



## ***High Iron levels recommendations***

- *Change your diet so that you are not consuming (or in limited quantities) high iron foods such as red meat, seafood and beans.*
- *avoiding supplements that contain vitamin C, as this vitamin increases iron absorption.*
- *Limit your alcohol intake.*
- *Protect your liver and take liver support supplements.*
- *Cut down on seafood intake as fish can cause bacterial infections that thrive in high iron conditions.*