

How are you feeling?

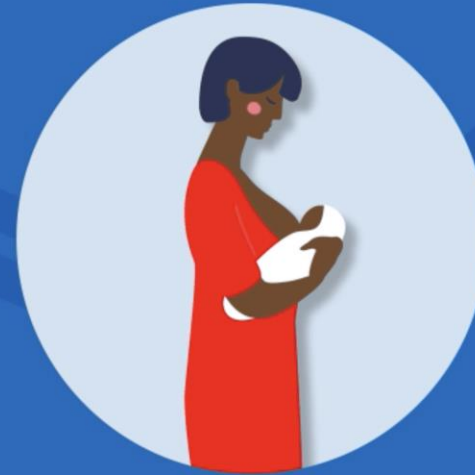
Did you know, as a female, you are more at risk of becoming anaemic?



Menstruation



Pregnancy



Postdelivery
and breastfeeding



Menopause

Feeling tired, lethargic, low energy and mood,
increased breathlessness or fatigue on exertion?
Talk to your healthcare professional or midwife.

