

# THE IMPORTANCE OF IRON SUPPLEMENTATION IN PREGNANT WOMEN

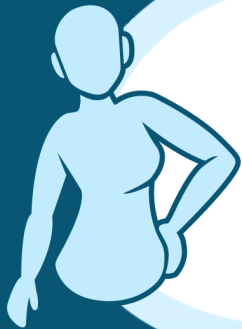
Iron deficiency can lead to severe anaemia, which is estimated to be the cause of one in five maternal deaths. It is important for you and your child that you take iron supplements throughout your pregnancy to ensure your safety and health.

## HOW IT WORKS

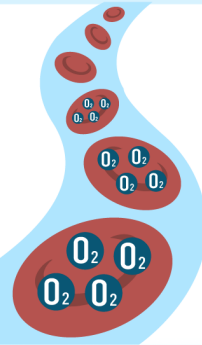
## REGIMEN (MG/DAY)

## BENEFITS OF IRON

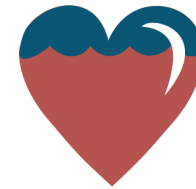
BEFORE  
PREGNANCY



Iron carries oxygen (O<sub>2</sub>) in your blood from your lungs to the rest of your body



12-45

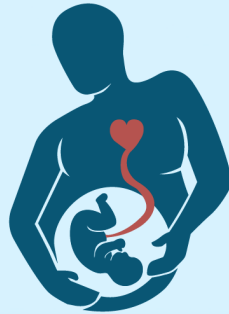


Taking iron supplements before pregnancy **raises** chances of **good iron status** during and after pregnancy

DURING  
PREGNANCY



Iron moves from the mother's placenta to the fetus to support **growth and development** of the baby



30-60



Normal iron levels will make the mother more **energetic** and help to regulate **fetal wellbeing**

POST  
PARTUM



Iron allows oxygen transport from the lungs to the rest of the body and helps with the **infant's brain development**



12-45 for the mother

\*premature infants may also require supplementation



Normal iron levels regulate the mother's health and **prevents premature birth and low birth weight** in babies