is more disordered. The magnetic properties of the ferritin core are complex. It is thought that the Fe(III) ions are antiferromagnetically coupled with a superparamagnetic moment [36]. Release of iron from ferritin requires electrons, protons and water release, although little is known about the process. Iron exits through channels in the ferritin shell or by proteolytic degradation of ferritin, possibly in lysosomes [37•].