MALTOFER TABLETS
MALTOFER SYRUP
MALTOFER DROPS

MALTOFER products contain iron as iron polymaltose, an iron carbohydrate compound

Consumer Medicine Information

WHAT IS THIS LEAFLET
This leaflet answers some common questions about MALTOFER. It does not contain all the available information. This does not replace talking with your medical practitioner or pharmacist.

All medicines have risks and benefits. Your medical practitioner or pharmacist has weighed the risks of you taking MALTOFER against the benefits this medicine is expected to have for you.

If you have any concerns about this medicine, ask your medical practitioner or pharmacist. Keep this leaflet. You may need to read it again.

WHAT IS MALTOFER
MALTOFER is a medicine that is used in the treatment of iron deficiency in adolescents and adults where the use of ferrous iron supplements is not tolerated, or otherwise inappropriate.

It contains iron in the form of iron polymaltose, an iron carbohydrate compound. Iron is an essential element required for the oxygen-carrying capacity of haemoglobin (the red pigment in red blood cells) and of myoglobin (the red pigment in muscle tissue). Moreover, iron plays an important role in many other vital processes in the human body.

WHAT MALTOFER IS USED FOR
MALTOFER is a medicine that is used in the treatment of iron deficiency in adolescents and adults where the use of ferrous iron supplements is not tolerated, or otherwise inappropriate.

MALTOFER is used for the prevention of iron deficiency in adults and adolescents at high risk where the use of ferrous iron supplements is not tolerated, or otherwise inappropriate.

BEFORE YOU TAKE MALTOFER
When you must not take it
- if you are hypersensitive (allergic) to iron polymaltose or any of the other ingredients in MALTOFER tablets or oral liquid.
- if you are pregnant, plan to become pregnant or breastfeeding.
- if you have or have had an infection or tumour.
- if you are on this therapy to monitor your iron status. If symptoms persist, consult your medical practitioner.
- if you have or have had any other health problems.
- if you are taking any other medicines, including any that you have bought with a prescription or any without a prescription from a pharmacy, supermarket or health food shop.
- if you are pregnant, plan to become pregnant or breastfeeding.
- if you are breastfeeding.
- if you are taking other medicines, including any that you have bought with a prescription or any without a prescription from a pharmacy, supermarket or health food shop.

How much to take
Always take MALTOFER exactly as your medical practitioner or pharmacist has told you. You should check with your medical practitioner or pharmacist if you are not sure.

MALTOFER Tablets contain 100 mg iron and should not be divided to take lower doses than 100 mg iron. In cases where lower doses are required, MALTOFER oral liquid forms (Syrup or Drops) should be used.

Treatment of iron deficiency in adults and adolescents (Children ≥12 years) where the use of ferrous iron supplements is not tolerated, or otherwise inappropriate, take 100 mg to 200 mg iron (1 to 2 tablets, 10 - 20 mL syrup, or 40-80 drops) daily preferably with food, or higher doses as directed by your medical practitioner.

Prevention of iron deficiency in adults and adolescents (Children ≥12 years) at high risk where the use of ferrous iron supplements is not tolerated, or otherwise inappropriate, take 100 mg iron (1 tablet, 10 mL syrup, or 40 drops) daily preferably with food, or higher doses as directed by your medical practitioner.

When to take it
Take MALTOFER during or immediately after a meal. The daily dose of MALTOFER can be taken at once or divided into separate doses.

How to take it
MALTOFER Tablets should be taken with a glass of water. MALTOFER Tablets should be swallowed whole.

MALTOFER DROPS and SYRUP: liquid can be mixed with fruit and vegetable juices. Any discolouration of the mixture does not affect the taste of the juices or the effectiveness of MALTOFER.

To ensure accurate dosing of MALTOFER DROPS, the bottle needs to be held upright. The drops should flow immediately. If this does not happen, tap the bottle gently until a drop forms. Do not shake the bottle.

How long to take it
This is recommended by the medical practitioner and depends upon the degree of iron deficiency. Do not discontinue sooner than recommended as this may reduce the success of therapy.

If you forget to take it
Take the next dose at the usual time. Do not take a double dose to compensate for the forgotten dose. If you have any further questions on the use of this product, ask your medical practitioner or pharmacist.

