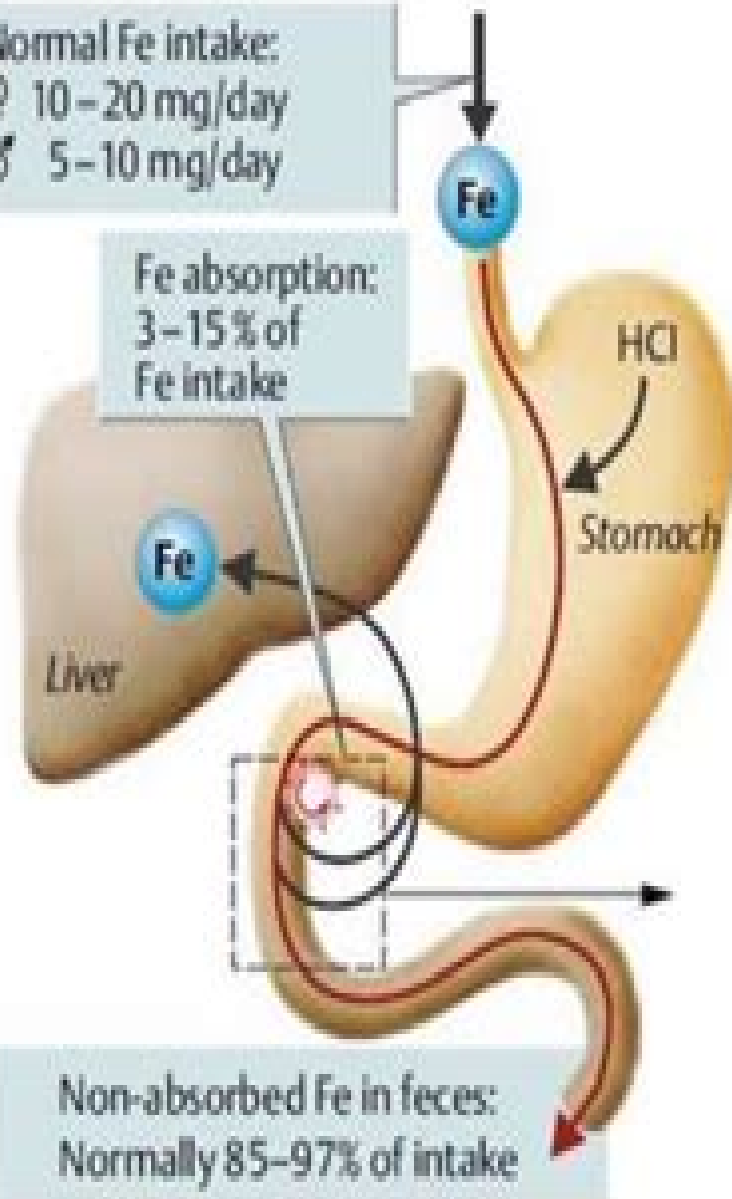


Iron intake and metabolism

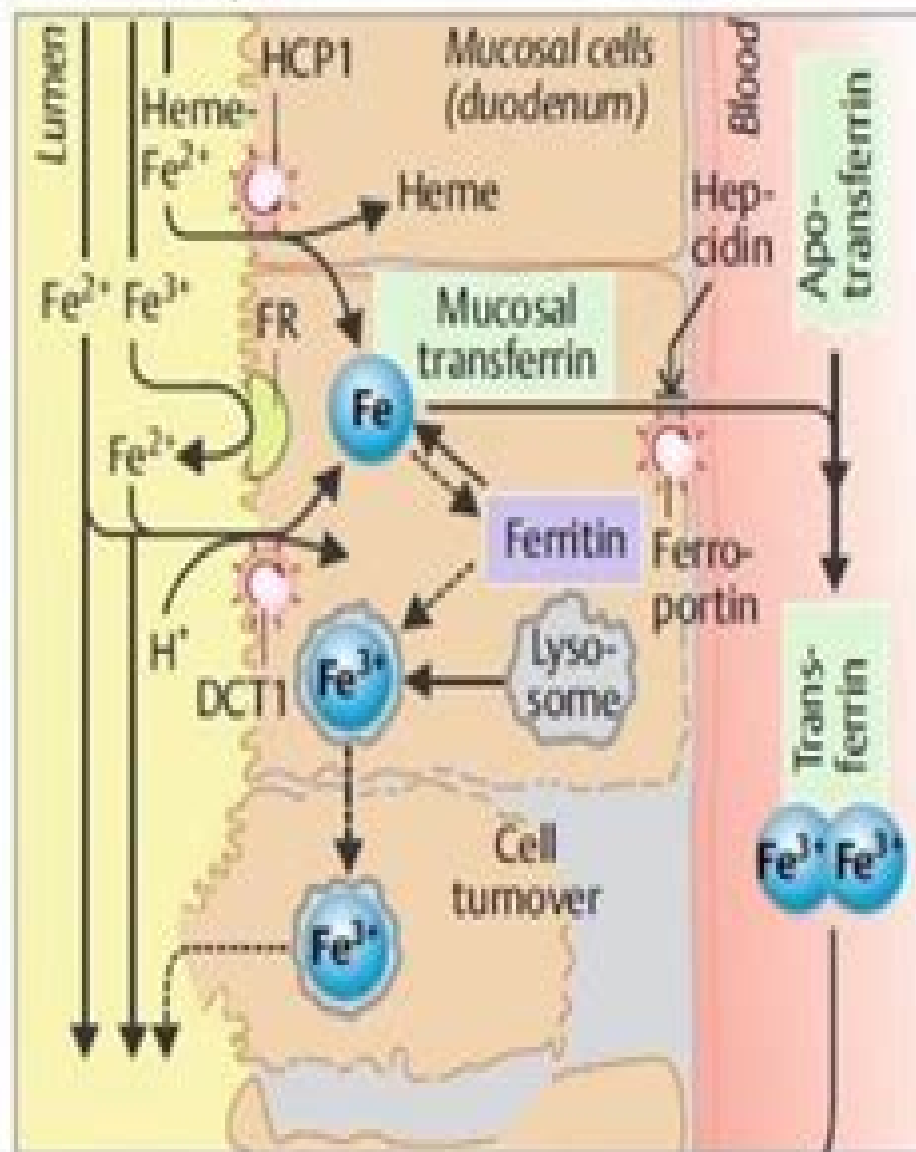
1 Iron intake

Normal Fe intake:
♀ 10–20 mg/day
♂ 5–10 mg/day

Fe absorption:
3–15% of
Fe intake



2 Fe absorption



Iron Absorbtion Manual Guide

SA Dillow



Iron Absorbtion Manual Guide:

Decoding **Iron Absorbtion Manual Guide**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Iron Absorbtion Manual Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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