Iron Deficiency in Athletes by Sarah Bland

Sources:

- Clenin, G, et al. “Iron deficiency in sports – definition, influence on performance and therapy.” *Swiss Med Wkly*. 2015;145:w14196, Iron Deficiency in Sport.
- Hinton, P, Rockwell, M. (MD) "Understanding Iron" Training and Conditioning.” *Training and Conditioning*, 15, Jan. 2015, Understanding Iron - Training & Conditioning.
- Hammel, Gretchen, (Dietician and Coach), Iron in Professional Athletes, Personal Interview, Aug. 2022.
- Hightower, Stephanie (MD and Endurance Athlete), Girl Scout Gold Project Advisor
- Hutchinson, Alex. “How much Iron is enough for Endurance Athletes?” *Outside*, 23, May 2019. How Much Iron Is Enough for Endurance Athletes? - Outside Online.
- Iron Deficiency Anemia Sports Medicine Wiki. Accessed March 2023. Iron Deficiency- WikiSM.
- "Iron Fact Sheet for Health Professionals" *National Institute of Health, Office of Dietary Supplements*. Iron - Health Professional Fact Sheet.
- Joerger, Scott. "Mark Bloom's Peak Performance: Tired Blood" *RunnerSpace*. 18, April 2011. News - Marc Bloom's Peak Performance: Tired Blood.
- Koehn, Deborah (MD and Nutrition expert), Nutrition and Iron, Personal Interview, Sept. 2022.
- Neustadt, John "The Most Important Lab Test Women Aren't Getting" *NBIHealth*. The Most Important Lab Test Women Aren’t Getting - NBI.
- Peeling, P, Garvacin-Lewis, L, Sim, M, Cox, G, Govus, A, McKay A., Stellingwerf, T. “Iron Considerations for the athlete: a narrative review.” *European Journal of Applied Physiology,* July 2019. Iron considerations for the athlete: a narrative review.
- Peeling, Peter (guest), “Iron Issues in Athletes” *Sigma Nutrition Radio (audio podcast).* Episode 467. 10, Jan. 2023. #467: Iron Issues in Athletes - Prof. Pete Peeling – Sigma Nutrition.

- Rosen, Elisa "Iron Deficiency in Athletes" *Guardian Clinic*. Published Jan. 29, 2018. Iron Deficiency in Athletes — Gaudiani Clinic.