

YOUR IRON COUNTS

KNOW WHEN YOU ARE LOW: YOUR IRON DEFICIENCY SYMPTOMS GUIDE

As your baby grows, your body goes through many changes and your iron needs increase.¹ If you are low on iron, you might not always feel at your best. This could be iron deficiency.²

IT IS IMPORTANT TO LISTEN TO YOUR BODY

Record how you are feeling – even if you think it's an expected part of pregnancy. This symptoms guide can help you do this.



Make a note of the symptoms you may be experiencing from the list below



Speak with your doctor or midwife if you have any of these symptoms

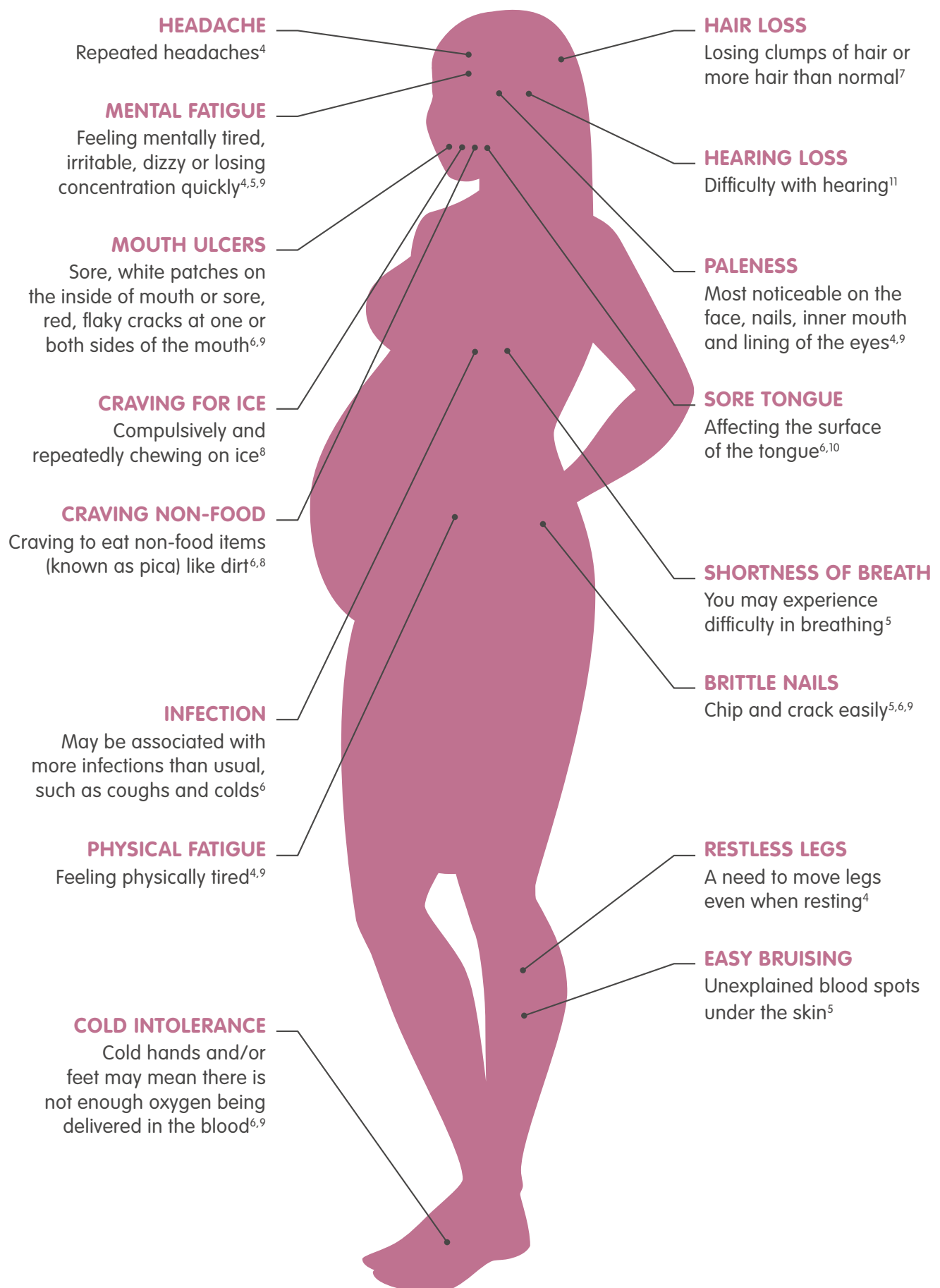


Use this list as a guide during your next medical check-up

Remember, because iron deficiency has a range of non-specific symptoms, it may be overlooked.^{3,4} As low iron can impact your health and your baby's development,² knowing about your risk of iron deficiency is critical.

Take charge of your iron levels by talking to your doctor about your symptoms

KNOW WHEN YOU ARE LOW



Motherhood can be full of ups and downs – IRON LEVELS shouldn't be one of them

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