



MercuryPharma

Package leaflet: Information for the patient

## Ferrous Fumarate 210mg Tablets

Ferrous fumarate

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

The name of your medicine is Ferrous Fumarate 210mg Tablets. It will be referred to as Ferrous Fumarate Tablets for ease hereafter.

### What is in this leaflet:

1. What Ferrous Fumarate Tablets are and what they are used for
2. What you need to know before you take Ferrous Fumarate Tablets
3. How to take Ferrous Fumarate Tablets
4. Possible side effects
5. How to store Ferrous Fumarate Tablets
6. Contents of the pack and other information

### 1. WHAT FERROUS FUMARATE TABLETS ARE AND WHAT THEY ARE USED FOR

Ferrous Fumarate Tablets contain a form of iron called ferrous fumarate. Iron is usually found in foods and is necessary for the normal development of red blood cells.

A lack of iron affects the development of the red blood cells and causes a reduction in the number of red blood cells found in the body (iron deficiency anaemia).

Ferrous Fumarate Tablets are used to prevent or treat iron deficiency anaemia. The prevention of iron deficiency during pregnancy usually requires a combination of iron and folic acid.

### 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE FERROUS FUMARATE TABLETS

#### Do not take Ferrous Fumarate Tablets if:

- You are allergic to ferrous fumarate or any of the other ingredients of this medicine (listed in section 6)
- You have noticed blood in your urine
- You suffer from any form of anaemia, other than iron deficiency anaemia, or from any other condition where your body's iron is affected (your doctor will be able to advise you)
- You have bronze markings on your skin or you have been told that you have increased stores of iron in your tissues
- You are suffering from a recently diagnosed stomach or duodenal ulcer
- You are undergoing repeated blood transfusions
- You suffer from ulcerative colitis or any other inflammatory condition of the bowels.

Speak to your doctor if any of these apply to you before you take your medicine.

#### Warnings and precautions

Talk to your doctor or pharmacist before taking Ferrous Fumarate Tablets if:

- You have had a stomach or duodenal ulcer in the past, or have one which is now under control with treatment
- You have had major surgery to your stomach
- You have problems associated with narrowing of your intestine (stricture) or out pocketing of the inner layer of your intestine (diverticular disease).

If any of these conditions apply to you, speak to your doctor before you take these tablets. Your doctor will want to watch you closely, and will advise you if any additional medicine is required to treat your condition.

#### Other medicines and Ferrous Fumarate Tablets:

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. The effects of any of these medicines or of Ferrous Fumarate Tablets may change, particularly if you are taking:

- Certain medicines for treating infections (e.g. chloramphenicol, tetracyclines, ciprofloxacin, levofloxacin, moxifloxacin, ofloxacin, norfloxacin)
- Medicines containing zinc, calcium or magnesium salts
- Levothyroxine, used for thyroid gland problems
- Medicines used for a disease known as 'Parkinson's disease' (e.g. levodopa, entacapone)
- Methyl dopa, used for increase in blood pressure
- Penicillamine used in the treatment of rheumatoid arthritis
- Colestyramine used to reduce cholesterol and fats in the blood
- Medicines for bone diseases (bisphosphonates)
- Trientine, used for high copper levels in blood
- Dimercaprol, used for various metal poisonings
- Mycophenolate, used during change of organs (transplant).

#### Ferrous Fumarate Tablets with food and drink:

Ferrous Fumarate Tablets may be taken with meals. This may help to relieve any stomach-related side effects. However, it is advisable not to take your medicine with tea, eggs or milk as this may reduce the effect of the tablets. Ferrous Fumarate Tablets should be taken with a glass of water.

#### Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

#### Ferrous Fumarate Tablets contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per dosage, that is to say essentially 'sodium-free'.



