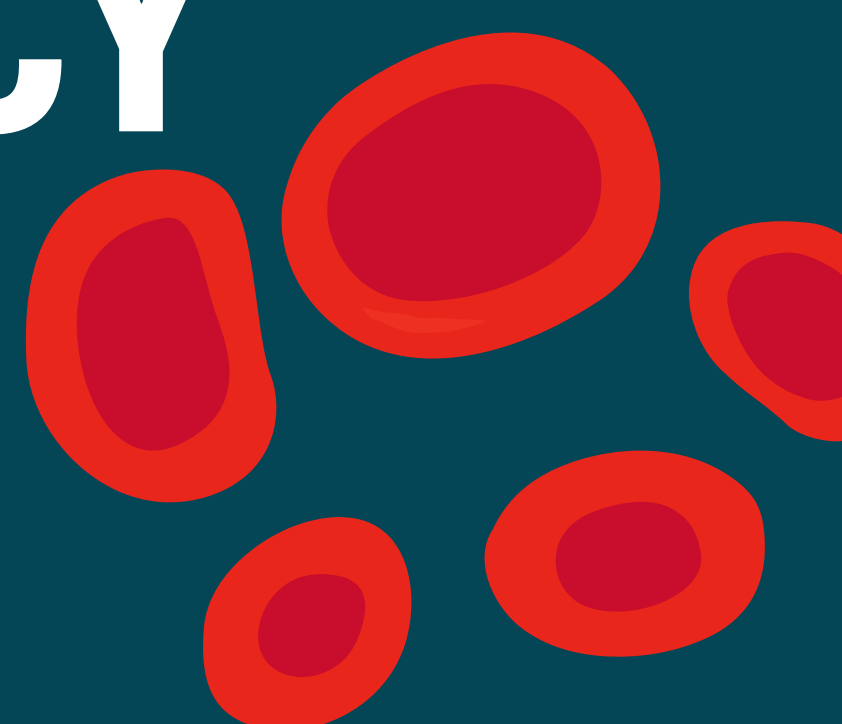


IRON DEFICIENCY

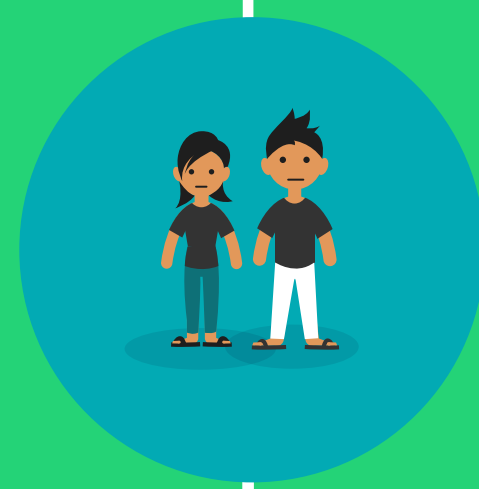
continues to be a large nutritional disorder in Sri Lanka



