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Iron is important for healthy brain development and growth in children, and for the normal production and function of various cells and hormones. Iron from food comes in two forms: heme and non-heme. ... Jul 25, 2024 · Iron is a key component to making sure that your body has oxygen-rich blood. That's important for your brain, immune system and more. Sep 20, 2025 · Iron-rich foods include meat, eggs, leafy green vegetables and ready-made foods that have iron added to them. Infants and children need to get enough iron from their diets too. Chemically, the most common oxidation states of iron are iron (II) and iron (III). Iron shares many properties with other transition metals, including the other group 8 elements, ruthenium and osmium. ...

Iron helps red blood cells carry oxygen from the lungs to cells all over the body. Iron also plays a role in many important functions in the body. People commonly use iron for preventing and... Iron is a mineral that is naturally present in many foods, added to some food products, and available as a dietary supplement. Iron is an essential component of hemoglobin, an erythrocyte (red blood cell) ... 2 days ago · Iron supplement benefits include anemia prevention and management, prevention of fatigue, improved athletic performance, hair growth, and more. Jan 14, 2026 · Iron is an important mineral that your body needs to make hemoglobin, a protein in red blood cells. Red blood cells help carry oxygen throughout your body. You get iron from certain foods, ... Apr 22, 2026 · Iron makes

up 5 percent of Earth's crust and is second to aluminum in abundance among the metals. Because it is the chief constituent of Earth's core, iron is the most abundant element in ... Iron-rich foods are an essential part of any balanced diet. Know which foods are high in iron so you can add them to your favorite recipes.

9 Benefits of Iron Supplements That Go Beyond Anemia

Iron - Uses, Side Effects, and More - WebMD

Iron - Health Professional Fact Sheet - Office of Dietary Supplements

Iron | Element, Chemical Formula, Chemical Name, Atomic Mass, ...

Iron - Wikipedia

Iron deficiency anemia - Symptoms & causes - Mayo Clinic

Iron: What It Is and Health Benefits

Iron - The Nutrition Source

10 Iron-Packed Foods for Combating Anemia

and Supporting Good ...

Iron Nutrient Overview: The Role It Plays in Our Health

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