

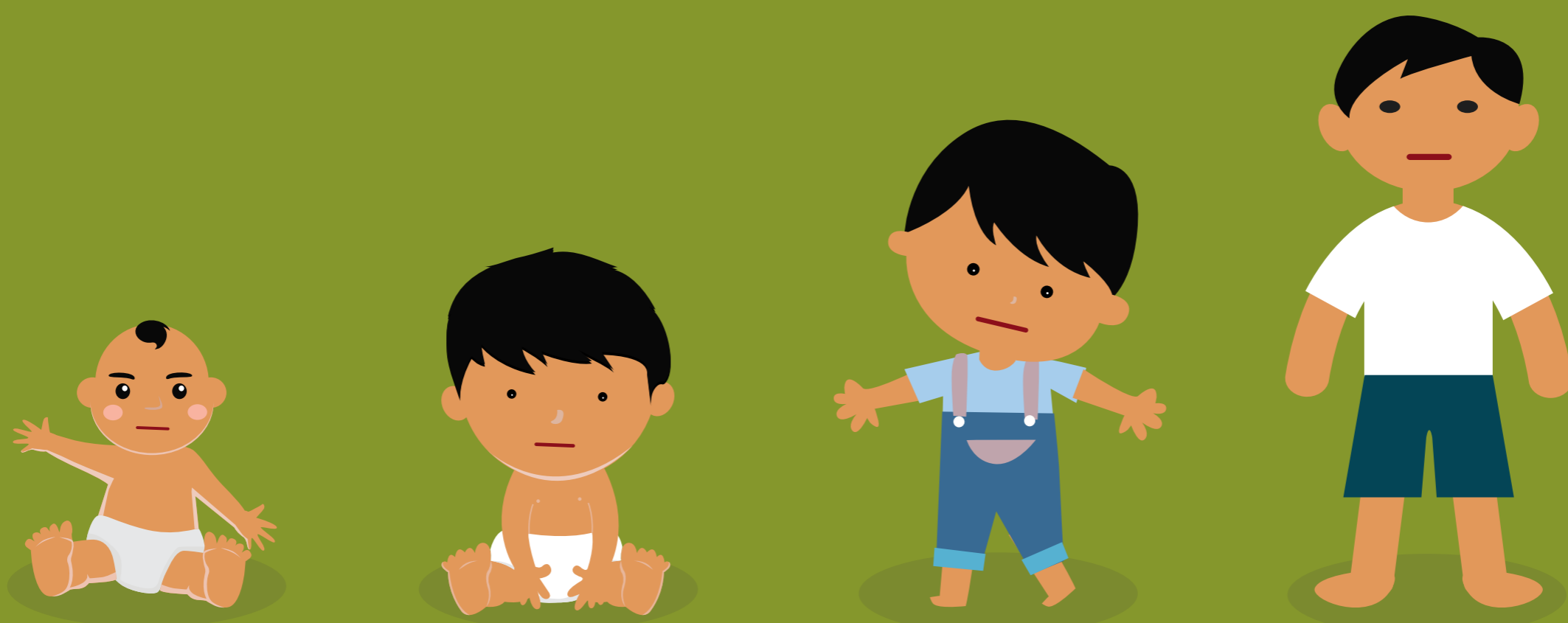
VITAMIN A DEFICIENCY



is the leading cause of preventable childhood blindness in Sri Lanka

WHO IS MOST AT RISK?

Children between 6 months and 5 years



WHY DO YOU NEED VITAMIN A?



It supports your growth and development



Helps maintain your immune system



Maintains eye health and enables your eyes to adapt to low light

WHAT IF YOU DON'T GET ENOUGH?



Early signs of vitamin A deficiency are impaired vision and night-blindness



Long-term deficiency can lead to scarring of your corneas and blindness



Your immune system is weakened and you're more prone to respiratory and digestive infections



As a young child, your risk of severe illness, and even death, from common childhood infections such as measles, increases

HOW CAN WE PREVENT IT?

The World Health Organization aims to eliminate vitamin A deficiency. This can be done through a mixture of immediate interventions and long-term solutions:



Encourage breastfeeding, as it's the best way of protecting babies, since breast milk has high amounts of vitamin A



Increase intake of vitamin A through consumption of fruits, vegetables and greens naturally rich in vitamin A, such as mango, carrot and spinach



Treat deficient children with low-cost, high-dose supplements of vitamin A

WHAT IS NESTLÉ DOING?

We provided



million servings

of micronutrient fortified food and beverages in 2017



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

They include *Nespray Everyday*, *Nespray FortiGrow Full Cream Milk Powder*, *Nespray FortiGrow Ready-to-Drink*, *Nespray Nutri Up Ready-to-Drink*, *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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Nestlé commitment: Help reduce the risk of undernutrition through micronutrient fortification
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