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web circa 25 prozent der weltbevölkerung leidet an eisenmangel und doch wird die krankheit häufig erst spät erkannt das liegt auch daran dass die symptome von eisenmangel oft eher unspezifisch sind zu den typischsten krankheitserscheinungen gehören unter anderem kopfschmerzen müdigkeit blässe antriebslosigkeit allgemeines