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.

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

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

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

Your body enters pregnancy without enough iron.

Iron Deficiency Risks During Pregnancy

Menstruation and Iron Deficiency

<table>
<thead>
<tr>
<th>ARE YOUR PERIODS UNUSUALLY HEAVY?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Using double sanitary protection?</td>
</tr>
<tr>
<td>2 Passing large blood clots?</td>
</tr>
<tr>
<td>3 Leaking through clothes onto bedding?</td>
</tr>
<tr>
<td>4 Changing pad/tampon after less than 2 hours?</td>
</tr>
</tbody>
</table>

DURING MENSTRUATION women may require up to double the iron in their diet as compared to men.

BY 30 WEEKS

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

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

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

WOMEN ENTER PREGNANCY WITHOUT ENOUGH IRON

40% 90% 80%

WOMEN DO NOT GET ENOUGH IRON DURING PREGNANCY

26% 90%

WOMEN ARE IRON DEFICIENT ONE WEEK AFTER A NORMAL DELIVERY


For more information on Maltofer, please contact Vifor Pharma Pty Ltd, 80 Dorcas Street, Southbank Melbourne VIC 3006, Australia. Tel: 1800 202 674. For all sales and marketing requests, please contact Aspen Pharmacare Australia Pty Ltd, 34-36 Chandos St, St Leonards, NSW 2065. ABN 51 096 236 986. Tel: 1800 153 721

Web: www.aspenpharma.com.au

* Indicates 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.

† Indicates if the label is used only as directed. Incorrect use may cause harm. If symptoms persist, see your healthcare professional.

Maltofer is for the treatment of iron deficiency and prevention of iron deficiency in high risk adults and adolescents. Always read the label. Use only as directed. Incorrect use could be harmful. If symptoms persist, see your healthcare professional.