

# Diet and Nutrition during Chelation Therapy in Superficial Siderosis

## Introduction

Chelation therapy with deferiprone is a treatment for Superficial Siderosis (SS). This information sheet provides guidance on diet and nutrition during chelation therapy, focusing on the MIND diet and deferiprone's interaction with certain foods and substances.

## The MIND Diet and Chelation Therapy

The MIND diet is rich in iron, mainly non-heme iron, making it compatible with a chelation diet schedule.

## Dosing Schedule Considerations

**Five-Day On, Two Days Off Schedule:** Delay high iron-rich red or organ meats until your dosing break. Red meat may take up to two or three days to digest.

**Seven-Day Dosing Schedule:** Consider splitting your daily dose or limiting red meat meals to the same two days every week. Consult your physician before making any changes.

**Beans vs. Red Meat:** Beans are high-fiber and move through your system quicker, while red meat takes longer to digest.

## Deferiprone Information

Deferiprone is absorbed in the stomach and small intestine.

### Quick Absorption

Maximum effect in one hour (fasted state) or two hours (fed state).

### Elimination

More than 90% is eliminated within eight hours of dosing.



## Food and Substance Interactions

- **Avoid Vitamin C, Iron, Aluminum, and Zinc:** Do not consume these between two hours before and after deferiprone dose.
- **Avoid UGT1A6 Inhibitors:** Such as Diclofenac, Probenecid, Saw Palmetto, or Silymarin (milk thistle).
- **Avoid Polyvalent Cation Molecules:** Allow a four-hour window between deferiprone and medications or supplements containing specific ingredients (e.g., chlorpheniramine, pseudoephedrine, antacids, iron salts, ferrous fumarate, zinc salts).

## Recommendations

**Consult Your Physician:** Always talk with your healthcare provider before making any changes to your diet or medication schedule.

**Monitor Bowel Motility:** If you experience bowel motility problems, the digestion time frame for red meat may be longer.

Chelation therapy in SS requires careful consideration of diet and deferiprone interactions. Following the guidelines above can help ensure effective treatment. However, individual needs may vary, and it is essential to consult with your healthcare provider for personalized recommendations.

