

Iron

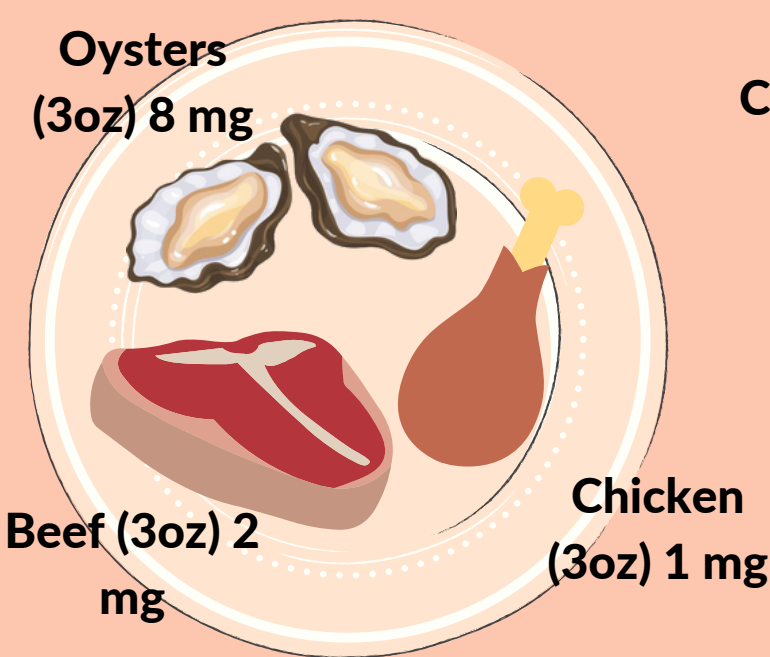


Recommended Daily Allowance

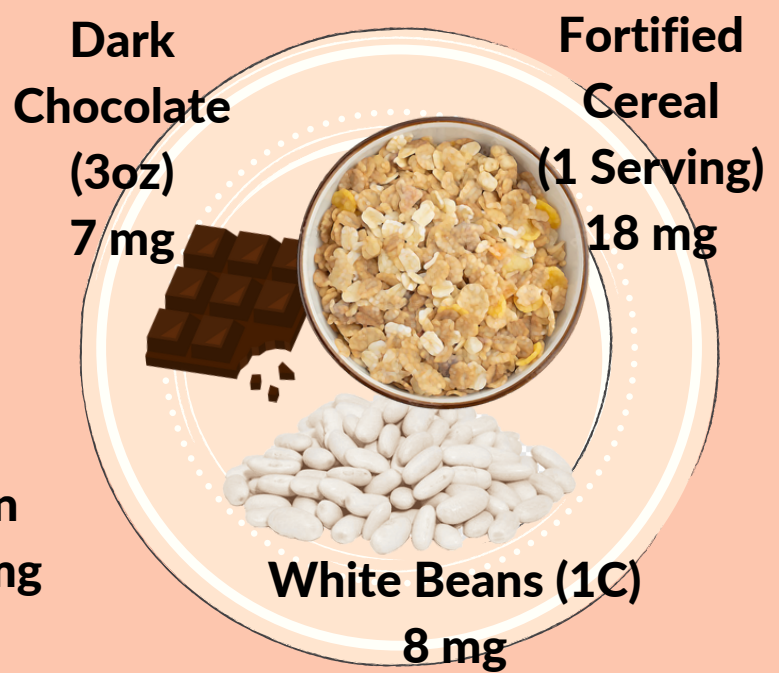
Age	Male	Female	Pregnant	Lactation
14-18	11 mg	15 mg	27 mg	10 mg
19-50	8 mg	18 mg	27 mg	9 mg
51+	8 mg	8 mg		

Sources

HEME



NON HEME



Tip! Heme Iron is more bioavailable!!!

Main Functions

Energy! Iron is component of hemoglobin that transports oxygen from lungs to body

Muscles! necessary for muscle metabolism and healthy connective tissue

Growth and Development! necessary for growth, brain development, cell function and hormone production

At Risk!

Deficiency Condition - Anemia

Poor diet, poor absorption, blood loss, including infants, young children, pregnancy, premenopausal women

Symptoms!

Digestion problems, weakness, fatigue, difficulty concentrating, infections

Fun Facts

- 1 Iron has been used for therapeutic purposes dating back to 1200 BC
- 2 Too much iron can be toxic. Supplements should be stored away from children!