

| Age | Iron (umol/L) |
|-----------------|-----------------------|
| 0 - 2 months | 10 - 31 |
| 2 months - 1 yr | 4 - 27 |
| 1 - 3 yrs | 5 - 23 |
| 3 - 10 yrs | 6 - 25 |
| 10 - 18 yrs | 8 - 32 |
| Adult | 10 - 30 |

(From ARQAG – August 2006)

NB: There is significant daily variation in plasma/serum iron in an individual.