

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 to¹ :

- 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.

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

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

Food	Iron in milligrams per serving (75 g/serving, cooked) ^a
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) ^b	0.5-1 mg
Other sources of heme iron	
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 ^a
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.

^aPrenatal 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

^bHealth Canada provides advice for limiting exposure to mercury from certain types of fish. For the latest information, refer to www.healthcanada.gc.ca/mercuryandfish



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PALAFer®

Iron Therapy

Introducing the NEW Palafer 90 Capsule Bottle

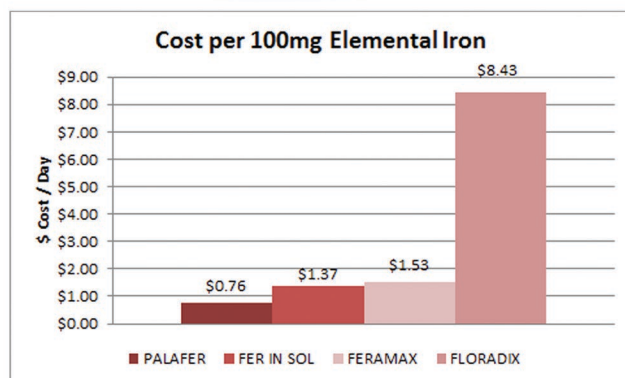


**5% cost savings per capsule
vs. Palafer 30 count**

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