



Women's Health Library

Should Your Supplements Include Iron?



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Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on [Our Store](#):

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Most adult men and post-menopausal women don't need extra iron. In fact, you could be doing harm to your heart and arteries if you fall in this group and are taking supplements with iron. On the other hand, iron deficiency is a common nutritional problem in the United States. The groups at risk for iron deficiency include infants under the age of two, young women, and pregnant women.

Iron is vital because it is a component of blood and it helps transport oxygen from the lungs to body tissues. The question is should you opt for supplements with or without iron to maintain your health.

Here are the points to consider:

Does Your Body Store Iron?

Without frequent blood loss, men and post-menopausal women accumulate iron stores. The body releases this extra supply into the blood, which can easily oxidize and cause free radical damage to cells, arteries, and organs. High intake of ascorbic acid, red meat, poultry, and citrus fruits increases the body's absorption of iron.

Does Your Body Call For Increased Supplies of Iron?

Increased iron requirements occur during the growth spurts of infancy, adolescence, and during pregnancy and lactation. High intake of tea, coffee, and alcohol, as well as calcium, magnesium and zinc, reduce the absorption of iron in the body. In addition, people eating low iron diets, like vegans, may require iron supplements to maintain healthy red blood cells.

Our Product Recommendation:

[Ultimate One Multiple Vitamin and Mineral without Iron](#)

REFERENCES:

Blanck HM, et al. Iron supplement use and iron status among US adults: results from the third National Health and Nutrition Examination Survey. Am J Clin Nutr. 2005 Nov;82(5):1024-31