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**

**Before Pregnancy**
- Iron carries oxygen (O₂) in your blood from your lungs to the rest of your body

**Regimen (mg/day)**
- 12-45

**Benefits of Iron**
- 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

**Regimen (mg/day)**
- 30-60

**Benefits of Iron**
- 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

**Regimen (mg/day)**
- 12-45 for the mother
  - *Premature infants may also require supplementation*

**Benefits of Iron**
- Normal iron levels regulate the mother’s health and prevents premature birth and low birth weight in babies