**In some children and adults, iron deficiency can cause:**

* Low energy
* Developmental delay
* Behavior or mood problems
* Increased heart rate
* Sleep problems or restless legs
* Pale skin
* Desire to eat peculiar substances such as dirt or ice (a condition called pica)
* Hair loss

**Ways to increase iron stores:**

* Iron supplements
  + Brush teeth afterwards to prevent staining (if taking liquid iron)
  + Hemoglobin/Hematocrit should start to improve in 4 weeks after starting supplements
* Iron-rich foods
  + Cereal, oatmeal, whole grain bread
  + Meat - especially red meat (beef), but also poultry (dark meat) and fish (especially shellfish such as clams, mussels, and oysters)
  + Beans, peas, leafy green veggies (spinach, kale, collard greens), prune juice, sweet potatoes
  + Egg yolk, tofu and soybeans, lentils, peanut butter, prunes/raisins, blackstrap molasses

**Iron supplements for low iron levels**:

* NovaFerrum 50 (Polysaccharide iron complex) contains 50 mg elemental iron per tablet
* Ferrous sulfate such as Feosol 325 mg tablet (contains 65 mg elemental iron per tablet)

**Low dose maintenance iron supplements**:

* Whole Foods Iron 18mg
* Nature Made Multi-Complete Iron (18mg elemental iron)
* One A Day Energy (has 9 mg)
* Vitamin Friends Adult Iron gummy (10mg)

**Iron administration**

* Do not give iron with food - especially avoid calcium-containing foods and beverages (milk), calcium supplements, cereals, dietary fiber, tea, coffee, and eggs.
* Iron should be given two hours before, or four hours after, ingestion of antacids.

**Potential Side effects**: metallic taste, teeth staining, nausea, gassiness, constipation, diarrhea, abdominal pain, black/green or tarry stools.