

# An Iron Rose

Apr 22, 2026 · Iron makes up 5 percent of Earth's crust and is second to aluminum in abundance among the metals. Because it is the chief constituent of Earth's core, iron is the most abundant element in ... Jul 25, 2024 · Iron is a key component to making sure that your body has oxygen-rich blood. That's important for your brain, immune system and more. Jun 24, 2024 · Our bodies need the right amount of iron to function properly. Read about what can happen when you consume too much or too little of it. Chemically, the most common oxidation states of iron are iron (II) and iron (III). Iron shares many properties with other transition metals, including the other group 8 elements, ruthenium and osmium. ... Iron helps make hemoglobin in red blood cells. Learn how much you need, good sources, deficiency symptoms, and health effects here. Iron helps red blood cells carry oxygen from the lungs to cells all over the body. Iron also plays a role in many important functions in the body. People commonly use iron for preventing and... Iron is important for healthy brain development and growth in children, and for the normal production and function of various cells and hormones. Iron from food comes in two forms: heme and non-heme. ... Jun 9, 2025 · Iron is a metal that is important for both plants and animals, especially in hemoglobin. Iron comes from the word 'ferrum', and has been used by humans since ancient times. Iron is the fourth ... Jan 1, 2024 · Iron is an important mineral that your body needs to make hemoglobin, a protein in red blood cells. Red blood cells help carry oxygen throughout your body. You get iron from certain foods, ... Iron is the main ingredient used to make steel. Raw iron is magnetic (attracted to magnets), and its compound magnetite is permanently magnetic. In some regions iron was used around 1200 BCE. ...

*Iron: What It Is and Health Benefits*

*Iron - Wikipedia*

**Iron - Simple English Wikipedia, the free encyclopedia**

## Iron - Consumer - Office of Dietary Supplements - Iron

*Iron - Uses, Side Effects, and More - WebMD*

*Iron Element Facts - ThoughtCo*

## Iron - MedlinePlus

*Iron Nutrient Overview: The Role It Plays in Our Health*

*Iron | Element, Chemical Formula, Chemical Name, Atomic Mass, ...*

## Iron - The Nutrition Source

# An Iron Rose

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