

Ferritin Tracking Sheet

Iron level monitoring — track ferritin, hemoglobin, and iron panel over time

WHY FERRITIN MATTERS

Ferritin is the stored form of iron in your body. It is the best early warning sign of iron deficiency — it drops before your hemoglobin or CBC shows anemia.

- Ferritin goal: many clinicians prefer 50–100+ ng/mL for optimal energy (Lab 'normal' may be as low as 12 ng/mL — that is not optimal for most people)
- Low ferritin symptoms: fatigue, hair thinning, brittle nails, restless legs, feeling cold, shortness of breath, brain fog, poor exercise tolerance

Note: Ferritin is also an inflammation marker. It can rise during infection or inflammatory conditions — giving a falsely reassuring 'normal' reading.

LAB RESULTS TRACKER

Date: _____ Ferritin: _____ Hemoglobin: _____ Iron: _____
TIBC: _____ Transferrin Sat: _____ % Notes: _____

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SUPPLEMENT & DIET LOG

Iron supplement (if taking): _____ Dose: _____
How long on supplement: _____ Retest date: _____

Iron-rich foods I'm eating regularly:

- Animal sources (higher absorption): red meat, liver, oysters, sardines
- Plant sources (lower absorption): lentils, beans, tofu, spinach, fortified cereals

Absorption tips:

- Take iron supplement with Vitamin C to enhance absorption
- Avoid calcium, coffee, tea, and dairy within 2 hours of iron supplement
- Take on empty stomach if tolerated (with food if causes upset)

COMMON CAUSES OF LOW FERRITIN

- Inadequate dietary iron intake (common in vegetarians/vegans)
- Heavy menstrual periods — a major and often overlooked cause
- GI blood loss (ulcers, polyps, celiac disease) — ask to be ruled out
- Pregnancy or breastfeeding — increased iron demand

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- **Frequent blood donation**
- **Poor iron absorption (low stomach acid, celiac, inflammatory bowel disease)**
- **Rapid growth periods in adolescence**

QUESTIONS FOR MY DOCTOR

- My ferritin is _____ — is that optimal, or just within lab reference range?
- Should we investigate WHY my ferritin is low (heavy periods, GI source)?
- Do I need IV iron, or will oral supplementation work for my situation?
- How long should I supplement before retesting?
- Should I also check CRP to see if inflammation is affecting my ferritin reading?