

Iron Rx

The following steps will help you optimize your ferritin levels safely and effectively so you can feel your best.

01

Signs and symptoms of iron deficiency

Fatigue, dizziness, shortness of breath, increased heart rate, lump in throat, sore tongue, anxiety, lack of motivation.

02

Testing

- CBC
- Ferritin
- Iron
- TIBC
- Transferrin Saturation
- B12
- Folate

You can order tests at <https://www.ultalabtests.com/drwholeness>

Timing of testing:

- Morning
- Fasting
- Well-hydrated
- Before heavy exertion (at least a 12-hour window after a workout)
- Not acutely sick

03

Review iron tests

- Ferritin is the most important value and the gold standard in assessing iron status.
- Ferritin under 50 in most cases is a sign that supplementation is needed. Rx - One dose of two capsules per day.

04

Supplement accordingly with Blood Vitality

How to take Blood Vitality:

- Away from exercise, dairy, coffee, black tea, calcium supplements
- Lifestyle adjustments - eat high iron foods, mix high vitamin C foods with high iron foods

05

Enjoy a decrease in symptoms

Retest 1 month after starting supplementation.

- CBC
- Ferritin
- TIBC
- Iron
- Transferrin saturation

Adjust supplementation as needed, Retest again at 6 months.

06

Maintenance

After a 6-month follow-up blood test, you should be able to tell what dose you will need to maintain optimal iron levels.