

SYMPTOM BROWSER

FOR

Iron Deficiency

Iron is an essential nutrient for your body, which you get from your food. It is needed for your mental and physical health and to keep your energy levels up.^{1,2} Sometimes your body's demands for iron can outstrip supply, and this can lead to iron deficiency. Iron deficiency causes many symptoms including fatigue, dizziness, and shortness of breath.^{3, 4}

IF YOU ARE EXPERIENCING SYMPTOMS IT IS IMPORTANT THAT YOU TALK TO YOUR DOCTOR.

MENTAL FATIGUE

Feeling mentally tired, irritable, dizzy or losing concentration quickly^{5, 6}

HEARING LOSS

Difficulty with hearing or sudden hearing loss²¹

MOUTH ULCERS

Sore, white patches on the inside of mouth or sore, red, flaky cracks at one or both sides of mouth⁷

CRAVING FOR ICE

Compulsively and repeatedly chewing on ice^{18, 19}

INFECTION

May cause more infections than usual, such as coughs and colds⁸

SHORTNESS OF BREATH

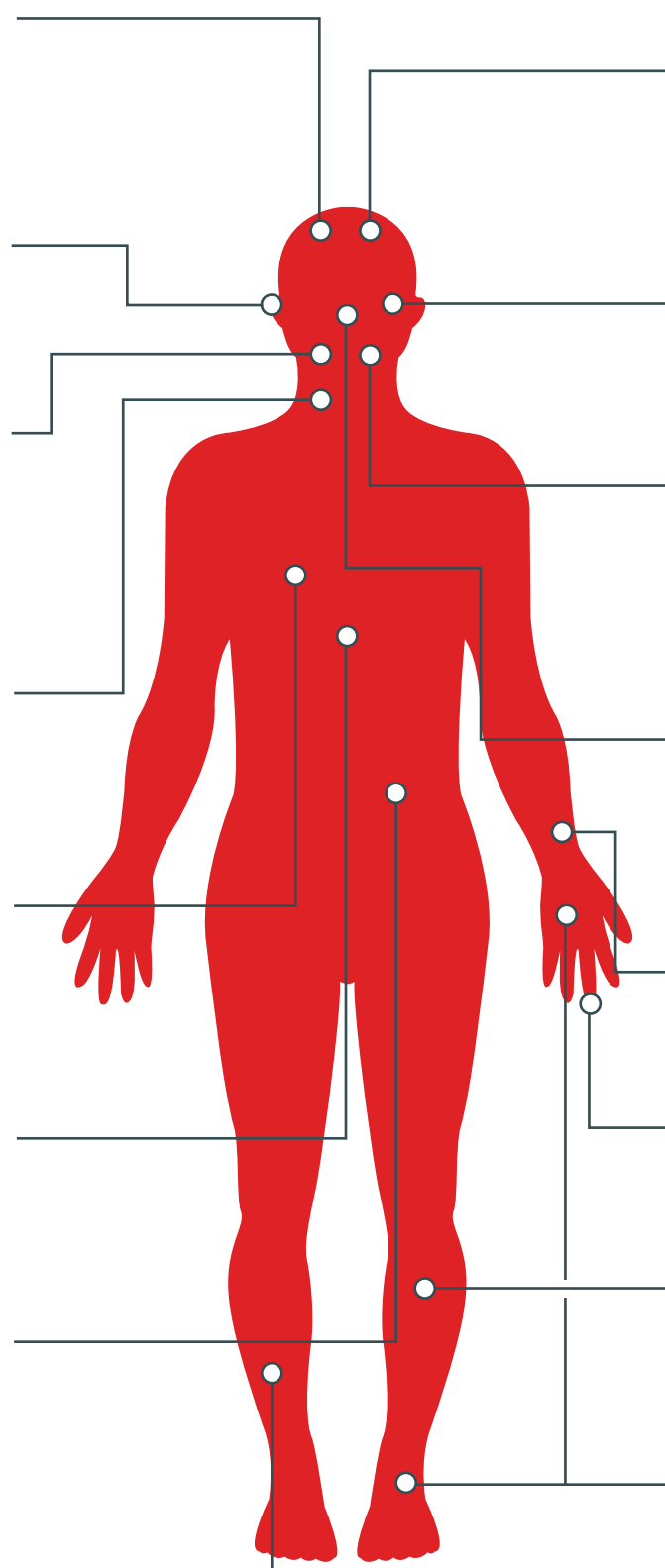
Reduced physical capacity^{3, 9}

CRAVING NON-FOOD

Cravings to eat ice or non-food items such as clay, dirt, ash, and starch^{3, 10}

RESTLESS LEGS

A disturbing need to move legs even when resting¹¹



HAIR LOSS

Losing clumps of hair or more hair than normal¹²

HEADACHES

Repeated headaches¹³

SORE TONGUE

Affects the surface of the tongue making it feel sore or give dry mouth¹⁴

PALENESS

Most noticeable on the face, nails, inner mouth, and lining of eyes¹⁵

PHYSICAL FATIGUE

Feeling physically tired^{5, 6}

BRITTLE NAILS

Chip and crack easily¹⁶

EASY BRUISING

Unexplained blood spots under the skin²⁰

COLD INTOLERANCE

Cold hands and/or feet may mean that there is not enough oxygen being delivered in the blood^{1, 17}



Vifor Pharma, a company of the Galenica Group, is a world leader in the discovery, development, manufacturing and marketing of pharmaceutical products for the treatment of iron deficiency. The company also offers a diversified portfolio of prescription medicines as well as over-the-counter (OTC) products. Vifor Pharma, headquartered in Zurich, Switzerland, has an increasingly global presence and a broad network of affiliates and partners around the world. For more information about Vifor Pharma and its parent company Galenica, please visit www.viforpharma.com and www.galenica.com or contact us at communications@viforpharma.com

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