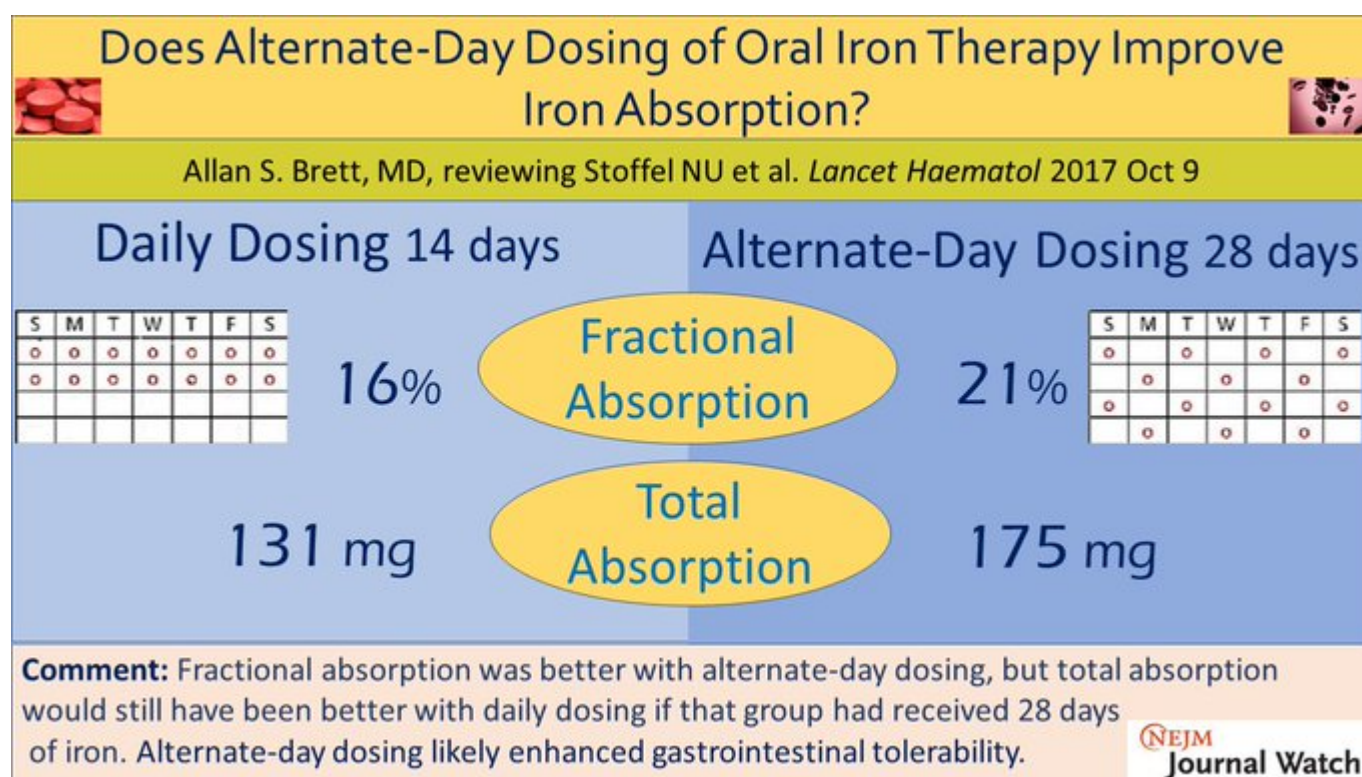




Summary: Dosing iron every other day seems to be likely superior (but at least non-inferior) to daily dosing and reduces potential side effects from iron therapy. —

DCS-

[Taking Iron Every Other Day Linked to Better Absorption in Iron-Deficient Women \(jwatch.org\)](http://jwatch.org)



[A randomized controlled trial of thrice-weekly versus thrice-daily oral ferrous fumarate treatment in adult patients with iron-deficiency anemia | Annals of Hematology \(springer.com\)](http://springer.com)

- Although the iron profile response of the TID arm was earlier than the TIW arm, almost all patients recovered from anemic symptoms at week 4, and hematologic responses were not different at week 12. There were more gastrointestinal AEs in the TID arm. In conclusion, this study showed that the TIW was non-inferior to the TID



iron treatment of IDA patients but less AEs and costs.

[Alternate day versus daily oral iron for treatment of iron deficiency anemia: a randomized controlled trial | Scientific Reports \(nature.com\)](#)

- There is no significant difference between alternate day and daily iron administration in improving hemoglobin.

[Alternate day versus consecutive day oral iron supplementation in iron-depleted women: a randomized double-blind placebo-controlled study - eClinicalMedicine \(thelancet.com\)](#)

- At equal total iron doses, compared to consecutive day dosing of iron, alternate day dosing did not result in higher serum ferritin but reduced iron deficiency at 6 months and triggered fewer gastrointestinal side effects.

[Iron absorption from supplements is greater with alternate day than with consecutive day dosing in iron-deficient anemic women - PubMed \(nih.gov\)](#)

- Alternate day dosing of oral iron supplements in anemic women may be preferable because it sharply increases FIA. If needed, to provide the same total amount of iron with alternate day dosing, twice the daily target dose should be given on alternate days, as total iron absorption from a single dose of 200 mg given on alternate days was approximately twice that from 100 mg given on consecutive days ($P < 0.001$).