

# Palafer Patient Information

## PALAFer®



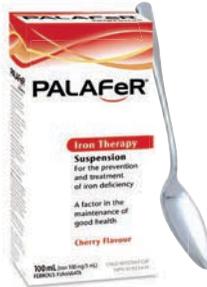
Capsules (30)



Capsules (90)

### Dosage

**Adults:** one capsule daily on an empty stomach at bedtime or as directed by a physician.\*



Suspension liquid format (100 mL)

### Dosage

**0 months -13 years:** take maximum 2 mL (about 1/2 teaspoon) daily at bedtime or as directed by a physician.\*

**Adults:** (>14 years): take maximum 5mL (about 1 teaspoon) daily at bedtime or as directed by a physician.\*



Prenatal supplement capsules (30)

### Dosage

**Adults:** one capsule daily on an empty stomach at bedtime or as directed by a physician.\*

**Children:** (12 years or older) take one capsule daily on an empty stomach at bedtime or as directed by a physician.\*

**Your doctor has prescribed Palafer® to address iron deficiency that may be due to<sup>1</sup> :**

- Women who menstruate, particularly if menstrual periods are heavy
- Women who are pregnant or breastfeeding or those who have recently given birth

## PALAFer®

Iron Therapy

\*Take a few hours before or after taking other medications.

<sup>1</sup> <https://ods.od.nih.gov/factsheets/iron-HealthProfessional/>

# Palafer Patient Information

## Foods that contain a combination of heme and non-heme Iron

| Food   | Iron in milligrams per severing (75 g/serving, cooked) <sup>a</sup> |
|--|---|
| Beef   | 1.5-3 mg  |
| Shrimp   | 2 mg  |
| Sardines   | 2 mg  |
| Lamb   | 1.5-1.8 mg  |
| Chicken  | 1 mg  |
| Pork   | 0.5-1 mg  |
| Fish (such as salmon, trout, halibut, haddock, perch) <sup>b</sup> | 0.5-1 mg  |
| <b>Other sources of heme iron</b>                                  |   |
| Seal   | 13.5-21 mg  |
| Wild duck  | 7.5 mg  |
| Heart, kidney  | 4-9 mg  |
| Oysters, mussels   | 5-7 mg  |
| Blood pudding  | 5 mg  |
| Moose  | 4 mg  |

## Foods that contain only non-heme iron

| Food   | Serving Size | Iron in milligrams <sup>a</sup> |
|--|--------------|---------------------------------|
| Pumpkin seed kernels   | 60 mL        | 8.5 mg                          |
| Tofu, medium or firm   | 150 g        | 2-7 mg                          |
| Legumes (such as beans, lentils, chickpeas)                                  | 175 mL       | 2-6.5 mg                        |
| Instant hot cereal (enriched with iron)                                      | 175 mL       | 3-6 mg                          |
| Cold cereals (enriched with iron)  | 30 g         | 4 mg                            |
| Some vegetables (such as pumpkin, artichoke hearts, peas, potatoes, spinach) | 125 mL       | 1-2 mg                          |
| Nuts, peanuts and sunflower seeds  | 60 mL        | 0.5-2 mg                        |
| Eggs   | 2            | 1.8 mg                          |
| Pasta (enriched with iron)   | 125 mL       | 1-1.5 mg                        |
| Prune juice  | 125 mL       | 1.5 mg                          |
| Peanut butter and nut butters, such as almond butter                         | 30 mL        | 0.5-1.5 mg                      |
| Bread (enriched with iron)   | 1 slice      | 1 mg                            |

**Cautions & Warnings:** ● Keep out of reach of children. These packages contain enough drug to seriously harm a child. A child resistant package is available for Palafer® and Palafer® CF.

Palafer® and Palafer® CF are indicated for the prevention and treatment of iron deficiency. Palafer® CF is also indicated to help reduce the risk of neural tube defects. To be sure these products are right for you, always read and follow the label.

