AgelessCoach™
AGE STRONG. LIVE LONG.

The Fatigue Checklist

Four steps, every box checkable. The first three cost nothing.

45 MG · THE DAILY IRON CEILING FROM FOOD AND SUPPLEMENTS

CHECKED AGAINST
NIH NCCIH · NIH ODS · MEDLINEPLUS · CDC

1 COUNT YOUR SLEEP HOURS, THEN JUDGE THE QUALITY

- ○ **Seven nights logged:** bed time, wake time, every wake-up in between.
- ○ **Quality tells:** slow to fall asleep, repeated waking, tired after a full night.
- ○ Hours slept _____ · Times woken _____

2 ASK FOR THE BLOOD TESTS THAT EXPLAIN FATIGUE

- ○ **Ask for:** anemia and iron, thyroid function, blood sugar, inflammation.
- ○ **Usually added:** kidney function, liver function, urinalysis.
- ○ **Do not self-treat iron.** High doses upset the stomach and cut zinc absorption.

3 READ THE LABEL ON EVERY MEDICINE YOU TAKE

- ○ **Common culprits:** antihistamines, blood pressure medicines, sleeping pills.
- ○ **Also:** steroids, diuretics, sedatives, antidepressants, alcohol.
- ○ **Never stop or change a dose yourself.** Take the list to your prescriber.

4 ONLY THEN, TEST ONE THING FOR FOUR WEEKS

- ○ **One variable at a time,** with the free three already done.
- ○ **End-date it.** Four weeks, judged honestly, stopped if nothing changed.
- ○ **Safety window:** rhodiola is possibly safe for up to 12 weeks, not forever.

THE ORDER THAT WORKS

Sleep hours and quality	**FIRST**
Blood panel	**SECOND**
Medicine review	**THIRD**
Adaptogen capsule	**LAST**
Coffee as the fix	**NO**

BOOK THE APPOINTMENT WHEN

Tiredness comes with fever, unintended weight loss, night sweats, or will not lift with rest and food.

BEYOND THE CAPSULE · YOUR NUMBERS, YOUR FOOD, YOUR WHY

IRON YOU NEED EACH DAY *- circle your row*

GROUP	IRON A DAY
Men 19 and older	8 mg
Women 19-50	18 mg
Women 51 and older	8 mg
Teen girls 14-18	15 mg
Pregnant, any age	27 mg

These are daily targets from food and supplements together. The 45 mg above is an upper limit, not a goal, and it counts every source at once. NIH ODS.

IRON ON THE PLATE *- per serving, USDA figures*

Fortified breakfast cereal	1 serving	**18 mg**
Oysters, cooked	3 oz	**8 mg**
White beans, canned	1 cup	**8 mg**
Lentils, boiled	1/2 cup	**3 mg**
Spinach, boiled	1/2 cup	**3 mg**
Firm tofu	1/2 cup	**3 mg**

Vitamin C at the same meal lifts absorption from plant sources. Iron from food alone almost never pushes anyone near the ceiling.

WHAT IRON ACTUALLY RUNS *- why the blood test comes first*

- ✓ Makes hemoglobin in red blood cells
- ✓ Carries oxygen from lungs to tissues
- ✓ Makes myoglobin, which supplies muscle
- ✓ Supports muscle metabolism
- ✓ Needed for growth and development
- ✓ Needed to make some hormones

When stored iron runs down, blood carries less oxygen, and tiredness plus poor concentration are the first things people notice. NIH ODS.