

How are you feeling?

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



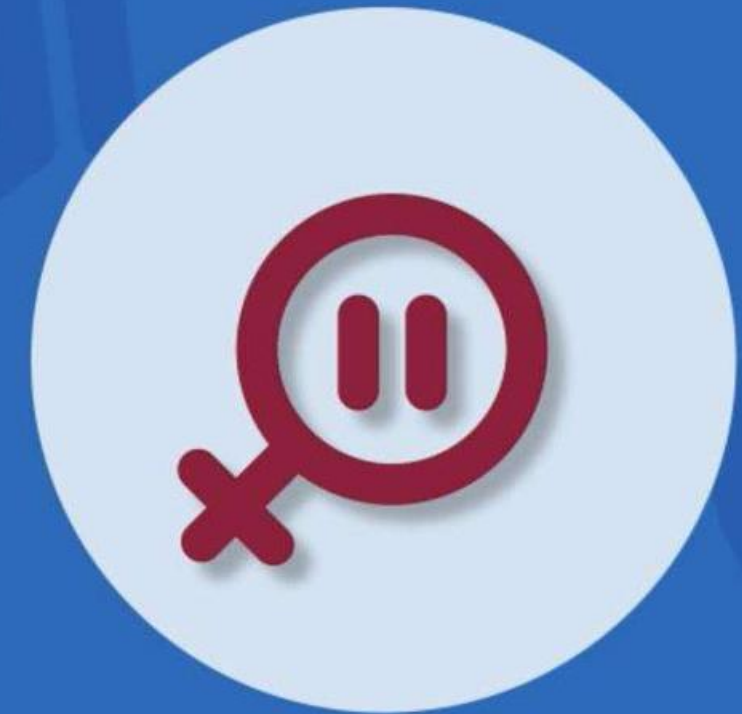
Menstruation



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.

