

BioFe™ Iron

Symptoms of Iron-Deficiency or Anemia in Adults

This checklist is to help identify the symptoms of iron deficiency. Make note of any symptoms of iron deficiency or the risk factors that apply to you. Bring this checklist to your doctor.

Symptoms and their severity can vary from person to person; some people may only have one to two symptoms or even be symptom-free (also called asymptomatic). The more risk factors, the higher the chance of an iron deficiency. Work with your health care practitioner to investigate.

Possible Symptoms

- Cold hands and feet
- Cracked corners of mouth
- Craving ice, dirt, or clay (pica)
- Dark under-eye circles
- Difficulty concentrating
- Dizziness
- Fast heartbeat, chest pain
- Hair loss
- Headaches
- Moodiness, anxiety, depression
- Muscle weakness, reduced physical stamina, tires easily
- Pale lining of eyelids
- Pale skin or lips
- Rapid breathing
- Restless legs
- Sleep issues, tiredness
- Thin, brittle, curved nails
- Reduced immunity - reoccurring flus, colds, and infections

Risk Factors

- Blood loss during childbirth
- Consuming cow or goat milk
- Digestive conditions such as Crohn's disease, celiac disease, or ulcerative colitis
- Drinking more than 2 cups of milk per day
- Frequent blood donor
- High activity level (sports)
- Internal bleeding (ulcers, polyps)
- Low iron diet, vegan, or vegetarian diet
- Menstruation, especially when heavy
- Poor iron absorption

Iron Testing

If or when you go for an iron blood test, be sure that ferritin levels are tested along with hemoglobin. Also request a copy of the test results. Many doctors will advise that the test results are normal because they are within the normal reference range; however, current reference ranges are too broad and can vary between laboratories leaving iron deficiency undiagnosed.

Remember that your health will be impacted long before iron deficiency anemia is diagnosed. Iron is so important for our health that women with 2 or more risk factors should supplement daily with iron to help prevent iron deficiency. While it is rare for men to be iron deficient, men who do not eat meat and are very athletic are at an increased risk and should have levels tested.