Worldwide Clinical Trials

IRON RICH FOODS

NOV 1 5 2012

INTEGREVIEW

Because you are losing iron through blood draws, it is important to eat foods that are high in iron. This will help your body build new red blood cells and will help to prevent anemia. During the study, you should not take iron supplements (vitamins), so you will need to rely on getting extra iron in your diet. Here are some of the foods that will supply your body with needed iron:

Red Meat and Liver

Chicken

Fish and Shellfish







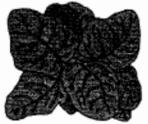
Other good sources of iron include:

Cereals, Iron enriched Bread

Dark Green leafy vegetables

Dried Beans







Dark Molasses

Dried Fruits (Raisins Apricots, Peaches)



