

Worldwide Clinical Trials

APPROVED

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INTEGVIEW

IRON RICH FOODS

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)