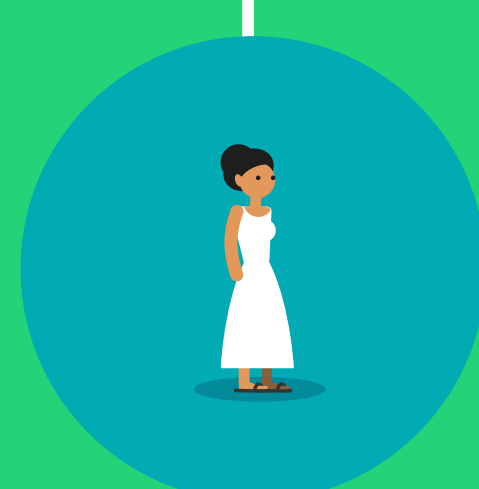
THE PEOPLE MOST AT RISK



Children
between 6 months and 5 years



Teenagers
between 12 and 17 years



Non-pregnant women
between 15 and 49 years



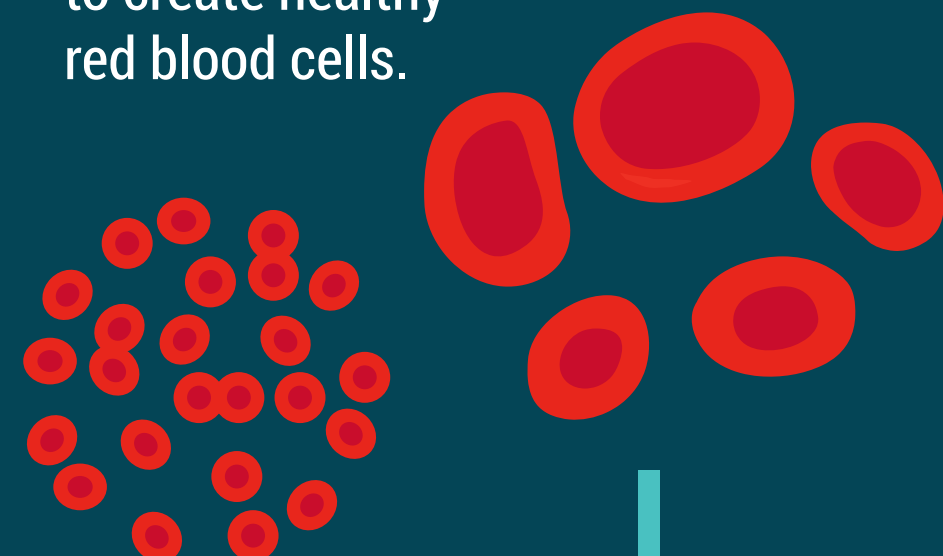
Pregnant women
between 15 and 49 years

WHAT ARE THE CONSEQUENCES?

Fe Iron helps your body to create healthy red blood cells.

These blood cells then carry **Oxygen** around your body.

O₂



When your body doesn't absorb enough iron, you don't get enough oxygen and you feel **tired and weak**



Impaired growth



Decreased physical performance



Impaired cognitive development



Frequent upper respiratory tract infections

HOW CAN WE PREVENT IT?

The World Health Organization says there is no reason for iron deficiency to be a major health issue. The solutions are effective and inexpensive.



Increase intake of iron through consumption of fruits, greens, pulses and meat naturally rich in iron, such as citrus fruits, gotukola, green gram and liver



Increase intake of iron through consumption of iron fortified food or iron supplements



Control the infections that make iron deficiency worse

WHAT IS NESTLÉ DOING?

We provided



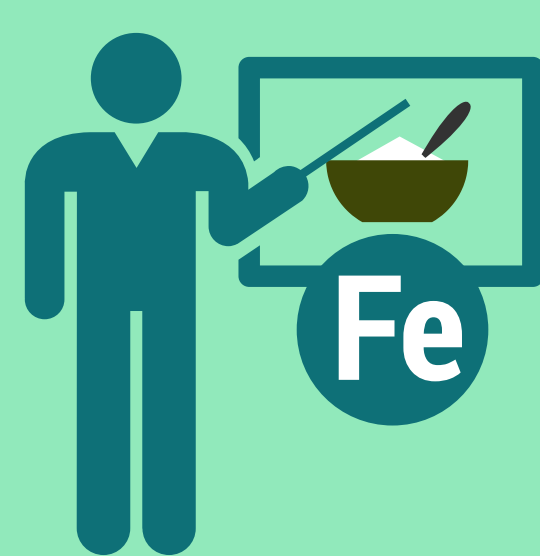
405 million servings

of micronutrient fortified food and beverages in 2017



We are fortifying our products that are widely and regularly consumed, with iron.

They include *Maggi Rasa Musu, Nespray Everyday, Nespray 1+, Nespray 3+, Lactogrow, Nangrow & Ceregrow*



We conduct educational programmes

to teach people about the importance of micronutrients in their diet

For more information about our commitment to help reduce micronutrient deficiencies in Sri Lanka, visit:

<http://www.nestle.lk/en/nhw/improving-our-products/micronutrient-fortification>

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