AgelessCoach
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Current guidance
NIH ODS · MedlinePlus · Office on Women's Health

The Gentle Iron Plan

Four steps, one of them a test. Print it, keep it at the pharmacy.

45
MG · THE ADULT DAILY UPPER LIMIT FOR IRON

1 Confirm you are actually low first

A blood test, not a guess, comes first

- [ ] **Ask** for an iron and ferritin blood panel before buying any iron.
- [ ] **Know** low iron is common with heavy periods, pregnancy and blood donation.
- [ ] **Rule out** other causes of fatigue, which overlap with low iron.
- [ ] **Do not** self-treat with iron you may not need; it can build up.

2 Learn why the pill turns your stomach

Dose, form and empty stomach, not the mineral

- [ ] **Blame** the high dose: big amounts of iron irritate the gut, ODS notes.
- [ ] **Empty stomach** makes nausea and cramping worse; a little food helps.
- [ ] **Standard pills** use a cheap high-dose form; that is where misery starts.
- [ ] **Pair** iron with vitamin C to aid absorption and soften the hit.

3 Take it so it works, not against you

Timing and pairing decide how much you keep

- [ ] **Separate** iron from calcium, coffee and tea, which block absorption.
- [ ] **Space** it from antacids and acid-reducing medicines.
- [ ] **Keep going** for months; stores refill long after energy returns.
- [ ] **Stay under** the adult daily upper limit of 45 mg from all sources.

Iron often lifts tiredness within about six weeks, but keep taking it for months to refill your body's stores.

4 Pick a gentle, well absorbed iron

A lower, better-absorbed dose you tolerate

- [ ] **Choose** a lower elemental dose in a well-absorbed form of iron.
- [ ] **Take** it with a little food and vitamin C, away from coffee.
- [ ] **Confirm** you are low first, then stick with it for months.

THE BOTTLE WE'D BUY

MegaFood Blood Builder

A gentle 26 mg of iron as bisglycinate, with vitamin C and B12, shown in an 8-week study to raise iron without nausea or constipation. About 40 cents a day.

Shop Blood Builder →

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