We claim:

1. A recombinant host comprising:

at least a first set of chromosomes and a second set of chromosomes, wherein at least one of the first set of chromosomes and the second set of chromosomes comprise a recombinant gene encoding ferritin or a homologue thereof.

2. The recombinant host of Claim 1, wherein the first set of chromosomes and the second set of chromosomes comprise a diploid, a polyploid and/or an aneuploid.

3. The recombinant host of claim 1, wherein the recombinant host is prototrophic.

4. The recombinant host of any claim 1, wherein the recombinant gene comprises a nucleic acid sequence of SEQ ID NO:2, SEQ ID NO:3 and/or SEQ ID NO:4 or homologues thereof.

5. The recombinant host of any of claim 1, wherein the recombinant gene encodes an amino acid sequence of SEQ ID NO: 1 or homologues thereof.

6. A recombinant host comprising a prototroph comprising a recombinant gene encoding ferritin or a homologue thereof.

7. The recombinant host of claim 6, wherein the recombinant host is a diploid, a polyploid or aneuploid.

8. The recombinant host of claim 6, wherein the recombinant gene encoding ferritin is chromosomally integrated.

9. The recombinant host of claim 1, wherein the recombinant gene encoding ferritin or a homologue thereof is closely linked to a *URA3* gene or a homologue thereof and/or *LEU2* or a homologue thereof.

10. The recombinant host of claim 1, wherein the recombinant gene encodes an amino acid sequence for H-ferritin.

11. The recombinant host of claim 1, wherein the homologue has at least 80% sequence identity with human H-ferritin.

12. The recombinant host of claim 1, wherein the recombinant gene comprises a plant H-ferritin gene.

13. A composition comprising the recombinant host of claim 1.

14. The composition of claim 13, wherein the composition further comprises iron.

15. The composition of any of claim 14, wherein at least a portion of the iron is complexed with the ferritin or the homologue thereof.

16. The composition of claim 13, wherein the recombinant host comprises a bacterium, a virus, a fungus or combinations thereof.

17. The composition of claim 13, further comprising a second recombinant host, a probiotic, a prebiotic, or combinations thereof.

18. An ingestible item comprising the composition of claim 13.

19. A dietary supplement comprising the composition of claim 13.

20. A pharmaceutical composition comprising the composition of claim 13.

21. The composition of claim 13 for use in therapy.

22. The composition of claim 21, wherein the composition comprises at least 13 mg of iron.

23. The recombinant host of claim 1, wherein the recombinant gene encoding ferritin is chromosomally integrated.