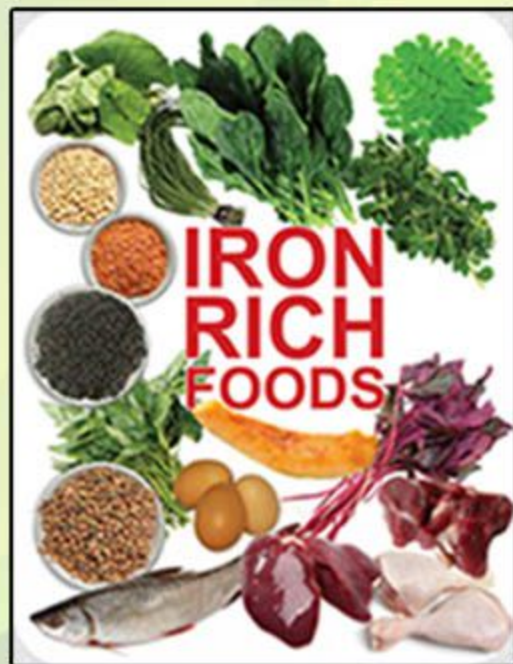


For a Healthy Body and Smart Child Lactating Women should take Iron Rich Food, Food rich in Vitamin C for improving absorption of Iron along with IFA Supplement tablet.



**VITAMIN C RICH FOOD
FOR IRON ABSORPTION**



IFA

SUPPLEMENT
ONE Red tablet daily
for 180 days after delivery

IFA TABLETS ARE AVAILABLE FOR FREE AT HEALTH FACILITIES AND ANGANWADI CENTRES