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Iron levels are checked routinely around 1 and 2 years of age. If your child is found to have a low iron, we would recommend an iron supplement followed by repeat testing.

Recommended iron supplement-

- NovaFerrum 15mg/1mL (typically tolerated better than Fer-In-Sol)

OR

- Fer-In-Sol 15mg/1mL

You may be able to find them at local pharmacy but best if bought online via Amazon or their website.

- It is best if taken with orange juice or vitamin C rich foods to help with absorption.
- Milk can inhibit the absorption so please wait at least 30 minutes before and after iron supplement is given to give any milk products.

Follow up-

Please make a follow up appointment in the office in 6-8 weeks to have iron level rechecked. You can make this appointment at check out or call the office in 4-6 weeks to schedule the appointment.

Feel free to ask us about iron rich foods!