



Ferrous Sulfate Instructions

Your ferritin (iron stores) are technically normal, but on the low end of normal and hair experts think best to have over 40 for optimal hair growth. So I recommend trying to increase iron in diet and, just for three months, adding an iron supplement. I recommend 325 mg of ferrous sulfate (or 65 mg of elemental iron) - one or two pills per day for three months. Main risks are constipation and darkened stools.