MercuryPharma

AMS Component No.: **AW-LF-0001529 (v0.2)**

Product Description: **Ferrous fumarate 210mg Tab UK 84 Tab**

Component: **LF**

Product Code: **101966**

Country: **United Kingdom (Northern Ireland)**

Vendor Name: **Custom**

**Proof Number: 0.2**

Revision Date: **01-Aug-2025**

Revised by: **NRV**

Dimension: **297 x 148 mm**

Commodity No.: **N/A**

Pharma Code: **N/A**

Print Colours: **Black**

Non-Print Colours: **Cutter**

Min. Font Size: **8 pt**



**AMS Component No.:** AW-LF-0001529  
(v0.2)  
**Product Description:** Ferrous fumarate  
210mg Tab UK 84  
Tab  
**Component:** LF  
**Product Code:** 101966  
**Country:** United Kingdom  
(Northern Ireland)  
**Vendor Name:** Custom  
**Proof Number:** 0.2  
**Revision Date:** 01-Aug-2025  
**Revised by:** NRV

**Dimension:** 297 x 148 mm  
**Commodity No.:** N/A  
**Pharma Code:** N/A  
**Print Colours:** Black  
**Non-Print Colours:** Cutter  
**Min. Font Size:** 8 pt

**PAGE 2 OF 2**

### 3. HOW TO TAKE FERROUS FUMARATE TABLETS

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

It is important to take your medicine at the right time.

The label will tell you how much to take and how often.

The recommended dose is:

The usual dose to treat Iron deficiency anaemia is one tablet two to three times a day. The dose for prevention of anaemia is one tablet once or twice a day. Swallow the tablets with a glass of water. You can also chew or crush the tablets. Taking Ferrous Fumarate Tablets with meals may help to relieve any stomach related side effects. Your doctor will advise you on how long you should take the tablets. You can stop taking the tablets three months after the anaemia has been corrected. You should not take the tablets for more than six months.

#### Use in children

**Ferrous Fumarate Tablets are not suitable for use in children.**

Your medicine is very dangerous if taken by young children and care should be taken to keep the medicine safely out of the reach of children. If you have to go to another doctor or to the hospital tell them you are taking Ferrous Fumarate Tablets.

#### If you take more Ferrous Fumarate Tablets than you should:

If you take too many tablets, contact your nearest hospital casualty department or doctor immediately. Take any remaining tablets and this leaflet with you so that the medical staff know exactly what you have taken. Your medicine is very dangerous if taken by young children and care should be taken to keep the medicine safely out of the reach of children.

Signs and symptoms of an iron overdose include nausea, vomiting, abdominal pain, diarrhoea, vomiting of blood (haematemesis), and rectal bleeding.

#### If you forget to take your Ferrous Fumarate Tablets:

Take your dose as soon as you remember. Then go on as before. If it is almost time for the next dose, then do not take the missed dose at all.

#### If you stop taking Ferrous Fumarate Tablets:

If you are having no problems with your tablets, do not stop taking them until your doctor tells you to.

**If you have any further questions on the use of this medicine, ask your doctor or pharmacist.**

### 4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.

All medicines can cause allergic reactions although serious allergic reactions are rare. Any sudden wheeziness, difficulty in breathing, swelling of the eyelids, face or lips, rash or itching (especially affecting your whole body) should be reported to a doctor immediately (Not known: frequency cannot be estimated from the available data).

Other side effects may include:

**Common side effects: may affect up to 1 in 10 people**

- Heartburn
- Feeling sick or being sick
- Diarrhoea or constipation.

Also, you might find your stools are darker in colour after you have taken this medicine. This is quite commonly seen with all iron preparations and is normal.

#### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

### 5. HOW TO STORE FERROUS FUMARATE TABLETS

**Important warning: contains iron.**

**Keep out of the sight and reach of children, as overdose may be fatal.**

Do not store above 25°C. Store in the original package/container in order to protect from light.

If you have any of your medicine left after finishing your treatment, return it to your pharmacist.

Do not use your medicine if the pack is damaged or after the Expiry Date stated on the carton and blister.

