If your iron levels are low, you might not be able to make new cells as efficiently as you should.

Our skin, hair and blood cells are always growing or being renewed. The process of making new cells is dependent on iron-containing proteins. Iron is a fundamental part of several of the proteins that allow our DNA to copy and repair itself. If your iron levels are low, your body might not be able to make new cells as efficiently as it should.

Iron is used in many aspects of the day to day functioning of your body, from your brain, to your muscles down to your DNA.

On a day to day basis, the brain needs a lot of energy. Iron is essential in several steps to make this energy. Some of this energy is used to make new connections in our brain, and to keep the connections that are already made running smoothly. Iron is also important to make the chemicals and structures that send messages across the brain and throughout the body.

If your iron levels are low, you may not be able to concentrate or learn new things. Some of this energy is also used to create new connections in the immune system that help you fight off infection and heal as well as it could. When exposed to germs, our immune system responds with the aim of destroying the germ. Iron is needed for the immune system to work properly.

Iron plays a critical role in the optimal functioning of the muscles.

If your iron levels are low, your body might not be able to fight off infection and heal as well as it could.