



Natural Iron Sources in Pregnancy

Foods rich in Iron

Dark, leafy green vegetables such as kale, spinach, collard greens,
Egg yolks
Dried fruit
Red meat, beef, lamb, liver
Legumes (lentils, peanuts)
Poultry
Fish, including shrimp (in moderation)
Dark molasses
Fortified breads, cereals & flour

To enhance the absorption of iron sources or supplements, take with ascorbic acid (Vitamin C). Make sure adequate amounts of Vitamin A & B are also in diet.

Absorption is inhibited by fiber, oxalate, phytate (found in cereal, nuts, legumes) phosphates, excessive zinc and Vitamin E, polyphenols (found in tea, coffee) and calcium.

Floradix iron liquid elixir is easily assimilated; take separately from Vitamin A (carrots).

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