

WOMEN'S HEALTH

AND

Iron Deficiency

Iron is needed to carry oxygen in your blood around your body giving you energy and helping you concentrate.¹



Iron also helps keep your immune system healthy, allowing you to fight off infections.²

As a woman, there are times in your life when you are at greater risk of not having enough iron.³



Menstruation and Iron Deficiency

ARE YOUR PERIODS UNUSUALLY HEAVY?

- 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?

1 in 10 women suffer from heavy menstrual bleeding⁴



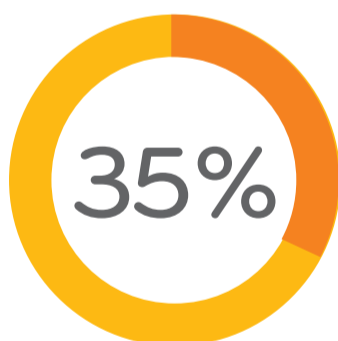
DURING MENSTRUATION women may require up to

DOUBLE X THE IRON

in their diet as compared to men.³

Iron Deficiency Risks During Pregnancy

EARLY ON



You will increase the number of red blood cells you have by 35%.⁵ Your body needs iron to do this.⁵

BY 30 WEEKS



Your body works to absorb 90% of the iron you eat which is 3 times as much as at 8 weeks.⁵

LAST TRIMESTER



Your baby stores 80% of the iron it needs to continue to grow for the first 6 months of its life.⁶

40%

WOMEN ENTER PREGNANCY WITHOUT ENOUGH IRON⁷

90%

WOMEN DO NOT GET ENOUGH IRON DURING PREGNANCY⁸

26%

WOMEN ARE IRON DEFICIENT ONE WEEK AFTER A NORMAL DELIVERY⁹

Maltofer is for the treatment of iron deficiency and prevention of iron deficiency in high risk adults and adolescents where the use of ferrous iron supplements is not tolerated, or otherwise inappropriate.

Always read the label. Use only as directed. Incorrect use could be harmful. If symptoms persist, see your healthcare professional.

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