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Iron is an essential mineral. "The major reason we need it is that it helps to transport oxygen throughout the body," says Paul Thomas, EdD, RD, a scientific consultant to the National ...

Iron (Fe), chemical element and one of the transition elements, the most-used and cheapest metal. Iron makes up 5 percent of Earth's crust and is second in abundance to aluminum ...

Iron is a fundamental metal element used in many industries due to its strength, versatility, and ability to be shaped into various forms. Different types of iron, such as steel, cast iron, ...

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 a key component to making sure that your body has oxygen-rich blood. That's important for your brain, immune system and more.

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