

SKIN · SCIENCE · SOUL

A man in a white tank top, black shorts, and a cap is running on a sandy beach. The ocean is in the background with waves breaking. The image has a sepia or brownish tint.

THRIVE

WEIGHT MANAGEMENT

thryveclinic.co.uk

THRIVE

WHAT IS IRON

Iron is an essential mineral that the body relies on to function properly. It plays a central role in the production of haemoglobin, the protein within red blood cells responsible for carrying oxygen around the body. Without sufficient iron, tissues and organs receive less oxygen, which can impact how efficiently the body works at a fundamental level.

Because iron is so closely linked to oxygen delivery and cellular energy, low levels can affect far more than just physical health.

Energy, focus, mood, and resilience are all influenced by adequate iron stores. When levels are optimised, patients often feel clearer, more energised, and better able to cope with the demands of daily life.

When depleted, even simple tasks can feel disproportionately difficult.

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WHY IRON MATTERS

Iron deficiency is one of the most common nutritional imbalances we see in clinical practice, yet it is often under-recognised, particularly in its earlier stages.

Crucially, iron levels can be depleted long before anaemia develops. As the body's iron stores fall, its ability to produce healthy red blood cells becomes compromised over time. This gradual decline can progress to iron deficiency anaemia if not identified and addressed.

During this phase, symptoms are frequently subtle and easily attributed to modern life, stress, poor sleep, or simply being "run down."

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WHAT DOES THIS MEAN FOR YOU?

Many patients describe a persistent sense of fatigue that does not resolve with rest. Alongside this, there may be a noticeable impact on cognitive function — difficulty concentrating, reduced mental clarity, and a sense of overwhelm. Mood can also be affected, with some individuals experiencing increased anxiety or low mood.

Physically, the body may begin to signal imbalance in quieter ways. You may notice palpitations, breathlessness on exertion, headaches, or a general reduction in stamina. In more pronounced cases, symptoms such as restless legs, unusual cravings, or changes in hair density may develop.

When left untreated, iron deficiency can begin to affect not only how you feel, but how you function — influencing energy levels, productivity, and overall quality of life.

At THRYVE, we consider iron status as part of a wider picture of health. Our approach is not simply to correct a deficiency, but to understand its cause and restore balance in a way that supports long-term wellbeing.

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IRON INFUSIONS

An Iron infusion is a method of delivering iron directly into the bloodstream via a vein.

We use Monofer® (ferric derisomaltose) — a modern intravenous iron preparation that allows high-dose, single-session treatment, meaning full iron repletion can often be achieved in one visit.

This bypasses the gastrointestinal system, making it particularly effective for patients who:

Cannot tolerate oral iron;

Do not absorb oral iron effectively
or

Require rapid replenishment

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OUR APPROACH

Our approach to iron deficiency is clinical, measured, and individualised.

Led by Dr Rhidian Jones, a consultant anaesthetist with over 20 years experience.

We begin with a detailed consultation and review of your blood results to confirm whether treatment is appropriate. Where indicated, we use intravenous iron therapy to restore levels efficiently and safely.

Importantly, treatment does not end with correction. Where appropriate, we explore contributing factors such as menstrual health, gastrointestinal function, nutrition, and overall lifestyle — ensuring that improvements are both meaningful and sustained.

This allows us to move beyond short-term correction, towards long-term optimisation.

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THE PROCESS

All new patients require a consultation before their first iron infusion.

This includes a medical review, discussion of symptoms, and assessment of blood results to determine whether treatment is suitable.

Up-to-date blood tests are required. These can be arranged at THRYVE, or we can accept results from an external provider if completed within 30 days of your consultation.

Where appropriate, a full treatment dose is prescribed based on weight and blood results. For most patients, this is 1000mg of intravenous iron at a total cost of £700, including consultation and treatment.

Infusions typically take 30-60 minutes, followed by a 15 minute observation period.

Please allow up to 90 minutes for your appointment.

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INVESTMENT

Iron Screen £85

A blood test for iron deficiency and anaemia screening.
We accept blood tests done elsewhere as long as within
30 days

Iron Infusion / Anaemia Consultation £200

A comprehensive appointment designed to assess and
treat iron deficiency or anaemia. Your visit includes a full
medical review, discussion of symptoms and blood
results, and a personalised treatment plan where
appropriate.

Intravenous iron treatment

500mg £350

1000mg £500

1500mg £700

Please note consultation and blood test fees are in
addition to any treatment provided
Example; Total treatment dose of a 1000mg = £700
(excluding blood tests)

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If you would like to explore whether Iron replacement is
suitable for you,

please contact the clinic to arrange a consultation

on

hello@thryveclinic.co.uk

or

07495 594477

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