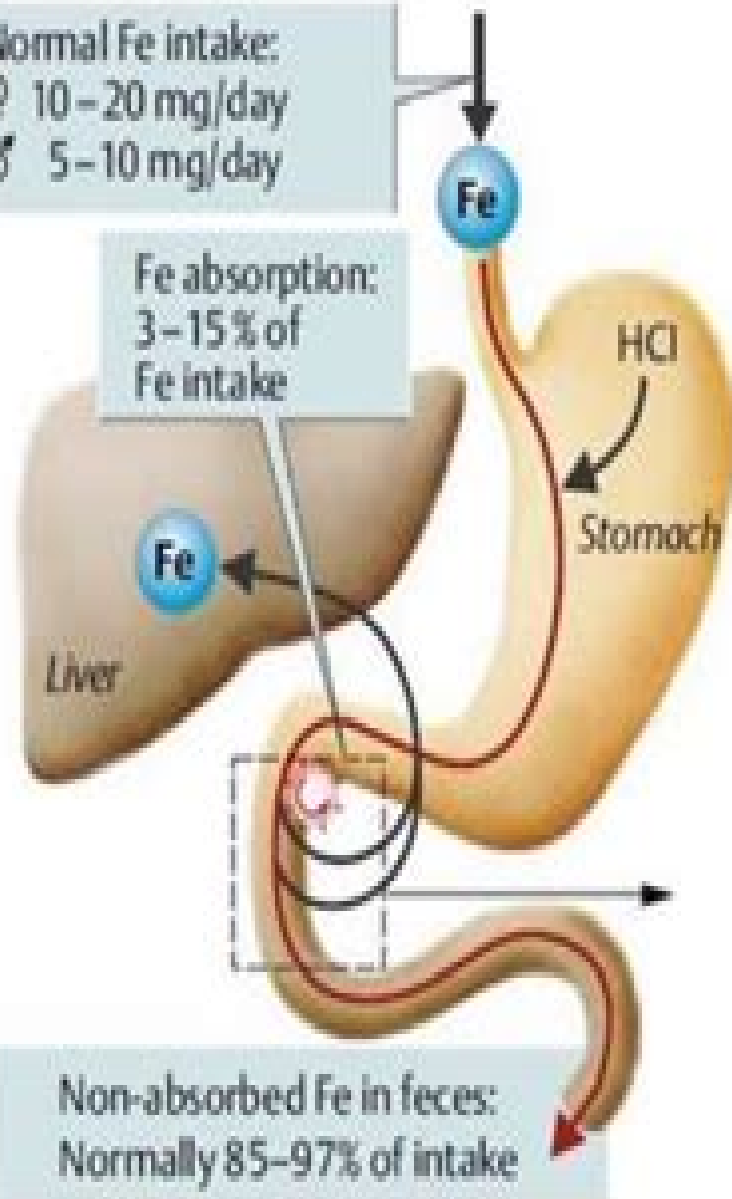


Iron intake and metabolism

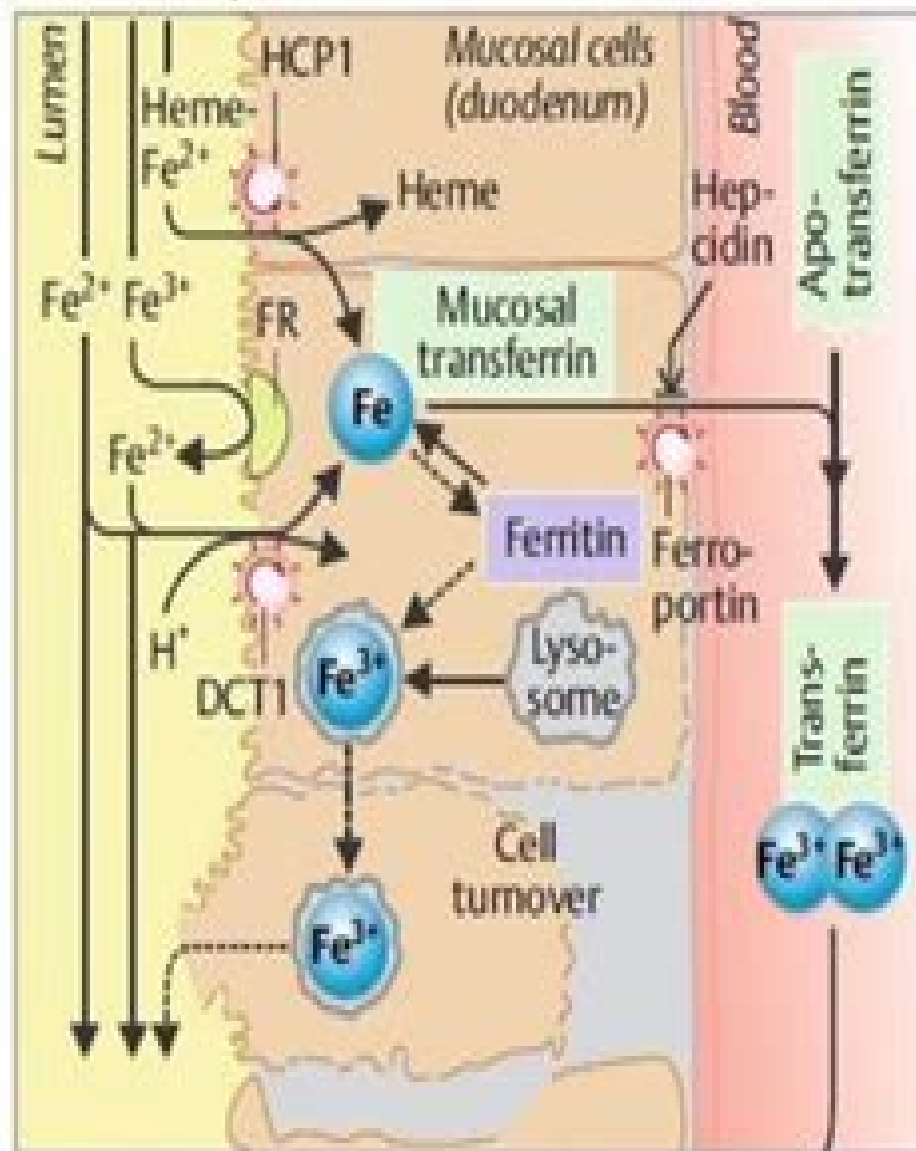
1 Iron intake

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

Fe absorption:
3–15% of
Fe intake



2 Fe absorption



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ML Morrison

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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