

# POISONology

SAFETY & FIRST AID TIPS FROM THE ARIZONA POISON AND DRUG INFORMATION CENTER

## Children's vitamins: Be cautious of iron



It is very easy to think of vitamins as safe, because they contain nutrients that are a natural part of our daily nutrition. Unfortunately, this is not always true--taking too much of certain vitamins can be dangerous. With that said, all vitamins (especially the gummy or chewable vitamins that taste like candy) should be kept out of the reach of children.

The most dangerous ingredient in multivitamins is iron. Iron is an extremely important nutrient in our body, but too much can also be deadly. When too much iron is swallowed, it can cause injury to the liver and kidney. It causes the blood in the body to be too acidic and can result in death.

Many of the tasty children's vitamins do not contain iron, which makes them a little safer to use and keep around the house. However, some children's vitamins do contain iron, as it is a very necessary nutrient. We do not want to discourage the use of multivitamins containing iron. Rather, we advise parents to take extra precautions with them. Put these vitamins not only out of reach, but in a place where the child does not know where they are. This can prevent accidental poisoning.

Always feel free to call us at the Arizona Poison and Drug Information Center at anytime...day or night.

*If you have other poisoning concerns or questions call the toll free national hotline at 1-800-222-1222 to reach your local poison center. If you live in Arizona outside of Maricopa County, this number will get you to our experts at the Arizona Poison and Drug Information Center in Tucson.*