Frequently Asked Questions

Take a look at some of the most common questions we get asked about Spatone. If you still have a question, please get in touch with us.

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  ## Can I take a multivitamin with Spatone?

  If you choose to take a multivitamins with Spatone, ensure your choice is either low in iron or contains none at all. If you ingest too much iron you may experience negative side effects.

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  ## Is Spatone gluten free?

  Yes, Spatone liquid iron is a natural iron supplement drawn from it’s source in Snowdonia and is gluten free.

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  ## Can I take Spatone® straight from the sachet?

  Spatone® iron can be taken straight from the sachet or added to juices rich in Vitamin C, such as orange or apple juice.

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  ## What type of iron is in Spatone® Iron Supplement?

Ferric and ferrous are the two types of iron that are found in supplements. Spatone contains ferrous iron which is easier to absorb.

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  ## Is Spatone® suitable for vegetarians or vegans?

  Spatone® contains naturally iron-rich water, drawn from the source in Snowdonia, Wales. Spatone® is approved by the UK Vegetarian Society.

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  ## Can I overdose on Spatone®?

  Spatone should be taken in accordance with the pack directions. Taking more than the recommended dosage can result in an excess of iron in your system, which can result in side effects. If you accidently take more, you should consult your doctor or pharmacist.

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  ## Will liquid iron supplements stain my teeth?

  The build-up of plaque or calculus on your teeth can stain from using liquid iron supplements like Spatone. However if your teeth are cleaned regularly you should not need to worry about Spatone staining your teeth.

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  ## Is Spatone Suitable for Diabetics?

Yes, however we recommend you consult your doctor if you’re taking medication before taking Spatone.

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Are there any side effects of taking too much iron?

The presence of too much iron in the system after excessive consumption may result in side effects such as vomiting, constipation, pale skin, changes to stool, and an upset stomach.

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How do I take Spatone®?

We recommend take a single sachet (or as directed by your healthcare practitioner)at the beginning of the day while on an empty stomach. You can add it to juices high in vitamin C, which may help increase iron absorption.

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What is Spatone® ?

Spatone Liquid Iron Supplement sachets provide naturally sourced and iron-rich spa water from our well in Snowdonia, Wales. Each daily sachet provides you with 5mg of iron, which helps maintain healthy iron levels.

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Can I take Spatone® with medicine?

If you are on any medication or have a pre existing condition you should consult your doctor before taking any supplements.

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Can I take Spatone® on an empty stomach?

We recommend you take Spatone(R) liquid iron on an empty stomach to help your body absorb the iron.

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Can I add Spatone® to other drinks?

You can add Spatone to any cold beverage of your choice; but we recommend Vitamin C-rich drinks such as orange, blackcurrant, or pineapple juice. This is because vitamin-C has been proven to help boost increase the body’s absorption of iron.