



सत्यमेव जयते
Ministry of Health and Family Welfare
Government of India



Lactating women

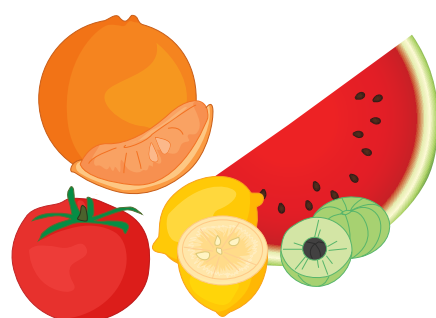
Want a **SOLID BODY** and **SMART CHILD**?



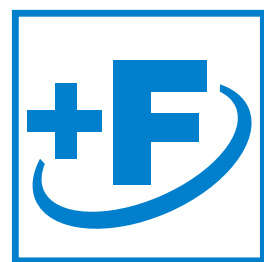
IRON RICH FOODS

EAT

VITAMIN C RICH FOODS



For improving absorption of iron



FORTIFIED FOODS



IFA

SUPPLEMENT

ONE Red tablet daily
for 180 days after delivery

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