

HOW POLYRIDE FE[®] ULTRA

compares to standard retail iron supplements

Choosing the right iron supplement can make a significant difference in both effectiveness and comfort. This side-by-side comparison highlights how Polyride Fe[®] Ultra, formulated by Seaford Pharmaceuticals, stacks up against typical over-the-counter iron options available in Canada.



Feature	Polyride Fe [®] Ultra	Standard Retail Iron Supplement
Amount of Elemental Iron per Capsule	150 mg	Typically 18 to 100 mg, depending on the type of iron
Form of Iron	Polysaccharide Iron Complex (PIC)	Typically iron salts, such as ferrous sulfate, or iron chelates, such as ferrous bisglycinate
Includes Vitamin C	Yes (125 mg)	Sometimes included
Includes Vitamin B12	Yes (1000 mcg)	Sometimes included
Dose Frequency	Once daily	Varies - often taken several times a day
Gastrointestinal Side Effects	Rare	Common (nausea, constipation)
Certified (VegeCert, Kosher)	Yes	Rare
Recommended by CDHF / SOGC	Yes	No
Suitable for Plant-based / Restricted Diets	Yes	Depends on formulation