

# WHAT'S YOUR NUMBER?

## COULD YOU BE SHORT OF IRON?

How many can you tick from the checklist of common experiences with iron deficiency?

- FEELING TIRED 
- FEEL THE COLD EASILY 
- IRRITABLE 
- CAN'T CONCENTRATE 
- SHORT OF BREATH WHEN EXERCISING 
- GRUMPY 
- GET SICK OFTEN 
- FEELING WEAK 
- PALE SKIN AND GUMS 
- HEADACHES 

HOW MANY DID YOU TICK?

These signs and symptoms can often be ignored or blamed on being busy. Try tuning in to how you feel, so you can look for solutions to be on top of your game.

The higher the number, the more likely you may have low iron levels. Visit your GP to get your iron levels checked and make sure you include iron-rich foods in your diet such as lean red meat, liver, chicken, seafood, beans, green veges, and certain nuts and seeds.