

iron *(i-ron)*

Definition

n. 1. a strong, hard, silvery-gray metal; 2. a tool made of this metal that is heated to smooth clothes; 3. a nutrient found in food that helps your body stay healthy.

Example Sentence

Spinach is a good source of **iron**, which is essential for healthy blood.

More Example Sentences

She used an **iron** to smooth out the wrinkles in her shirt.

Synonyms

metal; steel; alloy

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