

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

**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.**

**#WORLDIRONWEEK IRONWEEK.CO.NZ**