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(54) Title: FERRITIN COMPOSITION TOLERABILITY

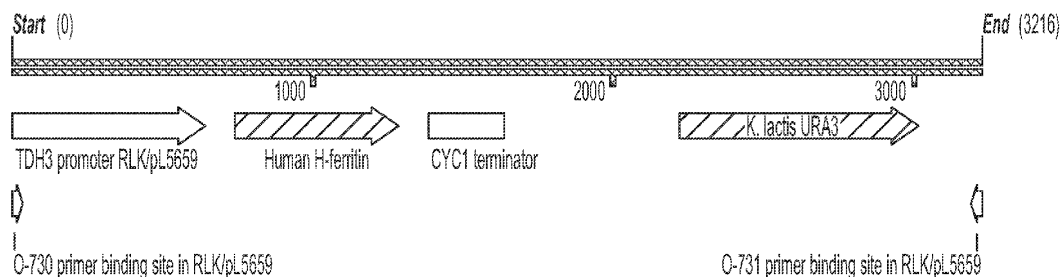


FIG. 3

(57) Abstract: A method comprising administering to a subject a composition comprising a microbe expressing ferritin or (a) a microbe expressing ferritin and (b) elemental iron, wherein the amount of elemental iron in the composition administered (1) to a subject not diagnosed with an iron deficiency disorder can exceed or is in excess of a dosage of elemental iron recommended by a nutritional authority or (2) to a subject diagnosed with an iron deficiency disorder can exceed or is in excess of a dosage of elemental iron recommended by a medical professional without an adverse effect. A method or a method of altering a composition of a gut bacterial microbiome in a subject comprising administering to a subject a composition comprising of a microbe or host expressing ferritin, with the proviso that when a daily dosage of ferritin in the composition is less than 200 milligrams/day, the composition is free of elemental iron.

[Continued on next page]

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