

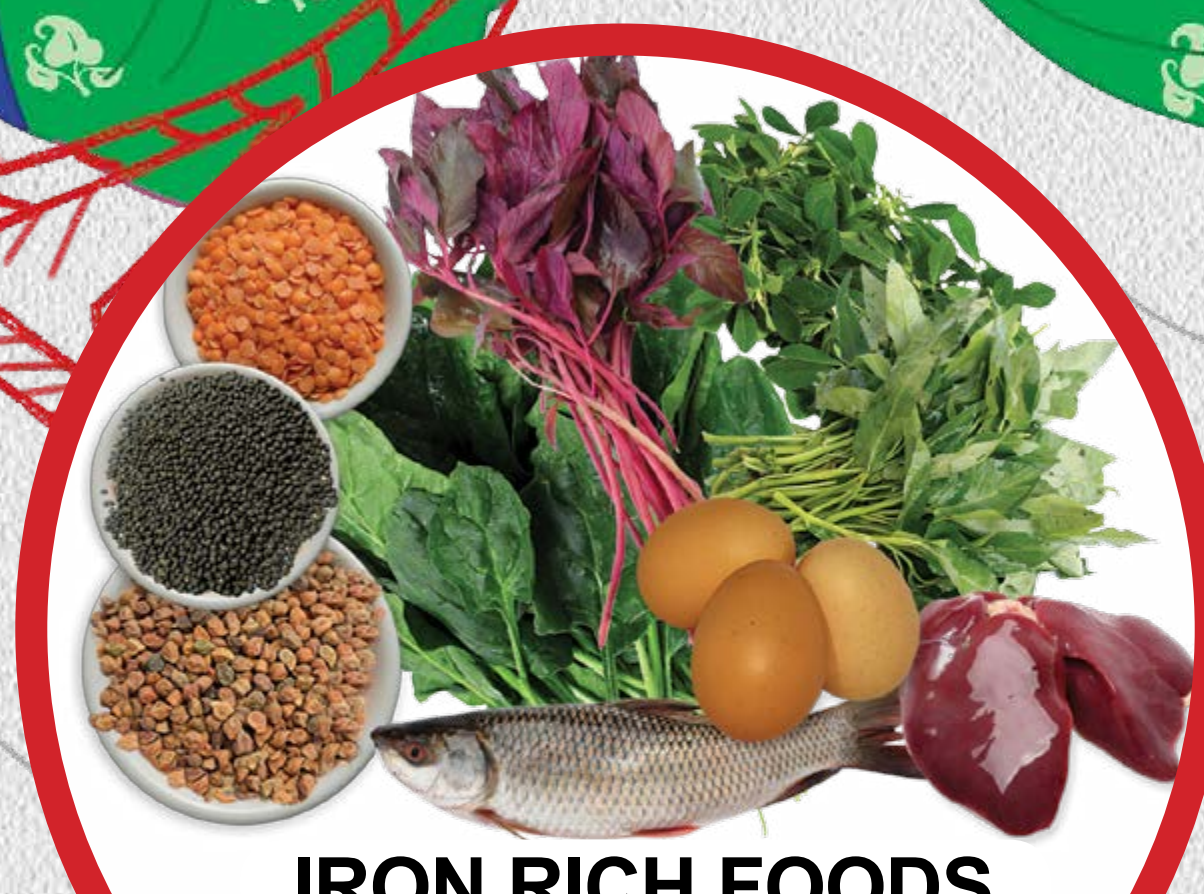


Ministry of Health and Family Welfare
Government of India



Women of reproductive age

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



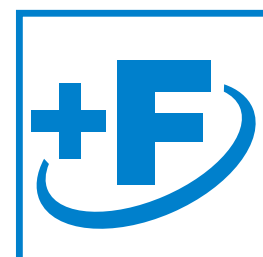
IRON RICH FOODS

EAT

VITAMIN C RICH FOODS



For improving absorption of iron



FORTIFIED FOODS



IFA

SUPPLEMENT

ONE Red tablet every week



ALBENDAZOLE

DEWORM

ONE tablet twice a year

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