The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

#### REMEMBER

**This medicine is for YOU. Never give it to anyone else. It may harm them, even if their symptoms are the same as yours.**

### 6. CONTENT OF THE PACK AND OTHER INFORMATION

#### What Ferrous Fumarate Tablets contains

The active substance is ferrous fumarate. Each tablet contains 210mg ferrous fumarate (approximately 65-70 mg of elemental iron). Ferrous fumarate is an iron compound.

The other ingredients are maize starch, sodium lauryl sulfate, gelatin, liquid paraffin and purified water.

#### What Ferrous Fumarate Tablets look like and contents of pack:

Ferrous Fumarate Tablets are light brown in colour. Ferrous Fumarate Tablets are usually available in containers with child proof lids containing 100 or 1000 tablets or supplied in blisters packs of 28, 56, 84 and 112 tablets. Not all pack sizes may be marketed.

#### Marketing authorisation holder:

Mercury Pharmaceuticals Ltd., Dashwood House, 69 Old Broad Street,  
London, EC2M 1QS, United Kingdom

#### Manufacturer:

Custom Pharmaceuticals, Tecore House, Conway Street, Hove, East Sussex, BN3 3LW.

This leaflet was last revised in August 2025.

AW-LF-0001529 (v0.2)

AMS Component No.: **AW-LF-0000141**  
(v0.3)  
Product Description: **Ferrous fumarate**  
**210mg Tab UK 84**  
**Tab**  
Component: Leaflet  
Product Code: 101966  
Country: UK  
Vendor Name: Famar Italia S.p.A.  
**Proof Number: 0.3**  
Revision Date: 31-July-2025  
Revised by: PSC

Dimension: 297 x 148 mm  
Commodity No.: 2620805  
Pharma Code: 1620  
Print Colours: Black  
Non-Print Colours: **Cutter**  
Min. Font Size: 8 pt

**PAGE 1 OF 2**



MercuryPharma

**Package leaflet: Information for the patient**

**Ferrous Fumarate 210mg Tablets**

Ferrous fumarate

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

The name of your medicine is Ferrous Fumarate 210mg Tablets. It will be referred to as Ferrous Fumarate Tablets for ease hereafter.

**What is in this leaflet:**

1. What Ferrous Fumarate Tablets are and what they are used for
2. What you need to know before you take Ferrous Fumarate Tablets
3. How to take Ferrous Fumarate Tablets
4. Possible side effects
5. How to store Ferrous Fumarate Tablets
6. Contents of the pack and other information

**1. WHAT FERROUS FUMARATE TABLETS ARE AND WHAT THEY ARE USED FOR**

Ferrous Fumarate Tablets contain a form of iron called ferrous fumarate. Iron is usually found in foods and is necessary for the normal development of red blood cells.

A lack of iron affects the development of the red blood cells and causes a reduction in the number of red blood cells found in the body (iron deficiency anaemia).

Ferrous Fumarate Tablets are used to prevent or treat iron deficiency anaemia. The prevention of iron deficiency during pregnancy usually requires a combination of iron and folic acid.

**2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE FERROUS FUMARATE TABLETS**

**Do not take Ferrous Fumarate Tablets if:**

- You are allergic to ferrous fumarate or any of the other ingredients of this medicine (listed in section 6)
- You have noticed blood in your urine
- You suffer from any form of anaemia, other than iron deficiency anaemia, or from any other condition where your body's iron is affected (your doctor will be able to advise you)
- You have bronze markings on your skin or you have been told that you have increased stores of iron in your tissues
- You are suffering from a recently diagnosed stomach or duodenal ulcer
- You are undergoing repeated blood transfusions
- You suffer from ulcerative colitis or any other inflammatory condition of the bowels.

Speak to your doctor if any of these apply to you before you take your medicine.

**Warnings and precautions**

Talk to your doctor or pharmacist before taking Ferrous Fumarate Tablets if:

- You have had a stomach or duodenal ulcer in the past, or have one which is now under control with treatment
- You have had major surgery to your stomach
- You have problems associated with narrowing of your intestine (stricture) or out pocketing of the inner layer of your intestine (diverticular disease).

