

# Ferramin®

# Lederle

**Description:**

This product is available as capsule. Each capsule contains iron (as Fumarate), folic acid, zinc, vitamin B6 vitamin B12, copper as active ingredients, for oral use.

Serving Size: 1 Capsule	Serving per container 30	
Active Ingredients	Amount per serving	DV%
Iron (as Fumarate)	24 mg elemental	133
Zinc	12 mg	109
Vitamin B6	5 mg	294
Vitamin B12	10 mcg	416
Folic acid	500 mcg	125
Copper	2000mcg	222
Percent daily value are based on a 2000 calories diet.		
Inactive Ingredients: Lactose, Microcrystalline cellulose, Povidone, Coloring agent, Gelatin, Silicon dioxide		

**Category:**

Supplement

**Indications:**

This product is used to help supply iron, vitamin B12, and folic acid needed by body, prevent iron deficiency anemia, help red blood cell production and nervous system function.

**Functional Properties:****Iron**

Iron is one of the most important minerals in the body, whose main function is the formation and oxygenation of blood. Your body uses iron to make hemoglobin, a protein in red blood cells that carries oxygen from the lungs to all parts of the body, and myoglobin, a protein that provides oxygen to muscles.

The iron used in this capsule helps the cognitive function, convert blood sugar to energy, boosts the immune system and supports healthy skin, hair and nails.

**Copper**

This mineral helps your body absorb iron from the intestines.

**Zinc**

Zinc, a nutrient found throughout your body, helps your immune system and metabolism function. Zinc deficiency causes anemia and is very necessary to increase the level of hemoglobin.

**B Vitamins**

This vitamin is necessary for the formation of blood cells and energy production. General weakness and fatigue of the body, constipation, dry and scaly skin, loss of appetite, anemia, beriberi and megaloblastic disease are among the complications of vitamin B deficiency.

**Contraindications:**

You should NOT take this product if you:

- Have hypersensitivity to any of the components of this product.
- Suffer from iron overload

**Pregnancy & Breastfeeding:**

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this supplement.

**Warnings and Precautions:**

This product is a supplement and is not intended for prevention, diagnosis and treatment.

Dietary supplements should not be used as a substitute for a balanced diet and a healthy lifestyle.

Talk to your doctor or pharmacist before taking this supplement if you:

- Suffer from haemochromatosis, haemoglobinopathies or red cell aplasia
- Have hepatic disorders

**Drug Interaction:**

Please tell your doctor or pharmacist if you are taking, have recently taken any other medicine, including medicines obtain without a prescription. This applies specially to the medicines listed below:

Tetracyclines, Penicillamine, Levodopa, Levothyroxine, Quinolones, Bisphosphonates and Antacids. (To avoid this, taking drugs should be 2 to 3 hours apart from each other.)

**Dosage and Administrations:**

Adults: Take 1 to 2 capsules a day with a full glass of water and preferably with empty stomach.

In case of gastrointestinal intolerance following administration with empty stomach, take it with meal.

Concomitant use with milk, tea and coffee should be avoided.

After improving the laboratory symptoms of anemia, treatment is usually continued another 3 to 6 months to build up the body's iron reserves.

**Side effects:**

Like all medicines and supplements, this supplement can cause side effects, although not everybody gets them. Possible side effects of this supplement are: Dark stool, abdominal pain, nausea, vomiting, constipation or diarrhea.

**Storage:**

Keep this product below 30°C and protect from moisture and light.

Keep out of reach of children.

**Marketing authorization holder:** Iran Daru Co.

Manufactured at Iran Daru pharmaceutical company

**Reference:**

Martindale

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