



## Ways to Boost Your Ferritin

*Serum Ferritin(SF) will be low if you are iron deficient. SF can be elevated if inflammation is present (infection or chronic disease can cause inflammation). SF can distinguish between iron deficiency and anemia caused by inflammation.*

Two hours BEFORE a "Meat Meal" AVOID coffee, tea, high fiber, eggs, chocolate, dairy or calcium supplements

"Meat Meal" is lean, red meat: beef, venison, lamb. Eat with a leafy green salad and vitamin C rich food such as juice: (tomato or vegetable juice or orange juice) Take iron supplements\* with this meal.

Two hours AFTER a "Meat Meal" AVOID coffee, tea, high fiber, eggs, chocolate, dairy or calcium supplements

*\*iron supplementation should be discussed with your healthcare provider who can decide with you which product is best for you.*