

Why You Might Need Iron Supplements

Our bodies need vitamins to stay healthy. Using supplements to help boost vitamin levels is a good idea, especially for iron vitamins. For anyone with an iron deficiency, an iron supplement is a must.

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In order to stay healthy we need many different vitamins. Using supplements to help boost vitamin levels is a good idea, especially for iron vitamins. For anyone with an iron deficiency, an iron supplement is a must.

Iron is an essential nutrient so its something we need to make sure were getting enough of. Iron deficiency is especially prominent among women. Many foods contain iron, especially meats, with red meat probably being the best source of iron.

If youre not sure you have an iron deficiency here are a few tell tale signs. Weakness or lack of energy, dizziness, Consistent headaches, white dots in your vision as you stand up These are the easiest to notice, but there can be more serious symptoms, so if youre experiencing any of the above symptoms go to your doctor and have some tests done.

Iron deficiency is much more common in women than in men. Women generally need more iron than men, especially pregnant women. Iron helps make up hemoglobin, which transports oxygen to the cells. Pregnancy increases the amount of oxygen used which increases hemoglobin production thereby increasing the need for iron. During menstruation a women loses most of her iron from the bleeding. Adults dont need as much iron as children. Because children are growing, they are constantly using nutrients to fuel their growth. Iron deficiency in a child can result in many problems as they grow up. A multivitamin containing iron can be a good choice for children who are not eating an iron rich diet.

Vegetarians need to go to extra lengths to meet their daily iron requirements, it can be done without supplements but this requires a very balanced diet. Eat plenty of green leafy vegetables, nuts and soy products. If you believe you are iron deficient, see your doctor to have some tests run.

People who are on strict diets can be in danger of iron deficiency. If youre on a diet that is low in iron, youll probably need a supplement, not only for iron but for other vitamins as well. Iron is needed to help make energy, which you will need if you plan on doing any exercise.

As you can see Iron supplements and other iron vitamins are needed by many people. Because of the side effects of iron overdose, only those with iron deficiencies should take iron supplements. Staying healthy isnt always easy, but its definitely worth the effort.

More Information

Stay away from cheap iron vitamins. If you're looking for more information see this [iron supplements](#) article.