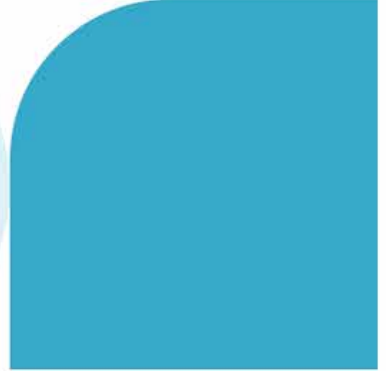
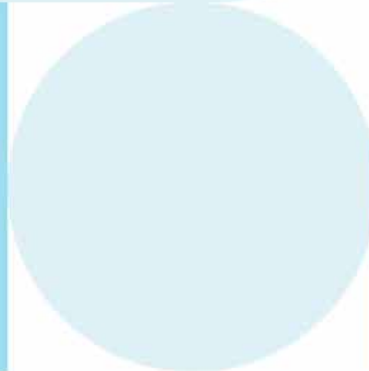
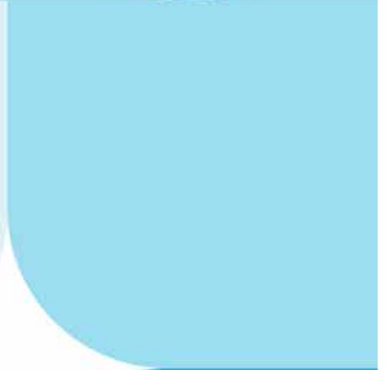
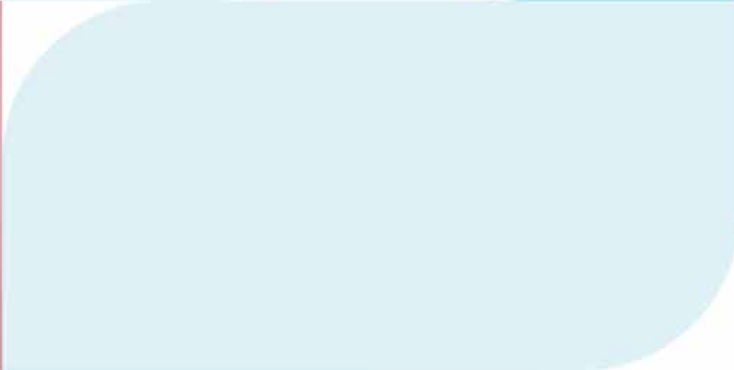




Test report



At-home test



Iron deficiency Ferritin

Lab test

Blood

Name: **Sample Report** Date of test: **08/14/2023** Analysis-ID: **DUMMY-15**

Iron deficiency Ferritin

Our lab has tested the concentration of ferritin, a protein in the body that binds and stores iron, in your blood. A value that is too low indicates iron deficiency, which can lead to anemia. However, a value that is too high can mean that your body stores excess iron and has difficulty getting rid of it, a disease called hemochromatosis, which can also be a problem. Therefore, never take iron supplements unless you have established low levels.

Your test results

Mineral	Your value	Reference value
Iron	15.12	Children 2-15 years: 9-142 ng/ml Men 20-50 years: 34-310 ng/ml Men 65-87 years: 4-665 ng/ml Women 20-50 years: 22-112 ng/ml Women 65-90 years: 13-651 ng/ml

Iron

Iron is a mineral and important for many functions in our bodies. Most of the iron is needed to transport oxygen and is found in the red blood cells. Iron is also needed for the normal development of the brain, for reproductive cellular synthesis and is important for the function of the immune system. Iron also has a major impact on neurochemistry in the body.

Iron deficiency

Iron deficiency is common, especially in young menstruating women. The levels of iron are generally low in the target group and a low ferritin is long standing anemia and in a reaction. Women of childbearing age generally have low levels, and during physical exertion, the red blood cells are broken, which also affects iron levels and can result in poorer performance because the body cannot then be regenerated optimally. A common symptom of iron deficiency is general fatigue. The fatigue is due to a decreased function of red blood cells and lower levels of hemoglobin, which are needed to regenerate the body's tissues. Another sign of iron deficiency is increased susceptibility to infection because iron is necessary for the normal function of the immune system. A depressed mood is also common with iron deficiency because neurotransmitters in the brain are negatively affected at low levels of iron.

Forms of iron

In the diet, there are two types of iron with different abilities to be taken up by the body: iron II (heme iron) and iron III (non-heme iron).

- Iron II (heme iron) is harmful to the body in excessive doses.
- Iron II, so-called heme iron, can be easily absorbed by the body and is found in animal foods such as meat and organs. The disadvantage of heme iron is that the body always absorbs the iron regardless of whether the body needs it or not. Therefore, water heme iron for those who do not suffer from iron deficiency can be harmful to the body and lead to negative health effects, such as an increase in harmful free radicals and an increased degree of inflammation in the body. Too high an intake of iron can also lead to copper deficiency and liver damage.
- Iron III (non-heme iron) is difficult for the body to absorb. This type of iron is found in plant foods such as spinach, whole grains, and legumes. The body has difficulty absorbing this iron, but together with vitamin C, iron III is reduced to iron II, which increases absorption in the gut. Coffee, tea, and some vegetables impair iron absorption, both heme iron and non-heme iron.

Iron in food

Below you will find a table of foods and their amount of iron:

Food	mg/100g	% of RDI
Pork liver	33 mg	180%
Wald pudding	18.5 mg	100%
Small white fish	17.2 mg	100%
Pumpkin seeds	15 mg	100%
Quinoa seeds	14.8 mg	100%
Dark chocolate	13.3 mg	80%
Pork ribs, whole, with skin	12.4 mg	80%

Iron - Recommended daily intake

Below you will find a table with values for the recommended daily intake of iron for different ages:

Gender / Group / Age	Recommended intake
Infants and children under 5 years	8 milligrams
Children 6-9 years	8 milligrams
Children 10-13 years	11 milligrams
Boys 14-17 years	11 milligrams
Girls 14-17 years	15 milligrams
Women of childbearing age	18 milligrams
Other adults	8 milligrams

Iron as a supplement

Only take extra iron supplements if your test results indicate a deficiency, as iron is toxic in high doses and when the body has an effective way to excrete excess iron.

Iron sulfate, which is commonly found in dietary supplements, can irritate the stomach and cause constipation. Other types of elemental iron, ferrous ascorbate, ferrous gluconate, ferrous succinate, ferrous fumarate, or ferrous lactate, are preferable in combination with vitamin C to support iron absorption.

Vitamin C can improve iron absorption by up to 1,000%.

The body's absorption of iron is affected by the pH value in the stomach and duodenum. A lack of hydrochloric acid in the stomach prevents the absorption of iron.

Substances that inhibit the body's ability to absorb iron are coffee, black tea, acids and/or alkalis (in supplements), phytates and/or oxalates (in nuts, seeds, legumes, and whole grains), copper deficiency, and acid-neutralizing agents.

This test does not replace medical consultation. Always seek medical attention if you experience severe symptoms.

