

ARE YOU GETTING ENOUGH IRON?

Here are 5 top tips on how to ensure you are getting sufficient iron as an athlete:

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1

Eat iron-rich foods: One of the easiest ways to increase your iron intake is to incorporate iron-rich foods into your diet. These include lean red meat, poultry, fish, legumes, nuts, and dark leafy greens like spinach and kale.

2

Pair iron-rich foods with vitamin C: Vitamin C can help increase the absorption of iron in the body. Pairing iron-rich foods with vitamin C-rich foods like citrus fruits, berries, and bell peppers can help maximize your iron intake.

3

Consider an iron supplement: If you struggle to meet your iron needs through diet alone, consider taking an iron supplement. Active Iron is a great option, as its unique formula allows for maximum absorption whilst helping to avoid the common gastrointestinal side effects.

4

Avoid drinking tea or coffee with meals: Tea and coffee contain compounds that can inhibit the absorption of iron in the body. To maximize your iron intake, avoid drinking tea or coffee with meals.

5

Get regular blood tests: Iron deficiency is a common issue for athletes and exercisers, so it's important to get regular blood tests to monitor your iron levels. This can help you identify any potential issues early on and make adjustments to your diet or supplement routine as needed.

Active Iron is the only iron supplement that is clinically proven:

- 2X better absorption of iron sulfate¹
- Helps avoid the common side effects of iron²
- Increases iron and resulting energy levels²



¹Wang et al. 2017, Acta Haematologica, 138: 223-232. ²Ledwidge et al. 2021. Data on file.