

IRON DEFICIENCY DOSING

Please give iron supplements with a source of vitamin C such as orange juice. Do not give with milk as it interferes with absorption.

CHILD'S WEIGHT	Ferrous sulfate drops 75mg (15 mg/Fe) / 1mL	Ferrous sulfate liquid solution 220mg (44mg Fe)/5mL	Ferrous sulfate tablet Delayed release Enteric coated 325mg (65mg Fe)
4 lbs (2 kg)	0.4 mL daily	0.5 mL daily	
7 lbs (3 kg)	0.6 mL daily	0.8 mL daily	
9 lbs (4 kg)	0.8 mL daily	1.2 mL daily	
11 -21 lbs (5 - 9 kg)	1 mL daily	1.7 mL daily	
22 - 32 lbs (10 - 14 kg)	1 mL twice a day	3.5 mL daily	
33 - 42 lbs (15 - 19 kg)	1.5 mL twice a day	2.5 mL twice a day	
44 - 87 lbs (20 - 39 kg)	2.0 mL twice a day	3.7 mL twice a day	1 tablet daily
>87 lbs (> 40kg)			1 tablet twice a day