GENERAL HEALTH TESTING

Iron Information Sheet

What is Iron?

Iron is a mineral with several essential functions in the body. It is required to transport oxygen around the body and is also essential for growth, normal cell function, and the production of connective tissue and some hormones (1).

What are healthy iron levels?

Healthy iron levels are 65 – 175 µg/dL in males and 50 – 170 µg/dL in females (2).

What are the signs of iron deficiency?

Low iron levels inhibit the production of hemoglobin, resulting in reduced red blood cells and a condition called anemia, which affects an estimated two billion people around the globe (3). Symptoms include:

- Tiredness
- Fatigue
- Pale skin
- Shortness of breath
- Headaches
- Dizziness

If left untreated, anemia can have serious repercussions, including impaired cognitive function, disturbances in the digestive system, and impaired immunity. Pregnant women, young children and frequent blood donors have an increased risk of iron deficiency (4).

What are the signs of excess iron?

Increased iron concentrations occur in hemochromatosis and acute liver disease (5). Excess iron cannot be naturally excreted from the body, so it accumulates in organs and tissues, eventually causing serious health complications. The symptoms of iron overload include:

- Fatigue
- Joint pain
- Abdominal pain
- Memory problems
- Depression
- Decreased sex drive
- Shortness of breath
- Heart flutters

Further serious complications can occur in untreated individuals, including heart failure, liver cirrhosis and disease, and endocrine problems (6).

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Where can I find more info?

Visit www.genetrackdiagnostics.com for full test information, including specimen collection requirements

CONTACT US:
Email: support@genetrackdiagnostics.com
Phone: 1-888-802-0703

NOTE:
This brochure is provided for general information purposes only. It is not intended to replace medical advice from a health professional.

References:

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