Iron is needed to carry oxygen in your blood around your body giving you energy and helping you concentrate. As a woman, there are times in your life when you are at greater risk of not having enough iron. Iron also helps keep your immune system healthy, allowing you to fight off infections.

Iron Deficiency Risks During Pregnancy

ARE YOUR PERIODS UNUSUALLY HEAVY? 1 in 10 women suffer from heavy menstrual bleeding 1

1. Using double sanitary protection?
2. Passing large blood clots?
3. Leaking through clothes onto bedding?
4. Changing pad/tampon after less than 2 hours?

During Menstruation women may need up to DOUBLE THE IRON in their diet as compared to men. 2

EARLY ON

BY 30 WEEKS

LAST TRIMESTER

Iron Needs for You and Your New Baby

Iron Deficiency Anaemia in developed countries affects

16% of babies under 1 year 6

25% of 1-5 year olds 6

6% of 5-14 year olds 6

Iron Deficiency Anaemia

in developed countries affects

WOMEN'S HEALTH

AND

Iron Deficiency

6. Robert D. Baker, Frank R. Greer Clinical and the Committee on Nutrition Clinical Report_Diagnosis and Prevention of Iron Deficiency and Iron-Deficiency Anemia in Infants and Young Children (0 - 3 Years of Age) Pediatrics 2010;126;1040 DOI: 10.1542/peds.2010-2576