatric Dose for Anemia:

Tablets:

1 tablet orally once daily or as indicated by the individual product directions.

Drops:

0.5 to 1 mL orally once daily or as indicated by the individual product directions.

Oral liquid (100 mg elemental iron):

>= 12 yrs:

5 to 10 mL orally once daily or as indicated by the individual product directions.

 [Detailed Multivitamin with iron dosage information](#)

What happens if I miss a dose?

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

Do not take extra medicine to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. **An overdose of vitamins A, D, E, or K can cause serious or life-threatening side effects. Iron and other minerals contained in a multivitamin can also cause serious overdose symptoms.**

Overdose symptoms may include severe stomach pain, vomiting, bloody diarrhea, coughing up blood, constipation, loss of appetite, [hair loss](#), peeling skin, warmth or tingly feeling, changes in menstrual periods, [weight loss](#), severe headache, muscle or [joint pain](#), severe [back pain](#), blood in your urine or stools, black and tarry stools, pale skin, easy bruising or bleeding, weakness, shallow breathing, weak and rapid pulse, pale skin, blue lips, and seizure (convulsions).

What should I avoid while taking multivitamins with iron?

Avoid taking any other multivitamin product within 2 hours before or after you take multivitamins with iron. Taking similar vitamin products together at the same time can result in a vitamin overdose or serious side effects.

Avoid taking an [antibiotic](#) medicine within 2 hours before or after you take multivitamins with iron. This is especially important if you are taking an antibiotic such as [ciprofloxacin](#), [levofloxacin](#) [norfloxacin](#), [doxycycline](#), [minocycline](#), [tetracycline](#), and others.

Certain foods can also make it harder for your body to absorb iron. Avoid taking this multivitamin within 1 hour before or 2 hours after eating fish, meat, liver, and whole grain or "fortified" breads or cereals.

Do not take multivitamin with iron with milk, other dairy products, calcium supplements, or [antacids](#) that contain calcium. Calcium may make it harder for your body to absorb certain ingredients of the multivitamin.

What other drugs will affect multivitamins with iron?

Other drugs may interact with multivitamins with iron, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Tell each of your health care providers about all medicines you use now and any medicine you start or stop using.

i [Multivitamin with iron drug interactions](#) (more detail)

Does multivitamin with iron interact with my other drugs?

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

multivitamin with iron

+

Enter a drug name

Add

More about multivitamin with iron

- [Check interactions](#)
- [Compare alternatives](#)
- [Reviews \(29\)](#)
- [Drug images](#)
- [Side effects](#)
- [Dosage information](#)
- [During pregnancy](#)
- [Drug class: iron products](#)
- [En español](#)

Patient resources

- [Iron, Vitamin C, and Folic Acid Controlled-Release Tablets patient information](#)
- [Cyanocobalamin, Folic Acid, Iron, and Vitamin C](#)
- [Cyanocobalamin/Folic Acid/Iron](#)
- [Ferrous Fumarate, Polysaccharide Iron Complex, Vitamin C, and Vitamin B3](#)
- [Iron, Folic Acid, Vitamin C, and Vitamin B3](#)

Other brands

[Integra](#), [Integra Plus](#), [Ferrex 150 Forte](#), [Ferocon](#), ... +23 more

Professional resources

Other brands

[Dialyvite](#), [Integra Plus](#), [NovaFerrum](#), [Ferrex 150 Forte](#), ... +12 more

Related treatment guides

- [Anemia](#)
- [Vitamin/Mineral Supplementation and Deficiency](#)

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](#)

Copyright 1996-2025 Cerner Multum, Inc. Version: 5.02.

DRUG STATUS


Availability

Rx

OTC

Rx and/or OTC

Pregnancy & Lactation



Risk data available

CSA Schedule*

N/A

Not a controlled drug



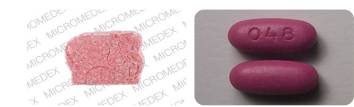
User Reviews & Ratings

8.0 / 10

[29 Reviews](#)

Images

[Poly vitamin with iron \(Elephant-shaped\)](#)



[View larger images](#)

Drugs.com Mobile App

Access drug & treatment information, identify pills, check interactions and set up personal medication records.



About

[About Drugs.com](#)

[Advertising policy](#)

[Attribution & citations](#)

Terms & privacy

[Terms of use](#)

[Editorial policy](#)

[Privacy policy](#)

Support

[Help center](#)

[Sitemap](#)

[Contact us](#)



[Subscribe to our newsletter](#) for the latest medication news, new drug approvals and FDA alerts.

Drugs.com provides accurate and independent information on more than 24,000 prescription drugs, over-the-counter medicines and natural products. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment. Data sources include Micromedex (updated 7 Apr 2025), Cerner Multum™ (updated 13 Apr 2025), ASHP (updated 10 Apr 2025) and others.



Ad Choices
ADVERTISEMENT



Copyright © 2000-2025 Drugs.com. All rights reserved.