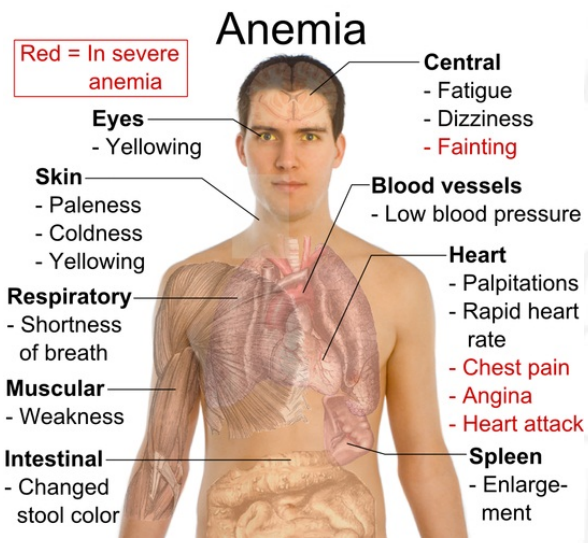
"Minerals for Health"
"Iron" Trace Mineral

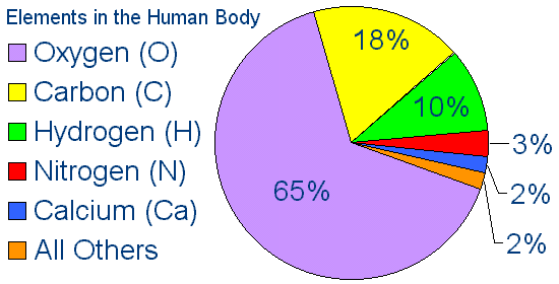
Signs that you're not getting enough Iron:

Don't have enough Energy, Tired exhausted, Amotivated, Fatigued**,** Easy bruising, Hair Loss, Low Attention Span, Trouble Breathing, Sore Muscles, Intense Times of Month, Pale Skin, Loss of Interest. Have cold hands and feet, Have Brittle and Spoon shaped nails

Iron is a mineral that's vital to our health. All of our cells contain some iron, but most of the iron in our body is in our red blood cells. Red blood cells transport oxygen from your lungs to the organs and tissues throughout your body. **Iron is important** because our body needs it to make the protein called hemoglobin. Without hemoglobin our red blood cells can't carry oxygen from your lungs to the rest of your body

Iron has a role in creating energy from nutrients. It also contributes to the transmission of nerve impulses — the signals that coordinate the actions of different parts of your body. If we have more iron than is needed, it's stored in our body for future use.





Almost 99% of the mass of the human body is made up of six elements: oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus. Only about 0.85% is composed of another five elements: potassium, sulfur, sodium, chlorine, and magnesium. All 11 are necessary for life. The remaining elements are trace elements, of which more than a dozen are thought on the basis of good evidence to be necessary for life.

The body needs many minerals; these are called essential minerals. Essential minerals are sometimes divided up into major minerals (macro minerals) and trace minerals (micro minerals). These two groups of minerals are equally important, but trace minerals are needed in smaller amounts than major minerals. Trace minerals include iron, zinc, fluoride, and iodine; other trace minerals include copper, selenium, molybdenum, chromium, and manganese. All trace minerals are necessary for the body; A balanced diet usually provides all of the essential minerals. In the event of deficiency state supplements are necessary.

(Prepared by Zahida Chaudhary, MD)
For more information and Consultation contact Zahida Chaudhary, MD at 724-468-3999