



Ferritin Blood Test
TEST RESULT

Test result Iron

Name
Jane Blogs

Sample Number
ABC123

Report Date
30/09/2019

Birth date
30/09/1987



Your test result

The ferritin level in your capillary blood is **120 ng/ml**.

Ferritin concentration is also indicated partly in units of ug/l. The conversion formula is 1 ng/ml = 1 ug/l

Your iron supply is in the optimum range. You should try to keep your ferritin level permanently in this range.

- < 20 ng/ml: low ferritin levels, possible long-term iron deficiency
- 20–400 ng/ml: sufficient iron reserves
- 400 ng/ml or more: increased ferritin levels, long-term overload of iron stores

Optimising ferritin levels

In order to maintain this level, we recommend that you continue to ensure that your iron supply is adapted to your situation and your individual needs.

[More information can be found in our health article.](#)

Frequently Asked Questions

Why does the body need iron? _____ ^

Amongst other things, iron is needed to form blood and transport oxygen to the cells of the body. In addition, it is important for the immune system and energy metabolism.

[You can find more information on the function of iron here.](#)

How much iron does the body need? _____ ^

According to the German Nutrition Association (DGE), the recommended daily intake of iron for men is 10 mg. Women have an increased need due to menstruation, and should therefore take 15 mg.

You can read further recommendations for children, pregnant women and nursing mothers here:

When is the demand for iron increased? _____ ^

In principle, iron deficiency can occur in anyone and at any age if there is inadequate intake, resorption disorder or haemorrhage. Risk groups for deficiency are: Women, pregnant women, nursing mothers, the elderly, newborns and children, vegetarians and vegans, as well as athletes.

You can find more information on risk groups here.

Is too much iron dangerous for my body? _____ ^

Since the body has no regulatory mechanisms to break down and flush out excess iron, so-called iron overload can occur. This leads to liver damage, damage to the pancreas and the heart muscle and, if not treated medically, is life-threatening. It is therefore not advisable to take iron as self-medication and without relevant laboratory tests.

You can read about the consequences of excess iron here.

What are they symptoms of iron deficiency? _____ ^

Early symptoms include hair loss, brittle nails and cracks at the corners of the mouth. Later, symptoms such as tiredness, paleness, headache, weakness, and respiratory distress appear. If iron deficiency persists, it leads to iron deficiency anaemia. At this point, it is essential to consult a doctor and discuss further treatment.

You can find detailed information on the symptoms here.

Which foods contain iron? _____ ^

Meat, offal and hen's eggs are good sources of iron. Vegetable sources such as legumes and cereals also contain a large amount of iron.

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Is there a difference between vegetable and animal sources of iron? _____ ^

Iron from animal sources (haem iron) can be directly used by the human body, while iron from vegetable sources (non-haem iron) must first be converted by the body into a utilisable form. In this process, a large portion of the iron is lost. Therefore, iron from animal sources is richer than iron from plant sources.¹

How can iron be increased? _____ ^

As well as absorbing iron through food to increase iron levels and to fill the store, both over-the-counter and prescription iron supplements can be taken.

What can be done if iron levels are too low? _____ ^

If the level of ferritin is greatly reduced, or if there are difficulties absorbing iron in the intestine, one option is to receive an injection or infusion from a doctor.

You can find more information on iron replacement therapy here.

Which factors reduce iron absorption? _____ ^

Calcium salts (in dairy products) and lignin, as well as phytates (in whole grains) may inhibit iron absorption. Spinach, beetroot, rhubarb and cocoa contain so-called oxalic acid, which also leads to poorer iron absorption. Phosphate (in cola), polyphenols (in tea and coffee) and salicylate (in aspirin) also belong to the 'anti-nutrients' category.

You can find some tips for improving iron absorption here.



If you have further questions about your test results, please don't hesitate to contact us.

Contact us by email at:
help@cerascreen.com

We don't leave you alone with your test results and support you on your way towards a symptom-free future. Your Cerascreen Team

References

¹ Schek, A.: Ernährungslehre kompakt: Kompendium der Ernährungslehre für Studierende der Ernährungswissenschaft, Medizin und Naturwissenschaften und zur Ausbildung von Ernährungsfachkräften: mit mehr als 220 Übungsaufgaben und Original-Klausurfragen (Lösungen als Download im Internet). Umschau Zeitschriftenverlag, Sulzbach im Taunus (2013).

² Schuchardt, J. P., Hahn, A.: Ernährungsumschau, S. 538-549, (2010).