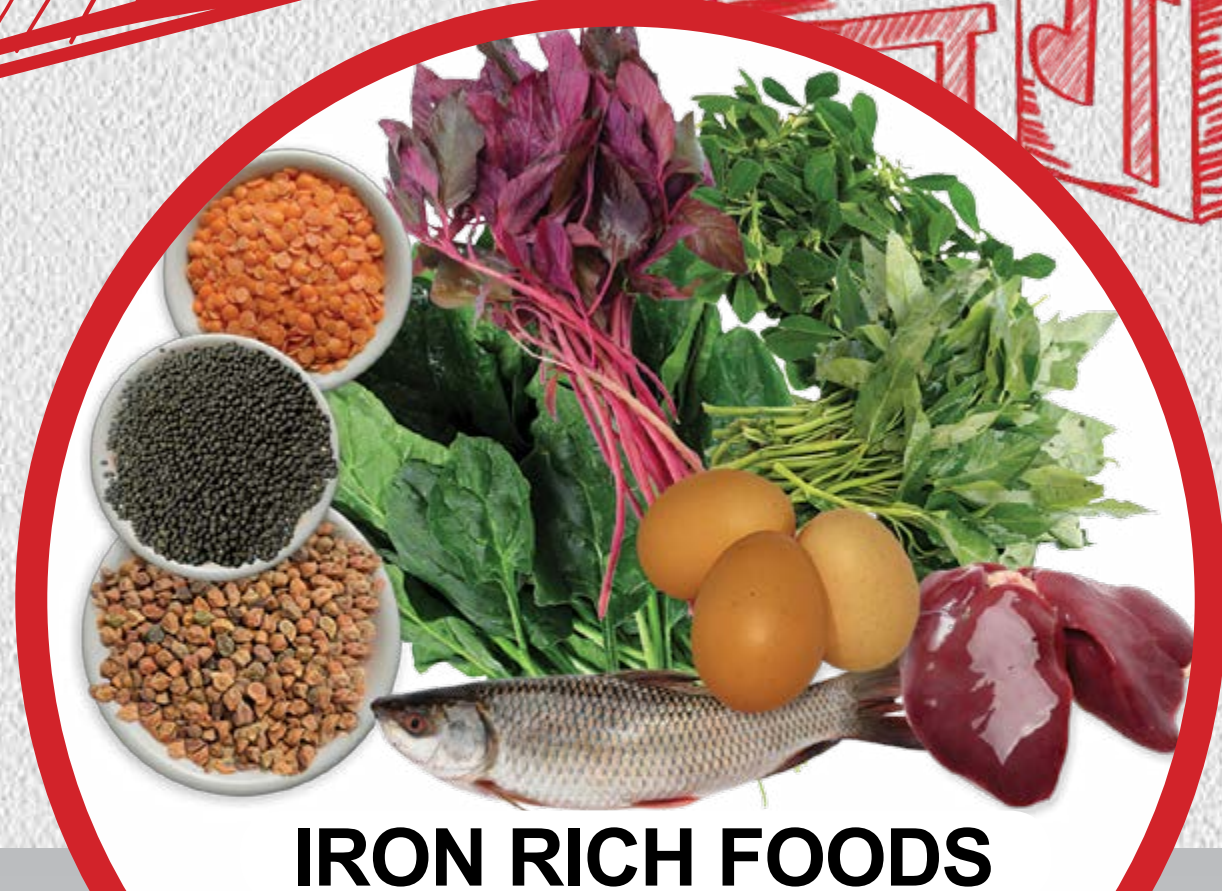




Ministry of Health and Family Welfare
Government of India

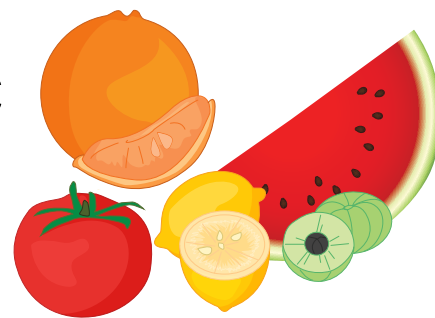
Anemia Mukt Bharat



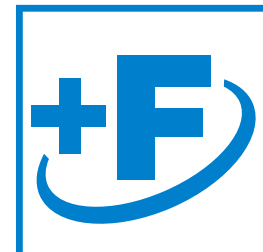
IRON RICH FOODS

EAT

VITAMIN C
RICH
FOODS



For improving absorption of iron



FORTIFIED
FOODS



ALBENDAZOLE

DEWORM

Twice a year

12 to 24 months: 1/2 tablet
24 to 59 months: 1 tablet



SUPPLEMENT

IFA Syrup 1ml
twice a week

IFA syrup and deworming tablets are available FREE at health facilities and anganwadi centres