If any of these conditions apply to you, speak to your doctor before you take these tablets. Your doctor will want to watch you closely, and will advise you if any additional medicine is required to treat your condition.

**Other medicines and Ferrous Fumarate Tablets:**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicine. The effects of any of these medicines or of Ferrous Fumarate Tablets may change, particularly if you are taking:

- Certain medicines for treating infections (e.g. chloramphenicol, tetracyclines, ciprofloxacin, levofloxacin, moxifloxacin, ofloxacin, norfloxacin)
- Medicines containing zinc, calcium or magnesium salts
- Levothyroxine, used for thyroid gland problems
- Medicines used for a disease known as 'Parkinson's disease' (e.g. levodopa, entacapone)
- Methyl dopa, used for increase in blood pressure
- Penicillamine used in the treatment of rheumatoid arthritis
- Colestyramine used to reduce cholesterol and fats in the blood
- Medicines for bone diseases (bisphosphonates)
- Trientine, used for high copper levels in blood
- Dimercaprol, used for various metal poisonings
- Mycophenolate, used during change of organs (transplant).

**Ferrous Fumarate Tablets with food and drink:**

Ferrous Fumarate Tablets may be taken with meals. This may help to relieve any stomach-related side effects. However, it is advisable not to take your medicine with tea, eggs or milk as this may reduce the effect of the tablets. Ferrous Fumarate Tablets should be taken with a glass of water.

**Pregnancy and breast-feeding**

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

**Ferrous Fumarate Tablets contains sodium**

This medicine contains less than 1 mmol sodium (23 mg) per dosage, that is to say essentially 'sodium-free'.

1620

1620

AMS Component No.: **AW-LF-0000141 (v0.3)**  
Product Description: **Ferrous fumarate 210mg Tab UK 84 Tab**  
Component: Leaflet  
Product Code: 101966  
Country: UK  
Vendor Name: Famar Italia S.p.A.  
**Proof Number: 0.3**  
Revision Date: 31-July-2025  
Revised by: PSC

Dimension: 297 x 148 mm  
Commodity No.: 2620805  
Pharma Code: 1620  
Print Colours: Black  
Non-Print Colours: **Cutter**  
Min. Font Size: 8 pt

**PAGE 2 OF 2**

### 3. HOW TO TAKE FERROUS FUMARATE TABLETS

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

It is important to take your medicine at the right time.  
The label will tell you how much to take and how often.

The recommended dose is:

The usual dose to treat Iron deficiency anaemia is one tablet two to three times a day. The dose for prevention of anaemia is one tablet once or twice a day. Swallow the tablets with a glass of water. You can also chew or crush the tablets. Taking Ferrous Fumarate Tablets with meals may help to relieve any stomach related side effects. Your doctor will advise you on how long you should take the tablets. You can stop taking the tablets three months after the anaemia has been corrected. You should not take the tablets for more than six months.

#### Use in children

**Ferrous Fumarate Tablets are not suitable for use in children.**

Your medicine is very dangerous if taken by young children and care should be taken to keep the medicine safely out of the reach of children. If you have to go to another doctor or to the hospital tell them you are taking Ferrous Fumarate Tablets.

#### If you take more Ferrous Fumarate Tablets than you should:

If you take too many tablets, contact your nearest hospital casualty department or doctor immediately. Take any remaining tablets and this leaflet with you so that the medical staff know exactly what you have taken. Your medicine is very dangerous if taken by young children and care should be taken to keep the medicine safely out of the reach of children.

Signs and symptoms of an iron overdose include nausea, vomiting, abdominal pain, diarrhoea, vomiting of blood (haematemesis), and rectal bleeding.

#### If you forget to take your Ferrous Fumarate Tablets:

Take your dose as soon as you remember. Then go on as before. If it is almost time for the next dose, then do not take the missed dose at all.

#### If you stop taking Ferrous Fumarate Tablets:

If you are having no problems with your tablets, do not stop taking them until your doctor tells you to.

