



## Iron deficiency is very common

### We need iron for every breath.

The oxygen is bound to the iron in the red blood cells and then distributed through the bloodstream in the body.

### However, the trace element can do much more

It makes us vital and powerful, promotes concentration, keeps skin, hair and nails healthy and strengthens the immune system. However, since the body cannot produce iron itself, we have to take it in with food.

### Iron deficiency can affect the whole body:

-on the central **nervous system** and the brain due to dizziness, headache, depression, diminishing performance or difficulty concentrating

-on the cardiovascular system and the heart-lung system through cardiac arrhythmias, palpitations, tightness of the heart, shortness of breath, tiredness, exhaustion or exhaustion through anaemia



-metabolic **functions** due to muscle wasting, loss of appetite up to anorexia sometimes an iron deficiency even triggers abnormal eating cravings (e.g. Pica syndrome)

-on **skin, hair and nails** due to pallor, torn corners of the mouth, regression of mucous membranes or brittle nails

-on **reproduction** due to menstrual disorders, loss of libido or impotence

-on the **immune system** due to infectious diseases

-on **Restless Legs**

**Women are particularly at risk of developing iron deficiency or anaemia. In the majority of women of childbearing potential, iron storage tanks are not sufficiently filled and between 10 and 30% suffer from iron deficiency.**

This is mainly due to the regular loss of blood due to menstruation, but often also to an unbalanced diet.

**The amount of blood lost each month during menstruation varies from woman to woman.**

On average, it is 30 ml of blood and with them about 15 mg of iron. During menstrual bleeding, a woman needs about 2.5 mg of iron per day to recover the iron lost due to blood loss. This is relatively much, considering that although men are larger and heavier and usually eat more, they only need 1 to 1.5 mg of the trace element daily.