



## Nutritional Supplements What you need to know IRON

Most athletes who consume enough calories from a variety of foods through out their day DO NOT need nutritional supplements.

However, on occasion athletes may find that due to dietary preferences or limitations, medical issues and at times training demands, a well made, NCAA compliant nutritional supplement will help until dietary changes can occur. Iron is one such nutrient that can become deficient predominantly in women; however some males can end up iron deficient as well. Iron deficiency will limit training and performance and make you feel fatigued.

### **Iron:**

- Female athletes who have regular periods and who do not consume adequate high iron foods may need an iron supplement.
- OSU checks iron status on all freshman and sophomore female athletes as a part of team participation evaluations.
- If iron status requires a supplement your athletic trainer will let you know
- Taking iron in supplement form when you do not need it can increase your risk of toxicity.
- A good multivitamin (women's 1-a-Day, Kirkland, Centrum) will supply plenty of daily iron when they are used as a part of a good diet in athletes seeking to maintain strong iron status and stores.

Check out [this link for a list of high iron foods or example high iron diets](#)  
Iron levels are most often low due to an inadequate diet

### **GUYS:**

- Males are much more susceptible to iron toxicity (too much iron in your blood)
- Avoid supplements that contain iron. Choose one made for me
- Keep in mind that the sports or energy bars, breads, crackers, protein supplements, and all meats you consume are high in iron already.