Iron Deficiency

Iron is an essential nutrient for your body, which you get from your food. It is needed for your mental and physical health and to keep your energy levels up.  

Sometimes your body’s demands for iron can outstrip supply, and this can lead to iron deficiency. Iron deficiency causes many symptoms including fatigue, dizziness, and shortness of breath.

IF YOU ARE EXPERIENCING SYMPTOMS IT IS IMPORTANT THAT YOU TALK TO YOUR DOCTOR.

- MENTAL FATIGUE
- Feeling mentally tired, irritable, dizzy or losing concentration quickly.

- MOUTH ULCERS
- Sore, white patches on the inside of mouth or sore, red, flaky cracks at one or both sides of mouth.

- INFECTION
- May cause more infections than usual, such as coughs and colds.

- SHORTNESS OF BREATH
- Reduced physical capacity.

- CRAVING NON-FOOD
- Cravings to eat ice or non-food items such as clay, dirt, ash, and starch.

- RESTLESS LEGS
- A disturbing need to move legs even when resting.

- HAIR LOSS
- Losing clumps of hair or more hair than normal.

- HEADACHES
- Repeated headaches.

- SORE TONGUE
- Affects the surface of the tongue making it feel sore or give dry mouth.

- PALENESS
- Most noticeable on the face, nails, inner mouth, and lining of eyes.

- PHYSICAL FATIGUE/EXHAUSTION
- Feeling physically tired.

- BRITTLE NAILS
- Chip and crack easily.

- COLD INTOLERANCE
- Cold hands and/or feet may mean that there is not enough oxygen being delivered in the blood.

For more information on Maltofer, please contact Vifor Pharma Pty Ltd. Level 8, 80 Dorcas Street, Southbank Melbourne VIC 3006, Australia Tel: 1800 202 674.

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