

RISKS AND SIGNS OF ID AND IDA

COULD YOU BE LOW ON IRON?

Iron deficiency is one of the most common nutritional issues in Canada, especially among women, vegetarians, and older adults. Because symptoms can be subtle or mistaken for stress, burnout, or seasonal changes, many people live with low iron without realizing it.

Use the checklist below to identify common symptoms and risk factors. Bring it to your pharmacist or healthcare provider and ask if an iron supplement, such as Polyride Fe[®] Ultra, might be right for you. With the right support, low iron is usually easy to correct.

ARE YOU AT HIGHER RISK?

Check any statements that apply to you:

- I have heavy menstrual periods
- I follow a vegetarian or restricted diet

- I'm pregnant or breastfeeding
- I've had major surgery or bariatric (weight loss) surgery
- I'm of older age
- I have digestive issues (e.g., celiac, IBD, GERD) that may affect absorption
- I take medications that reduce stomach acid (e.g., PPIs)

SYMPTOMS TO WATCH FOR

Tick off any symptoms you've experienced in the past few weeks:

- Fatigue or low energy, even after rest
- Shortness of breath with mild activity
- Dizziness or lightheadedness
- Cold hands and feet
- Pale or sallow skin
- Chest pain
- Rapid heartbeat or heart palpitations
- Brittle nails or spoon-shaped nails
- Thinning hair or increased hair loss
- Restless legs, especially at night
- Frequent headaches or trouble concentrating
- Feeling weak, sluggish, or easily drained

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