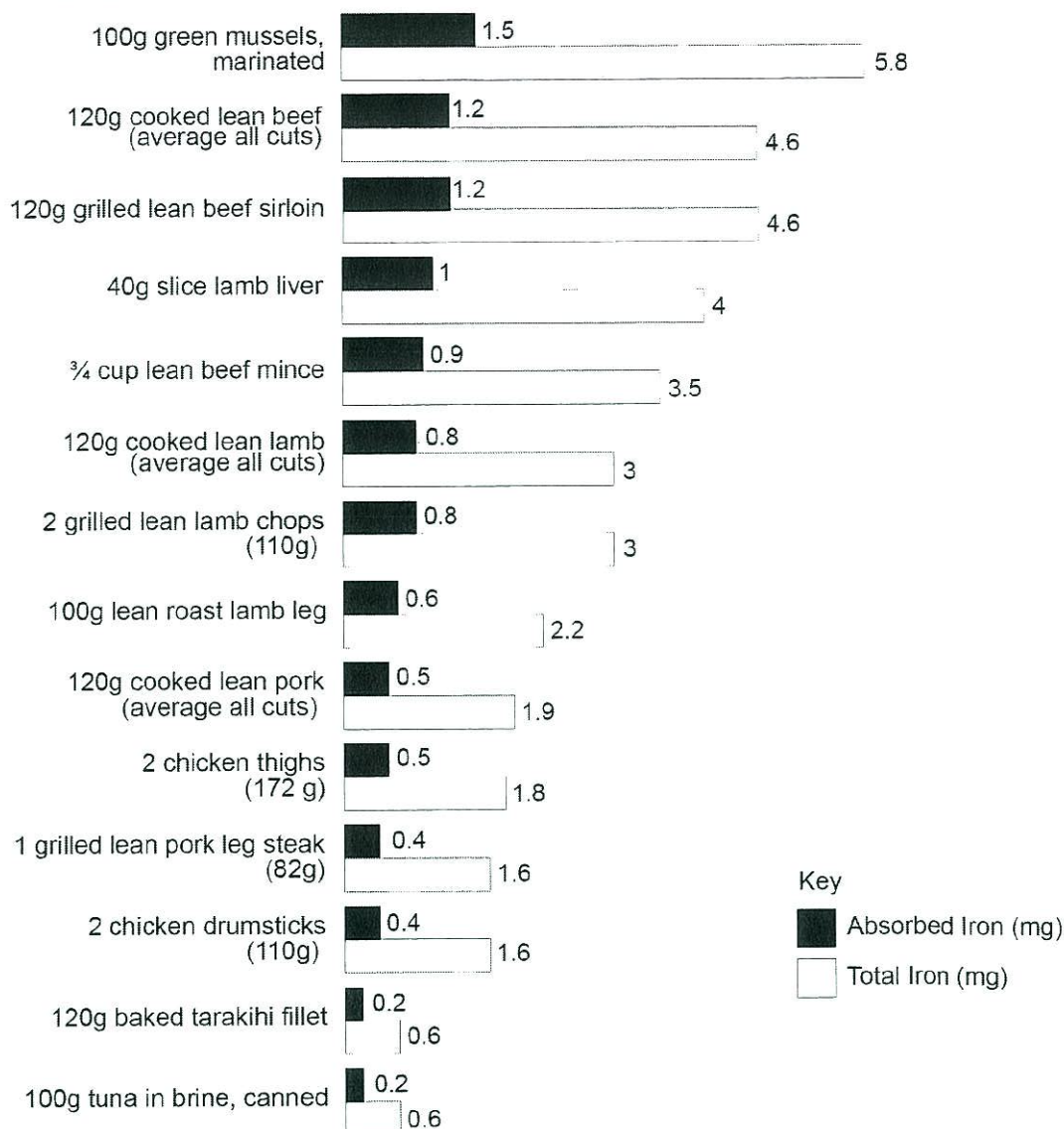


IRON FOODS

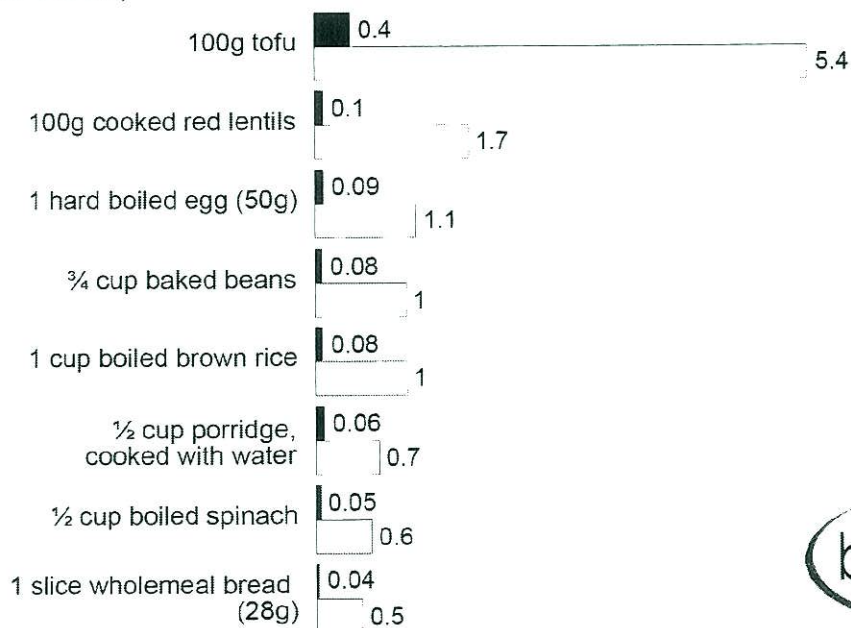
HAEM IRON FOODS

Best absorbed (typically 10 to 25%)

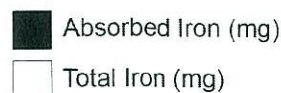


NON-HAEM FOODS

Less absorbed (typically under 1 to 8%)



Key



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