

Do Iron Supplements Give You Energy?



Our bodies need several nutrients to stay healthy and fit. Iron is one of the essential nutrients that play many important body functions. It is a part of hemoglobin that supplies oxygen to every corner of the body. Its deficiency can cause fatigue and anemia. People with low levels of Iron often move to Iron supplements but do Iron supplements give you energy?

Let's have a look.

Are Iron supplements beneficial?

People with iron deficiency mostly feel a lack of energy. When such people take Iron supplements according to the doctor's advice, they feel more energetic. It shows that iron supplements give energy.

The always-tired person is now a jumping kangaroo! (Pun intended). Iron supplements balance the iron levels in the blood as well as those stored in the liver. Adequate levels of it, boost immune health. It also aids in concentrating.

How much Iron does a person require to be healthy?

The amount of Iron intake varies depending on age and gender. The daily Iron requirement of child-bearing women is 14.8mg. A pregnant woman needs almost 30 mg of Iron. Whereas, both men and post-menopausal women require 8.7mg of iron daily.

It is important to meet these requirements by eating a balanced diet. If not done so, obviously, you'll have to take Iron supplements. Remember, supplements can never be like the iron ingested through natural means like a balanced diet.

How to know if Iron supplements are working?

To know if your Iron supplements are working, just notice;

1. Do you feel energetic?
2. Are you concentrating more on the tasks you do?
3. Is your immune system preventing you from diseases?

If the answer is YES then congratulation. You are taking the right supplements.

Alternative foods to get Iron naturally

We are ending this blog with a list of a few iron-rich foods. Include them in your diet and fight iron deficiency naturally. Here we go:

1. Spinach

Spinach is a good source of iron and other nutrients. One gram of it in raw form has 2.7mg of Iron.

2. Liver

Another excellent source of iron is the liver. One gram of beef liver contains 6.5 mg of Iron.

3. Lentils

A cup of these edible legumes provides 6.6 mg of iron.

4. Black beans

Black beans are also a member of the legume family. Eighty-six grams of black beans hold 10 grams of iron for the eater.

5. Pumpkin seeds

Pumpkin seeds are a part of several drinks, desserts, and snacks. Twenty-eight grams of them have 2.5mg of iron.

So, take maximum advantage of these healthy alternatives.

Wrapping Up

Do Iron supplements give you energy? Well, here is your answer. Iron supplements remove fatigue and make you feel energetic. They prevent iron deficiency but have side effects too. Therefore, the most preferred way of iron intake is through consuming iron-rich natural foods.