**If you have any further questions on the use of this medicine, ask your doctor or pharmacist.**

### 4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.

All medicines can cause allergic reactions although serious allergic reactions are rare. Any sudden wheeziness, difficulty in breathing, swelling of the eyelids, face or lips, rash or itching (especially affecting your whole body) should be reported to a doctor immediately (Not known: frequency cannot be estimated from the available data).

Other side effects may include:

**Common side effects: may affect up to 1 in 10 people**

- Heartburn
- Feeling sick or being sick
- Diarrhoea or constipation.

Also, you might find your stools are darker in colour after you have taken this medicine. This is quite commonly seen with all iron preparations and is normal.

#### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

### 5. HOW TO STORE FERROUS FUMARATE TABLETS

**Important warning: contains iron.**

**Keep out of the sight and reach of children, as overdose may be fatal.**

Do not store above 25°C. Store in the original package/container in order to protect from light.

If you have any of your medicine left after finishing your treatment, return it to your pharmacist.

Do not use your medicine if the pack is damaged or after the Expiry Date stated on the carton and blister.

The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

#### REMEMBER

**This medicine is for YOU. Never give it to anyone else. It may harm them, even if their symptoms are the same as yours.**

### 6. CONTENT OF THE PACK AND OTHER INFORMATION

#### What Ferrous Fumarate Tablets contains

The active substance is ferrous fumarate. Each tablet contains 210mg ferrous fumarate (approximately 65-70 mg of elemental iron). Ferrous fumarate is an iron compound.

The other ingredients are maize starch, sodium lauryl sulfate, gelatin, liquid paraffin and purified water.

#### What Ferrous Fumarate 210mg Tablets look like and contents of pack:

Ferrous Fumarate Tablets are light brown in colour.

Ferrous Fumarate Tablets are usually available in containers with child proof lids containing 100 or 1000 tablets or supplied in blisters packs of 28, 56, 84 and 112 tablets. Not all pack sizes may be marketed.

#### Marketing authorisation holder:

Mercury Pharmaceuticals Ltd., Dashwood House, 69 Old Broad Street, London, EC2M 1QS, United Kingdom

#### Manufacturer:

Famar Italia S.p.A., Via Zambelletti, 25, 20021 Baranzate (MI), Italia

This leaflet was last revised in August 2025.

AW-LF-0000141 (v0.3)

2620805 / IS-148-297-50D2



|                      |                                                     |
|----------------------|-----------------------------------------------------|
| Product Description: | <b>Ferrous fumarate<br/>210mg Tab UK 84<br/>Tab</b> |
|----------------------|-----------------------------------------------------|

Proof Number: 0.3

Revised by: NRV

Commodity No.: 1607581E

Print Colours: Black

Min. Font Size: 8 pt

TABLE 1. Continued

## PACKAGE LEAFLET: INFORMATION FOR THE PATIENT

# Ferrous Fumarate 210mg Tablets

## Ferrous fumarate

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

The name of your medicine is Ferrous Fumarate 210mg Tablets. It will be referred to as Ferrous Fumarate Tablets for ease hereafter.

## What is in this leaflet:

1. What Ferrous Fumarate Tablets are and what they are used for
2. What you need to know before you take Ferrous Fumarate Tablets
3. How to take Ferrous Fumarate Tablets
4. Possible side effects
5. How to store Ferrous Fumarate Tablets
6. Contents of the pack and other information

## 1. WHAT FERROUS FUMARATE TABLETS ARE AND WHAT THEY ARE USED FOR

Ferrous Fumarate Tablets contain a form of iron called ferrous fumarate. Iron is usually found in foods and is necessary for the normal development of red blood cells.

A lack of iron affects the development of the red blood cells and causes a reduction in the number of red blood cells found in the body (iron deficiency anaemia).

Ferrous Fumarate Tablets are used to prevent or treat iron deficiency anaemia. The prevention of iron deficiency during pregnancy usually requires a combination of iron and folic acid.