If you take too much (overdose)
Immediately telephone your medical practitioner or Poisons Information Centre (telephone 13 11 26), or go to Accident and Emergency at your nearest hospital, if you think you or anyone else may have taken too much MALTOFER. Do this even if there are no signs of discomfort or poison.

Keep telephone numbers for these places handy.

If you are not sure what to do, contact your medical practitioner or pharmacist.

WHILE YOU ARE TAKING MALTOFER
Things you must do
Tell all medical practitioners, dentists and pharmacists who are treating you that you are taking MALTOFER.

Tell your medical practitioner if you become pregnant while taking MALTOFER.

Visit your medical practitioner regularly while you are on this therapy to monitor your iron status. If symptoms persist, consult your medical practitioner.

Things you must not do
Do not stop taking MALTOFER or change the dose without first checking with your medical practitioner or pharmacist.

Do not use MALTOFER to treat other complaints unless your medical practitioner or pharmacist says to.

Do not take any other medicines whether they require a prescription or not without first telling your medical practitioner or consulting a pharmacist.

Things to be careful of
Be careful driving or operating machinery until you know how MALTOFER affects you. However, MALTOFER has no or negligible influence on your ability to drive a car or operate machinery.
POSSIBLE SIDE EFFECTS
Like all medicines, MALTOFER can cause side effects, although not everybody gets them.
Side effects can occur with the following frequency:

**Very common**, may affect more than 1 in 10 people
- discoloured stool

**Common**, may affect up to 1 in 10 people
- diarrhoea
- nausea
- indigestion

**Uncommon**, may affect up to 1 in 100 people
- vomiting
- constipation
- abdominal pain
- tooth discoloration
- skin rash
- itching
- headache

If any of the side effects becomes serious, or if you notice any side effects not listed in this leaflet, please tell your medical practitioner or pharmacist.

AFTER TAKING MALTOFER

**Storage**
Keep MALTOFER out of the reach and sight of children.
Do not use MALTOFER after the expiry date which is stated on the label. The expiry date refers to the last day of that month.
Keep MALTOFER tablets or oral liquid/drops in a cool dry place where the temperature stays below 25°C.
Do not store MALTOFER tablets or oral liquid/drops or any other medicine, in a bathroom or near a sink.
Do not leave your medicine in the car or on window sills.

**Disposal**
If your medical practitioner tells you to stop taking MALTOFER, or the tablets or adult oral liquid/drops have passed their expiry date, ask your pharmacist what to do with any that is left over.

PRODUCT DESCRIPTION

**What it looks like**
- MALTOFER Tablets: are reddish brown, round and biconvex. They are supplied in aluminium blister packs of 30 or 100 (AUST R 229647).
- MALTOFER SYRUP: oral liquid is a dark brown solution in a 150 mL Type III brown glass bottle closed with a child resistant tamper-evident screw cap. A measuring cup for administration covers the screw cap. (AUST R 230643).
- MALTOFER DROPS: oral liquid is a dark brown solution in a 30 mL Type III brown glass bottle with child resistant tamper-evident screw cap and inserted dropper applicator. (AUST R 230644).

**Active ingredient**
- MALTOFER Tablets: 100 mg iron as 370 mg iron polymaltose
- MALTOFER SYRUP: Oral liquid: 50 mg iron/5 mL as 185 mg iron polymaltose
- MALTOFER DROPS: Oral liquid: 50 mg iron/mL as 185 mg iron polymaltose

**Inactive ingredients**
- MALTOFER Tablets: crospovidone, hydroxypropyl cellulose, hypromellose, iron oxide red, iron oxide yellow, macrogol 6000, magnesium stearate, cellulose - microcrystalline and titanium dioxide.
- MALTOFER SYRUP: Oral liquid: cream flavour, ethanol, methyl hydroxybenzoate, propyl hydroxybenzoate, water-purified, sodium hydroxide, sorbitol solution (70%) non-crystallising and sucrose.
- MALTOFER DROPS: Oral liquid: water-purified, ethanol, sucrose, cream flavour, sodium methyl hydroxybenzoate, sodium propyl hydroxybenzoate and sodium hydroxide.

**Sponsor**
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