



**IRON RICH FOOD**



**VITAMIN C RICH FOOD**



One Red Tablet daily starting from  
the fourth month for 180 days



One Tablet in second trimester  
of pregnancy

**For a Healthy Body and Smart Child Pregnant Women should take Iron Rich Food, Food rich in Vitamin C for improving absorption of Iron along with IFA Supplement and Albendazole Tablet**

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