

**WOMEN AGED
15 - 50 ARE MOST
AT RISK***

*Are you getting
enough?*

WORLD IRON AWARENESS WEEK

28 AUGUST - 3 SEPTEMBER 2023

Do you often feel tired, grumpy, irritable, sensitive to the cold and have difficulty concentrating? You could be short on iron. Ask your doctor for a blood test and check out 10 practical tips for increasing your iron intake on the website.

#WorldIronWeek

ironweek.co.nz

*University of Otago and Ministry of Health. (2011). A Focus on Nutrition: Key findings of the 2008/09 New Zealand Adult Nutrition Survey. Wellington: Ministry of Health.