

**Critical Ferritin Levels at which
Chronic Anemia passes over to Acute Anemia:**

Ferritin below 50 ng/mL

Optimum Value of Ferritin for Females = 200 ng/mL

Optimum Value of Ferritin for Males = 250 ng/mL

**Therapeutic dose of Intracellular Organic Iron required to be given to correct
Ferritin levels below 50 ng/mL:**

**100 mg Elemental Iron with other supporting Nutrients when orally delivered at
Intracellular levels, bid, for **minimum of six months** will help to raise Ferritin above
100 ng/mL.**

**Around this time please do a CBC, Serum Iron and Ferritin Test after discontinuing
all Iron supplements for a **minimum period of 7 days**.**

**Continue Iron supplements thereafter till Ferritin reaches Optimum levels given
above.**

***Serum ferritin concentrations of 70 ng/mL or greater are required to stop hair fall,
while 100ng/mL or greater are required to promote hair regrowth.***

Anemia results in poor memory retention and recall; poor concentration and cognitive skill; impairs the decision making process; and results in poor energy levels throughout the day that do not recoup even after a good night's sleep.

For the full paper on Dietary Anemia please visit: <http://www.space-age.com/DietaryAnemia.pdf>