



Amanda Lowry

Your test results

Iron Check

Summary

Congratulations on taking the Iron Check which puts you in control of your health data!



i-screen

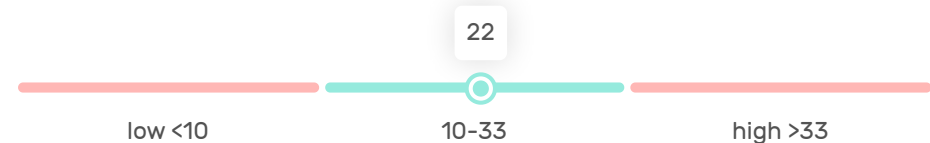
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Iron Studies

Your ferritin levels are below the normal range, which may indicate iron deficiency. During reproductive years iron deficiency in women is usually due to heavy menstrual losses. Consider following up on this result with your GP.

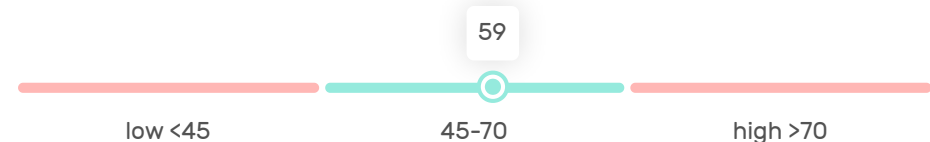
Iron 22 umol/L

An essential trace element is necessary for forming healthy red blood cells and for some enzymes.



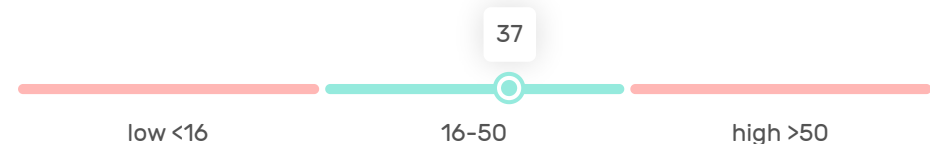
Transferrin 59 umol/L

A protein that binds iron and transports it around the body (also known as TIBC). High levels indicate iron deficiency.



Transferrin Saturation 37 %

Low levels typically indicate iron deficiency, and high levels can indicate iron overload.



Ferritin 19 ug/L

Ferritin is a marker of iron stores in the body, and is used to assess iron status. Low levels can indicate iron deficiency, which is a common nutritional deficiency that can lead to anaemia, fatigue, and impaired immune function.



Recommendations

Check in with your GP



As always, please visit your GP to discuss your results. Laboratory investigations are an important aspect of healthcare, however they must be viewed in the wider context of your medical history, current health and concerns, physical examination findings and other investigations. These results do not replace the need for face to face medical consultation or regular visits to your local GP. A copy of your lab report is attached for your reference.

Optimise your iron



Your ferritin levels may indicate an iron deficiency. Some signs that your body is low in iron include feelings of weakness, tiredness and dizziness. Iron deficiency can result in a drop in haemoglobin levels (the protein in your blood that carries oxygen). Consider increasing the amount of iron rich food in your diet. Iron-rich food sources include meats, eggs, green leafy vegetables, (such as spinach, collard greens and kale), wheat germ, whole grain breads, cereals and raisins. Follow up on this result with your GP in the first instance is recommended.

Check in with your GP



As always, please visit your GP to discuss your results. Laboratory investigations are an important aspect of healthcare. However, they must be viewed in the wider context of your medical history, current health and concerns, physical examination findings and other investigations. These results do not replace the need for face to face medical consultation or regular visits to your local GP. If you have a medical condition or take regular medication, it is important to speak to your medical practitioner before making significant changes to your diet or taking supplements. A copy of your lab report is attached for your reference.