

Chronic & Acute Anemia

Anemia Profile - Females			
	Hemoglobin	* Serum Iron	** Ferritin
Standard Reference Range	11.5 to 15.0 g/dL	43 to 150 µg/dL	10 to 291 ng/mL
Optimum Value	14.5 g/dL	100 µg/dL	200 ng/mL
Anemia Profile - Males			
Standard Reference Range	12.5 to 17.0 g/dL	43 to 150 µg/dL	10 to 350 ng/mL
Optimum Value	16.5 g/dL	100 µg/dL	250 ng/mL
Note:			
* Ensure Optimum Values of Creatinine at 0.8 mg/dL and Serum Uric Acid at 4.0 mg/dL. Serum Iron levels tend to show falsely elevated values in case of some kidney insufficiency.			
** Optimum Value of Ferritin is determined after optimizing serum B ₁₂ levels to ≈ 800 pg/mL. Poor levels of B ₁₂ (typically in the 200 to 400 pg/mL range) tend to show falsely elevated values of Ferritin which can be quite misleading.			

Serum Ferritin

Serum ferritin concentrations of 70 ng/mL or greater are required to stop hair fall, while 100 ng/mL or greater are required to stop greying hair and promote hair regrowth. Ferritin typically below 100 ng/mL is classified as chronic Anemia.

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

Ferritin typically 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 below critical levels of Ferritin to 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 Values given above.

Do not use prophylactic doses of Iron designed to work at serum levels to correct Ferritin levels. These formulations, typically containing Ferrous Sulfate, are not designed to penetrate intracellular spaces to correct Ferritin Values.

Calcium interferes with absorption of iron. Calcium supplements or high intake of dairy products which are a rich source of calcium can cause iron deficiency anemia.

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