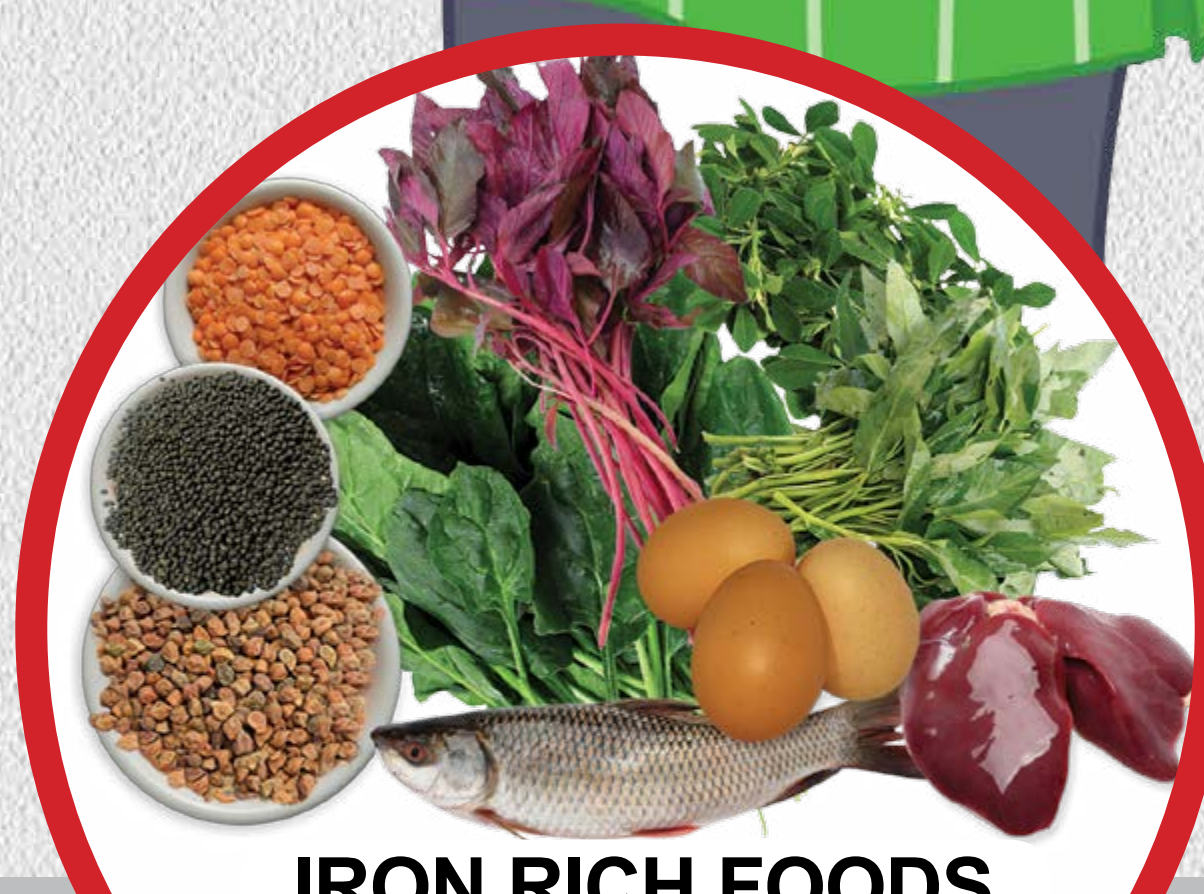




Ministry of Health and Family Welfare
Government of India



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



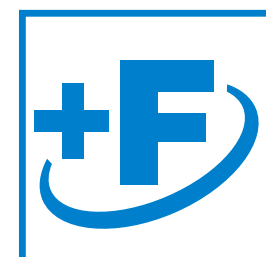
IRON RICH FOODS

EAT

VITAMIN C RICH FOODS



For improving absorption of iron



FORTIFIED FOODS



ALBENDAZOLE

DEWORM

ONE tablet in second trimester of pregnancy



IFA

SUPPLEMENT

ONE Red tablet daily starting from the fourth month for 180 days

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

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