## 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE FERROUS FUMARATE TABLETS

**Do not take Ferrous Fumarate Tablets if:**

- You are allergic to ferrous fumarate or any of the other ingredients of this medicine (listed in section 6)
- You have noticed blood in your urine
- You suffer from any form of anaemia, other than iron deficiency anaemia, or from any other condition where your body's iron is affected (your doctor will be able to advise you)
- You have bronze markings on your skin or you have been told that you have increased stores of iron in your tissues
- You are suffering from a recently diagnosed stomach or duodenal ulcer
- You are undergoing repeated blood transfusions
- You suffer from ulcerative colitis or any other inflammatory condition of the bowels.

Speak to your doctor if any of these apply to you before you take your medicine.

## Warnings and precautions

**Warnings and precautions**

Talk to your doctor or pharmacist before taking Ferrous Fumarate Tablets if:

- You have had a stomach or duodenal ulcer in the past, or have one which is now under control with treatment
- You have had major surgery to your stomach
- You have problems associated with narrowing of your intestine (stricture) or out pocketing of the inner layer of your intestine (diverticular disease).

If any of these conditions apply to you, speak to your doctor before you take these tablets. Your doctor will want to watch you closely, and will advise you if any additional medicine is required to treat your condition.

### Other medicines and Ferrous Fumarate Tablets:

**Other medicines and Folic Acid Fumarate Tablets:**  
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

The effects of any of these medicines or of Ferrous Fumarate Tablets may change, particularly if you are taking:

- Certain medicines for treating infections (e.g. chloramphenicol, tetracyclines, ciprofloxacin, levofloxacin, moxifloxacin, ofloxacin, norfloxacin)
- Medicines containing zinc, calcium or magnesium salts
- Levothyroxine, used for thyroid gland problems
- Medicines used for a disease known as 'Parkinson's disease' (e.g. levodopa, entacapone)
- Methyl dopa, used for increase in blood pressure
- Penicillamine used in the treatment of rheumatoid arthritis
- Colestyramine used to reduce cholesterol and fats in the blood
- Medicines for bone diseases (bisphosphonates)
- Trientine, used for high copper levels in blood
- Dimercaprol, used for various metal poisonings
- Mycophenolate, used during change of organs (transplant).

**Ferrous Fumarate Tablets with food and drink:**

**Ferrous Fumarate Tablets may be taken with meals.** This may help to relieve any stomach-related side effects. However, it is advisable not to take your medicine with tea, eggs or milk as this may reduce the effect of the tablets. Ferrous Fumarate Tablets should be taken with a glass of water.

## Pregnancy and breast-feeding

**Pregnancy and breast-feeding** If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

**Ferrous Fumarate Tablets contains sodium**

This medicine contains less than 1 mmol sodium (23 mg) per dosage, that is to say essentially 'sodium-free'.

### 3. HOW TO TAKE FERROUS FUMARATE TABLETS

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

It is important to take your medicine at the right time.  
The label will tell you how much to take and how often.

170 mm

12 mm

57 mm

2 mm

2 mm

295 mm

12 mm

12 mm

The recommended dose is:  
The usual dose to treat Iron deficiency anaemia is one tablet two to three times a day. The dose for prevention of anaemia is one tablet once or twice a day. Swallow the tablets with a glass of water. You can also chew or crush the tablets. Taking Ferrous Fumarate Tablets with meals may help to relieve any stomach related side effects. Your doctor will advise you on how long you should take the tablets. You can stop taking the tablets three months after the anaemia has been corrected. You should not take the tablets for more than six months.

**Use in children**  
**Ferrous Fumarate Tablets are not suitable for use in children.**  
Your medicine is very dangerous if taken by young children and care should be taken to keep the medicine safely out of the reach of children. If you have to go to another doctor or to the hospital tell them you are taking Ferrous Fumarate Tablets.