**Known Adverse Reactions:** Some people may experience constipation, diarrhea and/or vomiting.

There is a possibility that liquid dosage forms of irons may stain teeth. If staining occurs, remove by brushing with baking soda.

<sup>a</sup>Prenatal Nutrition Guidelines for Health Professionals: choosing Dietary Sources of Iron. <http://www.hc-sc.gc.ca/fn-an/pubs/nutrition/iron-fer-eng.php> Accessed: Nov 11, 2016

<sup>b</sup>Health Canada provides advice for limiting exposure to mercury from certain types of fish. For the latest information, refer to [www.healthcanada.gc.ca/mercuryandfish](http://www.healthcanada.gc.ca/mercuryandfish)



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**PALAFER**

Iron Therapy

# Introducing the NEW Palafer 90 Capsule Bottle

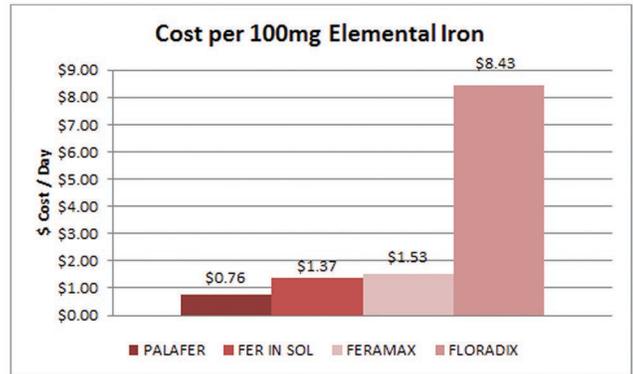
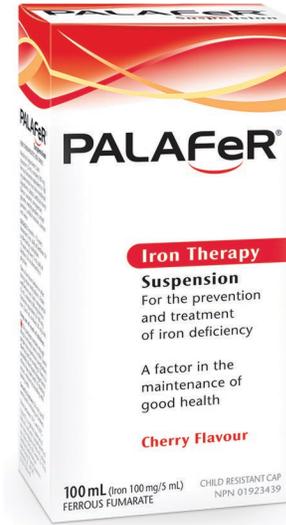


**5% cost savings per capsule  
vs. Palafer 30 count**

### Convenient Bottle Provides:

- 90 days of iron therapy
- Easier access to medication for patients that have difficulty opening blister packs

# Palafer Suspension Now in Stock & Shipping



Based on national retail prices, Palafer Suspension delivers 100mg of elemental iron at the lowest daily cost\*

| PALAFER                   | Unit UPC Number | Case UPC       | Units per Case | NPN          | McKesson Code | K & F Code |
|---------------------------|-----------------|----------------|----------------|--------------|---------------|------------|
| Palafer Capsules 90       | 870944000240    | 10870944000247 | 24             | NPN 01923420 | 100112        | 156922     |
| Palafer Capsules 30       | 870944000134    | 10870944000131 | 72             | NPN 01923420 | 057364        | 100463     |
| Palafer Capsules 500      | 870944000158    | 10870944000155 | 12             | NPN 01923420 | 130286        | 100478     |
| Palafer CF Capsules 30    | 870944000165    | 10870944000162 | 72             | NPN 01923455 | 088591        | 100479     |
| Palafer Suspension 100 mL | 870944000189    | 10870944000186 | 24             | NPN 01923439 | 36780         | 100480     |

# PALAFER®

**Iron Therapy**



Palafer® is a registered trademark of Meda AB  
To ensure these products are right for you,  
always read and follow the labels.

Total Elemental Iron per dose available on Health Canada Database:  
Palafer oral suspension: NPN 01923439, Enfamil Fer-In-Sol Syrup: NPN 00017884, Feramax: NPN 80033717, Floradix, NPN 02242012  
\*Retail Prices Based on Nielsen Market Track GB+DR+MM Period Ending Jan10/April.04.15. top brands of non-heme iron salts: iron fumarate, iron gluconate, iron sulfate and PIC