

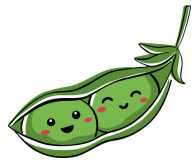




The secret of strong blood Iron deficiency anemia

 Iron deficiency anemia occurs when there are not enough red blood cells or their efficiency is reduced due to a lack of iron.

 The symptoms: weakness, general fatigue, dizziness, loss of appetite or change in appetite for unusual substances such as ice.



	 I have eaten	 I haven't eaten
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		