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Iron is an essential part of your diet and helps your body to grow and develop properly. This mineral is naturally found in many foods, and you can take iron supplements, as ...

Learn which foods are high in iron. Iron is an essential mineral that is a part of hemoglobin which helps maintain your strength and energy. Your body needs iron to make new blood cells, ...

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 ...

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 ...

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, ...

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