**If you take more Ferrous Fumarate Tablets than you should:**  
If you take too many tablets, contact your nearest hospital casualty department or doctor immediately. Take any remaining tablets and this leaflet with you so that the medical staff know exactly what you have taken. Your medicine is very dangerous if taken by young children and care should be taken to keep the medicine safely out of the reach of children.  
Signs and symptoms of an iron overdose include nausea, vomiting, abdominal pain, diarrhoea, vomiting of blood (haematemesis), and rectal bleeding.

**If you forget to take your Ferrous Fumarate Tablets:**  
Take your dose as soon as you remember. Then go on as before. If it is almost time for the next dose, then do not take the missed dose at all.

**If you stop taking Ferrous Fumarate Tablets:**  
If you are having no problems with your tablets, do not stop taking them until your doctor tells you to.

**If you have any further questions on the use of this medicine, ask your doctor or pharmacist.**

**4. POSSIBLE SIDE EFFECTS**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

All medicines can cause allergic reactions although serious allergic reactions are rare. Any sudden wheeziness, difficulty in breathing, swelling of the eyelids, face or lips, rash or itching (especially affecting your whole body) should be reported to a doctor immediately (Not known: frequency cannot be estimated from the available data).

Other side effects may include:  
**Common side effects: may affect up to 1 in 10 people**

- Heartburn
- Feeling sick or being sick
- Diarrhoea or constipation.

Also, you might find your stools are darker in colour after you have taken this medicine. This is quite commonly seen with all iron preparations and is normal.

**Reporting of side effects**  
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.  
By reporting side effects you can help provide more information on the safety of this medicine.

**5. HOW TO STORE FERROUS FUMARATE TABLETS**

**Important warning: contains iron.**  
**Keep out of the sight and reach of children, as overdose may be fatal.**

Do not store above 25°C. Store in the original package/container in order to protect from light.  
If you have any of your medicine left after finishing your treatment, return it to your pharmacist.  
Do not use your medicine if the pack is damaged or after the Expiry Date stated on the carton and blister.  
The expiry date refers to the last day of that month.  
Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

**REMEMBER**  
**This medicine is for YOU. Never give it to anyone else. It may harm them, even if their symptoms are the same as yours.**

**6. CONTENT OF THE PACK AND OTHER INFORMATION**

**What Ferrous Fumarate Tablets contains**  
The active substance is ferrous fumarate. Each tablet contains 210mg ferrous fumarate (approximately 65-70 mg of elemental iron). Ferrous fumarate is an iron compound.  
The other ingredients are maize starch, sodium lauryl sulfate, gelatin, liquid paraffin and purified water

**What Ferrous Fumarate Tablets look like and contents of pack:**  
Ferrous Fumarate Tablets are light brown in colour. Ferrous Fumarate Tablets are usually available in containers with child proof lids containing 100 or 1000 tablets or supplied in blisters packs of 28, 56, 84 and 112 tablets. Not all pack sizes may be marketed.

**Marketing authorisation holder:**  
Mercury Pharmaceuticals Ltd., Dashwood House, 69 Old Broad Street, London, EC2M 1QS, United Kingdom

**Manufacturer:**  
Lusomedicamenta S.A. Sociedade Técnica, Farmaceutica 2730 055 Barcarena, Portugal.

This leaflet was last revised in August 2025.

AW-LF-0000545 (v0.3)  
1607581E

12 mm



MercuryPharma

AMS Component No.:

AW-LF-0000545 (v0.3)

Product Description:

Ferrous fumarate 210mg Tab UK 84 Tab

Component:

Leaflet

Product Code:

101966

Country:

UK

Vendor Name:

Lusomedicamenta Sociedade Techncia Farmaceutica S.A.

Proof Number:

0.3

Revision Date:

01-Aug-2025

Revised by:

NRV

Dimension:

170 x 295 mm

Commodity No.:

1607581E

Pharma Code:

379

Print Colours:

Black

Non-Print Colours:

Cutter

Min. Font Size:

8 pt

PAGE 2 OF 2