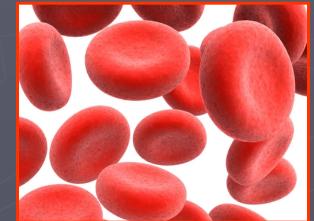
Iron (Importance of Ferritin)

- ► Athletic Induced Anemia = Low Ferritin.
- ► Ferritin is the iron stores in your body.
- Ferritin should be checked at least 2-3 times per year.
- ► 1-20 is really bad!
- ► 21-30 is bad
- ► 31-40 is ok
- ► 41-70 is good
- ► 71-100 is great



- It takes 3-6 months of really pumping in iron to get back to normal once anemic.
- ► Athletes need to take Iron regularly.
- This issue is a season killer!