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1. What are Ironorm Capsules and what are they used for

This medicine contains iron and vitamins. It is used to treat iron and vitamin deficiencies.

2. What you need to know before you take Ironorm Capsules

Do not use:

- if you are allergic (hypersensitive) to any of the ingredients listed in section 6 of this leaflet
- if you are allergic to peanut or soya.

Warnings and precautions

Talk to your doctor or pharmacist before taking this medicine if you suffer from any blood or iron disorders including a low red blood cell count (anaemia) and genetic blood disorders such as sickle cell disease.

Other medicines and Ironorm Capsules

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Tell your doctor or pharmacist if you are taking any of the following medicines. This is because Ironorm Capsules may affect the amount of these medicines in your blood:

- tetracyclines, a type of antibiotic
- antacids, used to treat heartburn or indigestion
- cholestyramine, used to remove bile from the gut. It is sometimes used to reduce blood cholesterol levels
- penicillamine, a treatment for rheumatoid arthritis and a few other rare inherited conditions.

Also talk to a pharmacist or doctor if you are taking the following since it upsets iron metabolism:

- chloramphenicol, a type of antibiotic.

You should also be aware that:

- tea, eggs and milk will reduce absorption of the iron.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding ask your doctor or pharmacist for advice before taking this medicine especially during the first trimester of pregnancy.

Important information about some of the ingredients in Ironorm Capsules

In addition to the active ingredients, some of the other ingredients in this medicine may affect some individuals:

- sorbitol: if you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product
- soya oil: if you are allergic to peanut or soya do not use this medicinal product.

3. How to take Ironorm Capsules

One capsule to be taken by mouth three times a day with meals.

Do not take more than the label tells you to take.

If you take more capsules than you should

If you have taken a possible overdose then you should seek medical advice immediately. If possible you should take any remaining medicine, packaging and this leaflet with you provided it doesn't cause a delay.

If you forget to take the capsules

Do not take a double dose to make up for a forgotten dose. Resume treatment when your next dose is due.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Stop taking Ironorm Capsules and see a doctor or go to a hospital straight away if you have an allergic reaction. This is a serious side effect and you may need urgent medical treatment. The signs may include skin rashes, and skin swelling including – but not limited to – the face and inflammation of blood vessels.

Tell your doctor as soon as possible if you have any of the following side effects (frequency not known):

- loss of appetite
- feeling unwell or being sick
- tummy upset or discomfort
- constipation
- diarrhoea
- darkened stools.

Reporting of side effects.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Ironorm Capsules

Keep this medicine out of the sight and reach of children. Do not take this medicine after the expiry date which is stated on the carton and bottle. The expiry date refers to the last day of that month. Store in a cool, dry place.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Ironorm Capsules contains:

Each capsule contains the following active ingredients:

| | |
|-------------------------------------|--------|
| Ferrous Sulfate, dried | 195 mg |
| Folic Acid | 1.7 mg |
| Thiamine Hydrochloride (Vitamin B1) | 1 mg |
| Riboflavine (Vitamin B2) | 2 mg |
| Ascorbic Acid (Vitamin C) | 15 mg |
| Nicotinamide | 10 mg |

The capsules also contain: vegetable oil, fat mix, lecithin, coat, gelatin, glycerin, sorbitol solution, potassium sorbate, black iron oxide, carmine red, yellow iron oxide, titanium dioxide.

What Ironorm Capsules looks like and contents of the pack:

The capsules are maroon coloured soft gelatin capsules supplied in packs of 25 or 100 capsules. Not all pack sizes may be marketed.

Marketing Authorisation Holder:

Wallace Manufacturing Chemists Ltd.,
51-53 Stert Street, Abingdon,
Oxfordshire OX14 3JF, UK

Manufacturer:

Patheon Softgels BV,
De Posthoornstraat 7, 5048 AS Tilburg,
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