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Chemically the most common oxidation states of iron are iron II and iron III. Iron shares many properties with other transition metals including the other group 8 elements ruthenium and osmium. Iron forms compounds in a wide range of oxidation states 2 to +7. Nov 11 2025 Iron Fe chemical element and one of the transition elements the most used and cheapest metal. Iron makes up 5 percent of Earth's crust and is second in abundance to aluminum among the metals. Jul 25 2024 Iron is a key component to making sure that your body has oxygen rich blood.

That's important for your brain, immune system and more. Element Iron Fe Group 8 Atomic Number 26 d block Mass 55.845. Sources: facts, uses, scarcity, SRI, podcasts, alchemical symbols, videos and images. Iron Rich Foods Iron Rich Foods Food has two types of iron: heme and non-heme.

Heme iron is found in meat, fish, and poultry. It is the form of iron that is most readily absorbed by your body. You absorb up to 30 percent of the heme iron that you consume.

Eating meat generally boosts your iron levels far more than eating non-heme iron. Iron is a mineral that is naturally present in many foods, added to some food products, and available as a dietary supplement. Iron is an essential component of hemoglobin, an erythrocyte red blood cell protein that transfers oxygen from the lungs to the tissues. [1] Jun 27 2025 Iron is a fundamental metal element used in many industries due to its strength, versatility, and ability to be shaped into various forms.

Different types of iron such as steel, cast iron, and wrought iron each has its unique properties and uses. Iron is important for healthy brain development and growth in children and for the normal production and function of various cells and hormones. Iron from food comes in two forms: heme and non-heme.

Heme is found only in animal flesh like meat, poultry, and seafood. In the modern world, iron alloys such as steel, stainless steel, cast iron, and special steels are by far the most common industrial metals due to their mechanical properties and low cost.

The iron and steel industry is thus very important economically and iron is the cheapest metal with a price of a few dollars per kilogram or pound. Jun 9 2025 Iron is a metal that is important for both plants and animals, especially in hemoglobin. Iron comes from the word ferrum and has been used by humans since ancient times. Iron is the fourth most common element on Earth and is found in the sun and other stars.

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