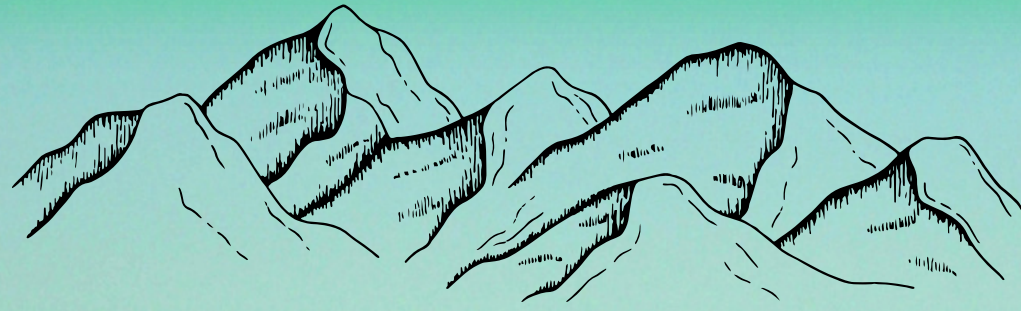


# EL EFECTO DE UNA O DOS DOSIS DE HIERRO SOBRE LA HB<sub>MASS</sub>



**24 ATLETAS DE ÉLITE  
(16 MUJERES & 8 HOMBRES)**



**3 SEMANAS DE CONCENTRACIÓN  
EN FLAGSTAFF (2106 M ALTITUD)**

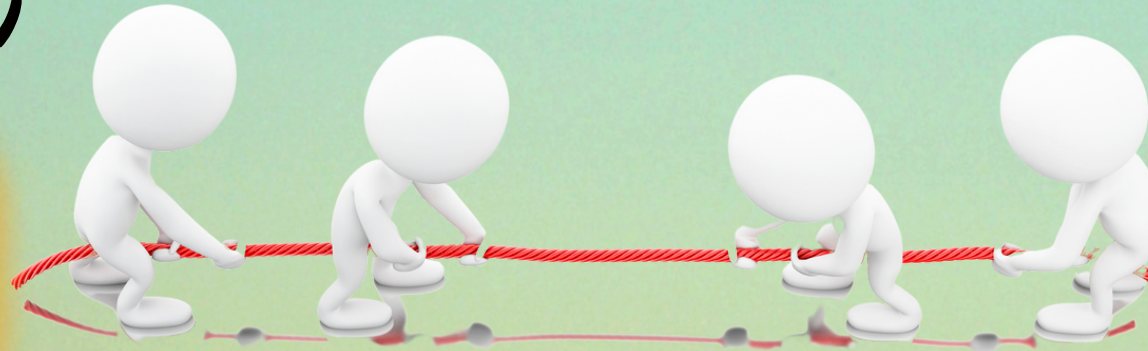


**MASA TOTAL DE HEMOGLOBINA  
HEPCIDINA  
ERITROFERRONA (ERFE)  
MALESTAR GASTROINTESTINAL (GI)**

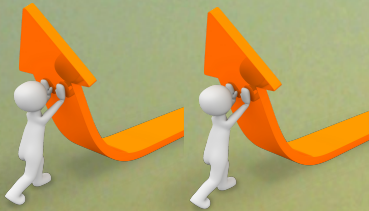
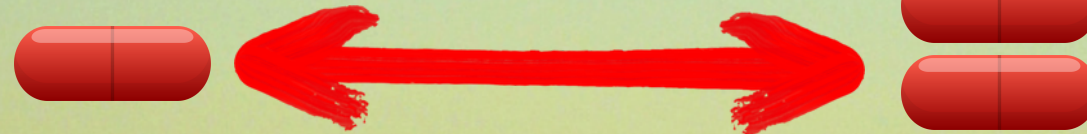


THE ALTITUDE COLLECTION

**1 DOSIS (1 X 200 MG)  
9-10 PM**



**2 DOSIS (2 X 100 MG)  
7-8 AM & 9-10 PM**



**HB<sub>MASS</sub> (6,7 ± 6,3 %)**



**HB<sub>MASS</sub> (4,6 ± 3,9 %)**



**HEPCIDINA (33 %)**

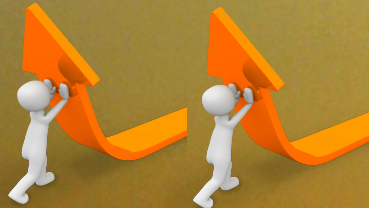
**ERFE (35 %)**

**FUMARATO FERROSO**



**HEPCIDINA (22 %)**

**ERFE (29 %)**



**GI LAS 2 PRIMERAS SEMANAS!!!**

**NO SE OBSERVA GI!!!**

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Hall, R., Peeling, P., Nemeth, E., Bergland, D., McCluskey, W.T.P., and Stellingwerff, T. Single versus split dose of iron optimizes hemoglobin mass gains at 2106 m altitude. *Medicine & Science in Sports & Exercise.* (2019);51(4):751-759.