

Iron Deficiency

If you're exhausted– and it's not from training for a marathon, you may be iron deficient. Iron deficiency is the most common nutrient deficiency in the United States.

How does iron work? Iron plays a starring role in the body's energy production, as it's essential for hemoglobin, the substance that transports oxygen to all the cells in your body. Blood low in iron often translates into a tired body and mind.

How much iron do you need? Children and adults need different amounts of iron at different times in their lives. Rapid growth, including during pregnancy, increases iron needs. A healthy diet, packed with fresh fruits, vegetables, grains, legumes, meat, and nuts may contain enough dietary sources of iron. If you can, emphasize lean red meats, poultry, and fish. The iron in these foods is easier for your body to absorb than the iron in plant foods.

Do you need to supplement? If you are constantly tired, see your physician. A simple blood test can diagnose the different stages of iron deficiency. If your physician recommends an iron supplement, contact our Certified Clinical Nutritionist, Bill Spear, R.PH,CCN and he will be able to provide the proper iron supplement recommendations for you individual needs.

***Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal nutritional consultations at Hazle Drugs, 1 E. Broad St., Hazleton, Pa.
570-454-2476 / 800-439-2026 www.hazle drugs.com***