



# IRON

## Signs and symptoms of low iron

- Tired and lethargy
- Depression
- Constant infections and colds
- Lowered immune system
- Increased heavy metal toxicity
- Decreased levels of selenium and glutathione (antioxidants)
- Pale face, dark circles under the eyes
- Pale or blue-tinged coloured nail bed
- Dry, brittle hair
- Breathlessness
- Palpitations
- Impaired brain function, lack of mental alertness
- Cold hands and feet
- Sensitivity to cold temperatures
- Poor thyroid function
- Constipation
- Burning mouth syndrome
- Chronic dull headaches
- Decline in cognitive behaviour
- Restless leg syndrome
- Difficulty swallowing
- Digestive disturbances
- Sore inflamed tongue

### FACTS

- Zinc and calcium supplements should not be taken with iron as they can affect mineral absorption
- Drinking tea may reduce iron absorption by up to 60 per cent and drinking coffee by up to 40 per cent
- Vitamin C enhances iron absorption

Vegetarians, vegans, IBS, pregnancy or malabsorption syndromes may require supplementation.

### HOW MUCH?

Women's Reference Nutrient Intake is 14.8mg/day, whereas men's RNI is 8.7mg/day.

### FOOD SOURCES

red meat, liver, oysters, muscles, chickpeas, lentils, kidney beans, spinach, almonds, apricots, soybean, poultry, pine nuts, sunflower and pumpkin seeds