

# 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!

