

# Anemia Iron Level Range Chart

Patient information	
Name:	Date of birth:
Healthcare provider:	Date of test:
Iron levels	Interpretation
< X (Lowest)	Indicated iron deficiency anemia
X – Y (Normal range)	Healthy iron levels
Y – Z (Borderline range)	Potential iron deficiency
> Z	Indicated iron overload or hemochromatosis
Interpretation guide	

- Lower range (< X):**

Indicated insufficient iron levels leading to Iron Deficiency Anemia, may require supplementation or dietary changes.

- Normal range (X – Y):**

Represents healthy iron levels, typically ideal for optimal health.

- Borderline range (Y – Z):**

Suggests potential iron deficiency; consider further evaluation or dietary adjustments.

- High range (> Z):**

Indicated elevated iron levels possibly signaling Iron Overload or Hemochromatosis, requiring medical attention.

Iron level parameters	
<ul style="list-style-type: none"><li><b>Normal range:</b> 70 – 150 micrograms per deciliter (mcg/dL)</li><li><b>Borderline range:</b> 40 – 69 mcg/dL</li><li><b>Anemia range:</b> Below 40 mcg/dL</li></ul>	
Interpretation of results	
Iron levels:	
Interpretation:	

**Recommendations**

Based on your iron levels, the following recommendations are provided:

Provider's signature:

Date:

Patient's signature:

Date: