



## Ways to Lower Your Ferritin

*Serum ferritin can be elevated with pernicious anemia, iron overload or if inflammation is present (infection or chronic disease can cause inflammation.)*

*A person can have elevated SF but be anemic (low hemoglobin)*

Consume with meals: beverages and foods such as coffee, tea, high fiber, eggs, chocolate, dairy or calcium supplements (if recommended by your healthcare provider)

Choose white meats: turkey, chicken, pork, or white tuna.  
Eat freely of fresh vegetables but limit sugary fruits or fruit juices especially those enriched with vitamin C.

Donate blood or get phlebotomies (blood donation supervised by your primary care physician.)

If you are anemic (low hemoglobin) but have an elevated ferritin, you may need iron chelation therapy. This type of chelation is especially designed to remove iron.. You must seek advice from a medical doctor for this type of iron reduction. Download reference materials from our website about iron overload with anemia [www.irondisorders.org](http://www.irondisorders.org)