Pumping Iron

Your body uses iron to make hemoglobin, which transports oxygen throughout the body. It also protects cells from damage and supports your immune system.

- **TIP:** To increase iron absorption in the body, be sure to eat plenty of **Vitamin C**!

Recommended Intake

Men age 18+:	8mg per day
Women ages 19-50:	18 mg per day
Women age 51+:	8mg per day

Symptoms of Deficiency

Fatigue, pale skin, irritability, shortness of breath, brittle/concave nails, reduced resistance to cold, decreased appetite

Types & Sources of Iron

Heme

Red meat

Poultry

Clams

Fish

Non-heme

Tofu

Spinach

Legumes

Dried fruit

Did you know?

Animal sources of iron contain both heme and non-heme iron and are better absorbed by the body.

Health Plus