



Fig. 10. Daily iron requirements during pregnancy. These requirements are needed to meet the normal losses from the body and to provide iron for the enlarging red cell mass, the fetus and for lactation after the birth of the child.

(aus: J.C.King et al.: Nutrient utilization during pregnancy. *Wrl'd Rev.Nutr.Diet.* 52:71-142(1987) Lit. 19.452