

**IF LACK OF
IRON PERSISTS,
SEE YOUR
BUTCHER.**

WORLD IRON AWARENESS WEEK

27 AUG - 2 SEP 2018

**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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