Iron is an essential nutrient for your body, which you get from your food. It is needed for you mental and physical health and to keep your energy levels up. Sometimes your body’s demands for iron can outstrip supply, this can lead to iron deficiency. Iron deficiency symptoms often include fatigue, diziness, and shortness of breath.  

**Mental Fatigue**
Feeling mentally tired, irritable, dizzy or losing concentration quickly.  

**Hearing Loss**
Difficulty with hearing or sudden hearing loss.  

**Mouth Ulcers**
Sore, white patches on the inside of mouth or sore, red, flaky cracks at one or both sides of mouth.  

**Craving for Ice**
Compulsively and repeatedly chewing on ice.  

**Infection**
May cause more infections than usual, such as coughs and colds.  

**Shortness of Breath**
Reduced physical capacity.  

**Craving Non-Food**
Cravings to eat ice or non-food items such as clay, dirt, ash and starch.  

**Restless Legs**
A disturbing need to move legs even when resting.  

**Hair Loss**
Losing clumps of hair or more hair than normal.  

**Headaches**
Repeated headaches.  

**Sore Tongue**
Affects the surface of the tongue making it feel sore or give dry mouth.  

**Prickliness**
Most noticeable on the face, nails, inner mouth, and lining of eyes.  

**Physical Fatigue**
Feeling physically tired.  

**Brittle Nails**
Chip and crack easily.  

**Easy Bruising**
Unexplained blood spots under the skin.  

**Cold Intolerance**
Cold hands and/or feet may mean that there is not enough oxygen being delivered in the blood.  

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