### Ferrous salt + folic acid

**Indication**
- Spina bifida

**ICD11 code:** LA02

**Medicine type**
- Chemical agent

**List type**
- Core

**Formulations**
- Oral > Solid > tablet: 60 mg elemental iron + 400 µg tablet; 60 mg elemental iron + 2.8 mg folic acid

**EML status history**
- First added in 1982 (TRS 685)
- Changed in 1984 (TRS 722)
- Changed in 1987 (TRS 770)
- Changed in 1997 (TRS 882)
- Changed in 2015 (TRS 994)
- Changed in 2023 (TRS 1049)

**Sex**
- All

**Age**
- Adolescents and adults

**Therapeutic alternatives**
- The recommendation is for this specific medicine

**Patent information**
- Patents have expired in most jurisdictions
- Read more about patents.

**Wikipedia**
- [Ferrous salt + folic acid](https://en.wikipedia.org/wiki/Ferrous_salt_and_folic_acid)

**DrugBank**
- [Ferrous salt](https://www.drugbank.ca/drugs/DB00151) (Ferrous sulfate),
- [Folic acid](https://www.drugbank.ca/drugs/DB00028)

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**Summary of evidence and Expert Committee recommendations**

The Expert Committee recommended the inclusion of a new strength formulation of ferrous salt + folic acid (60 mg elemental iron + 2.8 mg folic acid) on the core list of the EML as a weekly-administered supplement for prevention of anaemia in menstruating women and adolescent girls, and for reducing the risk of neural tube defect-affected pregnancies. The Committee noted that weekly intermittent supplementation with this formulation was associated with similar outcomes as daily iron and folic acid supplementation and is likely to be associated with advantages in terms of adherence. The Committee also noted that weekly iron and folic acid supplementation is recommended in multiple WHO guidelines.