



Table 1. Estimated daily demand for absorbed iron throughout pregnancy¹⁰

Estimated daily demand	Gestation
0.8mg	0-10 weeks
3.7mg	11-20 weeks
5.7mg	21-30 weeks
7.5mg	31-40 weeks

LINICAL EFFICACY OF IRON SUPPLEMENTATION

Central to the rationale behind supplementation is the desire to optimise outcomes for the mother