IRON

Why do I need it?
→ Carries oxygen and carbon dioxide on red blood cells
→ Needed for energy metabolism
→ Helps antioxidants that protect DNA, cells, and proteins
→ Helps metabolize drugs and remove toxins from the body

Where can I get it?
→ Beef, poultry, shellfish, spinach, mushrooms, legumes (chickpeas, white beans, lentils)
→ Eat with vitamin C - it helps enhance iron absorption! Vitamin C can be found in tomatoes, citrus, peppers, broccoli, and juice.
→ Iron supplements are available. Consult your medical provider before taking them.