Oral Iron Repletion effects ON Oxygen UpTake in Heart Failure (IRONOUT HF)

Purpose: NIH-sponsored trial to evaluate the clinical value of oral iron supplementation in iron deficient HF patients.

Trial Design: multi-center, randomized, double-blinded, placebo-controlled; N=225 patients with HF [HFrEF (LVEF <0.40)] and iron deficiency (serum ferritin 15-100 ng/ml or serum ferritin 100-299 ng/ml with transferrin saturation (Tsat) <20%). Patients were randomized to oral iron polysaccharide (300 mg/day) vs. placebo. 16-week f/u.

Primary Endpoint: peak oxygen uptake (pkVO2) change from baseline to 16 weeks

Trial Results	pkVO2 Change	P value
Oral Iron	+23 ml	0.46
Placebo	-2 ml	

Conclusions: Neither iron stores nor exercise capacity were improved with oral iron supplementation in this trial.

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