

**IF LACK OF  
IRON PERSISTS,  
YOUR FARMER  
CAN HELP.**

**WORLD IRON AWARENESS WEEK**

**27 AUG - 2 SEP 2018**

**DO YOU OFTEN FEEL TIRED, GRUMPY, IRRITABLE, SENSITIVE TO THE COLD AND HAVE DIFFICULTY  
CONCENTRATING? YOU COULD BE SHORT ON IRON.**

**CHECK OUT 10 PRACTICAL TIPS FOR INCREASING YOUR IRON INTAKE ON THE WEBSITE.**

**#WORLDIRONWEEK IRONWEEK.CO.NZ**