

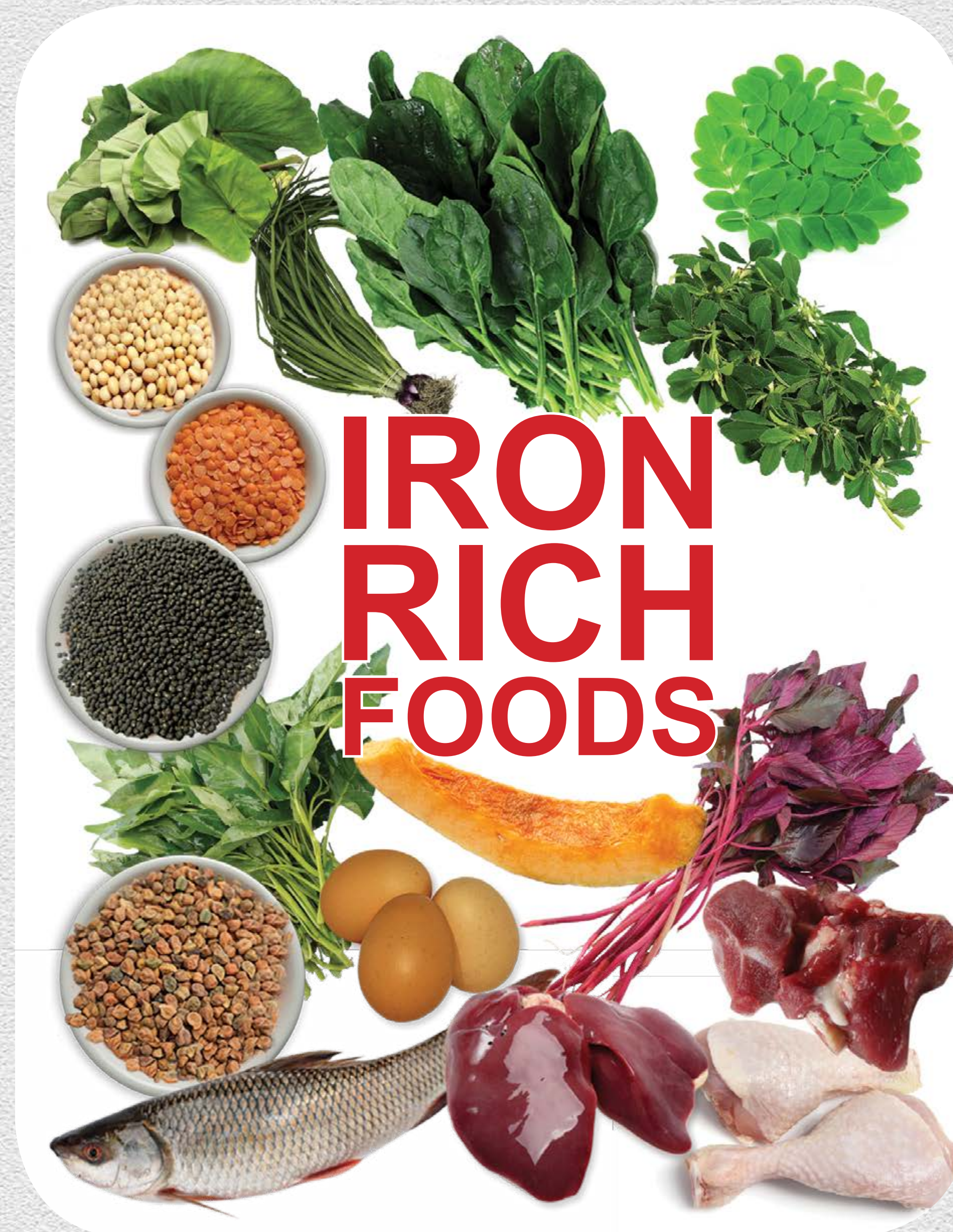
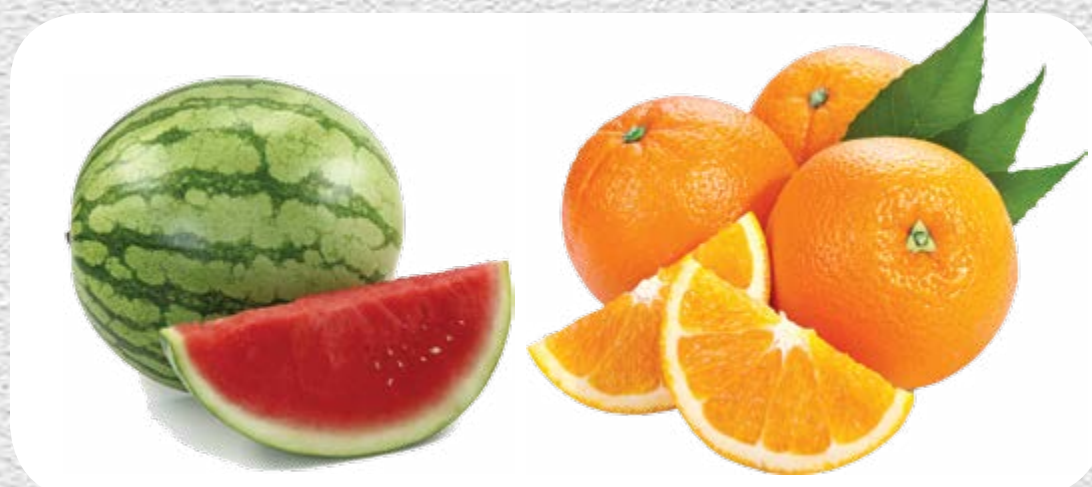


सत्यमेव जयते

Ministry of Health and Family Welfare  
Government of India



 **EAT** VITAMIN C  
RICH FOODS



**IRON  
RICH  
FOODS**

 **AVOID**  
AFTER MEAL

