

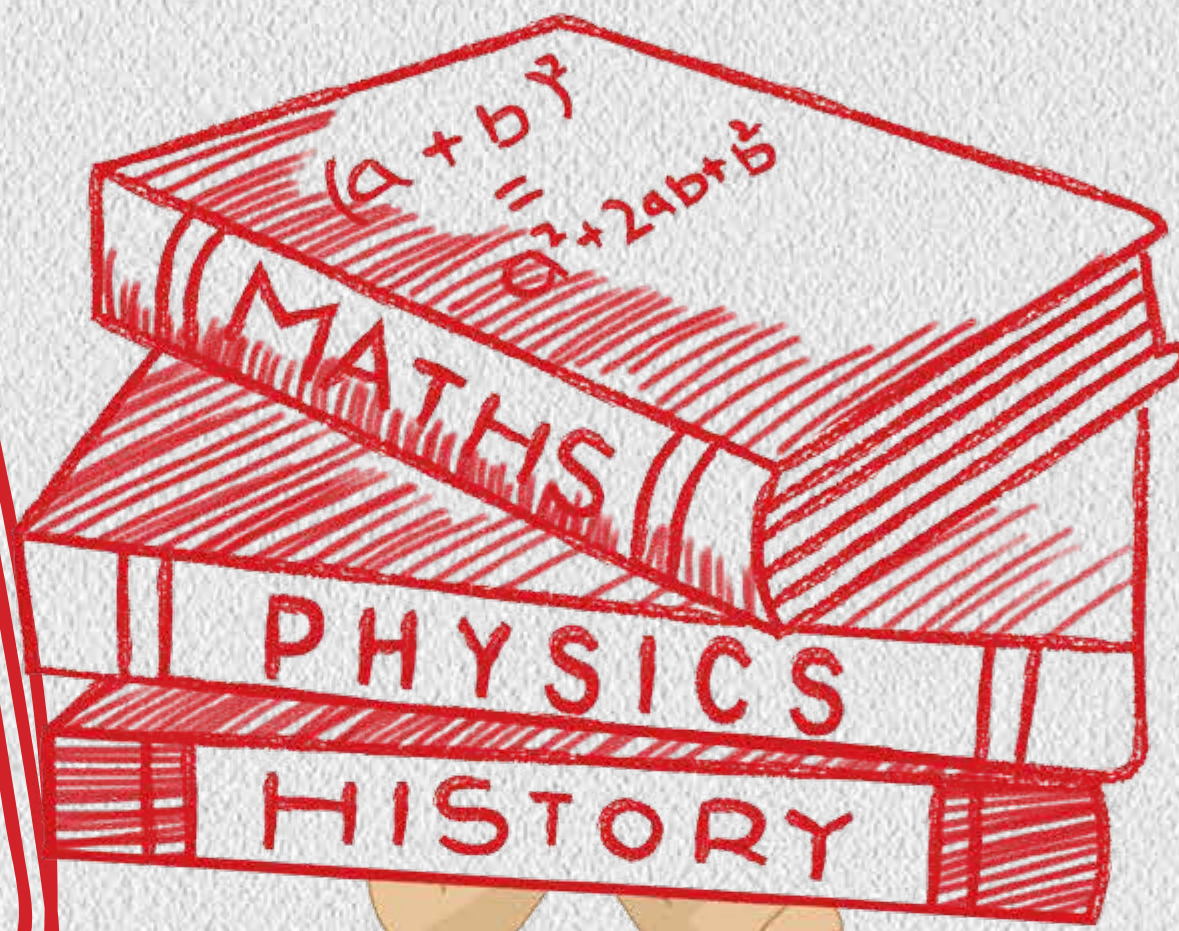


Ministry of Health and Family Welfare  
Government of India



**10 to 19 years**  
boys and girls

Want a  
**SOLID BODY** and  
**SMART MIND?**



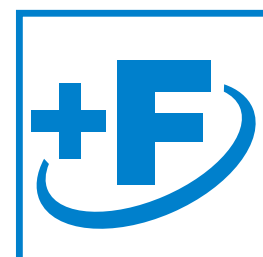
**IRON RICH FOODS**

**EAT**

**VITAMIN C  
RICH  
FOODS**



For improving absorption of iron



**FORTIFIED  
FOODS**



**ALBENDAZOLE**

**DEWORM**

**ONE** tablet  
twice a year



**IFA**

**SUPPLEMENT**

**ONE** blue tablet  
every week

If feeling tired, suffering low concentration, difficulty in learning, breathlessness,  
visit nearest health facility to test for anemia and treatment

**IFA and Albendazole tablets are available FREE at government schools and anganwadi centres**