



IRON

Food Sources

DONE BY : DR.LAILA ASHKNANI



Red Meat



Fish

Salmon , Tuna



Green Leaves



Lentil and Beans



Increase Absorption



Drink Orange Juice
with Iron Tablet



Decrease Absorption



Calcium
Supplement



Green
Vegetables



Anti Acids
+
Proton Pump Inhibitor



Vitamin C
Supplement



Diary Products



Citrus Fruits
lemon , grape fruit



Coffee and Tea

can be drunk before or after
2 hours from taking Iron pills