

32. The method of claim 30, wherein the cell is contacted by administering the particle to the mammal via a systemic route.

33. The method of claim 30, wherein the mammal is a human. 5

34. The method of claim 30, wherein the mammal has been diagnosed with anemia of inflammation.

35. A method for treating and/or ameliorating one or more symptoms associated with anemia of inflammation in a human, the method comprising: 10

(a) administering to the human a therapeutically effective amount of a nucleic acid-lipid particle of claim 3.

36. The method of claim 35, wherein the particle is administered via a systemic route.

37. The method of claim 35, wherein the human has anemia of inflammation. 15

\* \* \* \* \*