

# Anemia Iron Level Range Chart

## Patient Information:

- **Name:**
  - **Date of Birth:**
  - **Date of Test:**
  - **Healthcare Provider:**
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Iron Levels	Interpretation
< X (Lowest Range)	Indicates Iron Deficiency Anemia
X - Y (Normal Range)	Healthy Iron Levels
Y - Z (Borderline Range)	Potential Iron Deficiency
> Z (High Range)	Indicates Iron Overload or Hemochromatosis

## Interpretation Guide:

- **Lowest Range (< X):** Indicates 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):** Indicates elevated iron levels possibly signaling Iron Overload or Hemochromatosis, requiring medical attention.

## Iron Level Parameters

- **Normal Range:** 70 - 150 micrograms per deciliter (mcg/dL)
  - **Borderline Range:** 40 - 69 mcg/dL
  - **Anemia Range:** Below 40 mcg/dL
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**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:* \_\_\_\_\_