

Table 8. Oral Supplements

Iron Salt	Elemental Iron Content (% of salt form)	Recommended Dose [elemental iron]	Approximate Equivalent Dose (mg of iron salt)
Ferrous fumarate	33	325 mg [106 mg]	197
Ferrous gluconate	11.6	325 mg [38 mg]	560
Ferrous sulfate	20	325 mg [65 mg]	324
Ferrous sulfate, exsiccated	30	200 mg [65 mg]	217