

IRON DEFICIENCY DOESN'T ALWAYS SHOUT – IT WHISPERS.



Fatigue, brain fog, dizziness—these symptoms are easy to brush off as stress or poor sleep. But if your body isn't getting (or absorbing) enough iron, the effects can build quietly, impacting your energy, focus, and even your immune system. Use the checklist below to see if low iron could be behind how you're feeling.

COULD LOW IRON BE AFFECTING YOU?

Check off any symptoms you've experienced in the past few weeks:

- Fatigue or constant tiredness
- Difficulty concentrating ("brain fog")
- Hair thinning or hair loss
- Shortness of breath, even with mild activity
- Pale or sallow skin
- Dizziness or light-headedness
- Headaches
- Cold hands and feet
- Indented or "spoon-shaped" nails
- Weakness or lack of stamina
- Feeling easily irritable



IF YOU CHECKED MULTIPLE BOXES:

You may be dealing with iron deficiency. Speak with your pharmacist or healthcare provider about iron testing, and whether an over-the-counter solution like Hemaforte 1[®] could help.