

**IF LACK OF
IRON PERSISTS,
YOUR FARMER
HAS THE
ANSWER.**

WORLD IRON AWARENESS WEEK

1-7 MAY 2017

**DO YOU OFTEN FEEL TIRED, GRUMPY, IRRITABLE, SENSITIVE TO THE COLD AND HAVE DIFFICULTY
CONCENTRATING? YOU COULD BE SHORT ON IRON.**

CHECK OUT 10 PRACTICAL TIPS FOR INCREASING YOUR IRON INTAKE ON THE WEBSITE.

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