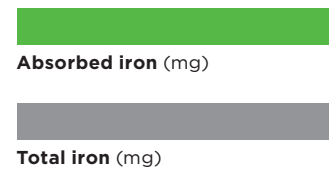
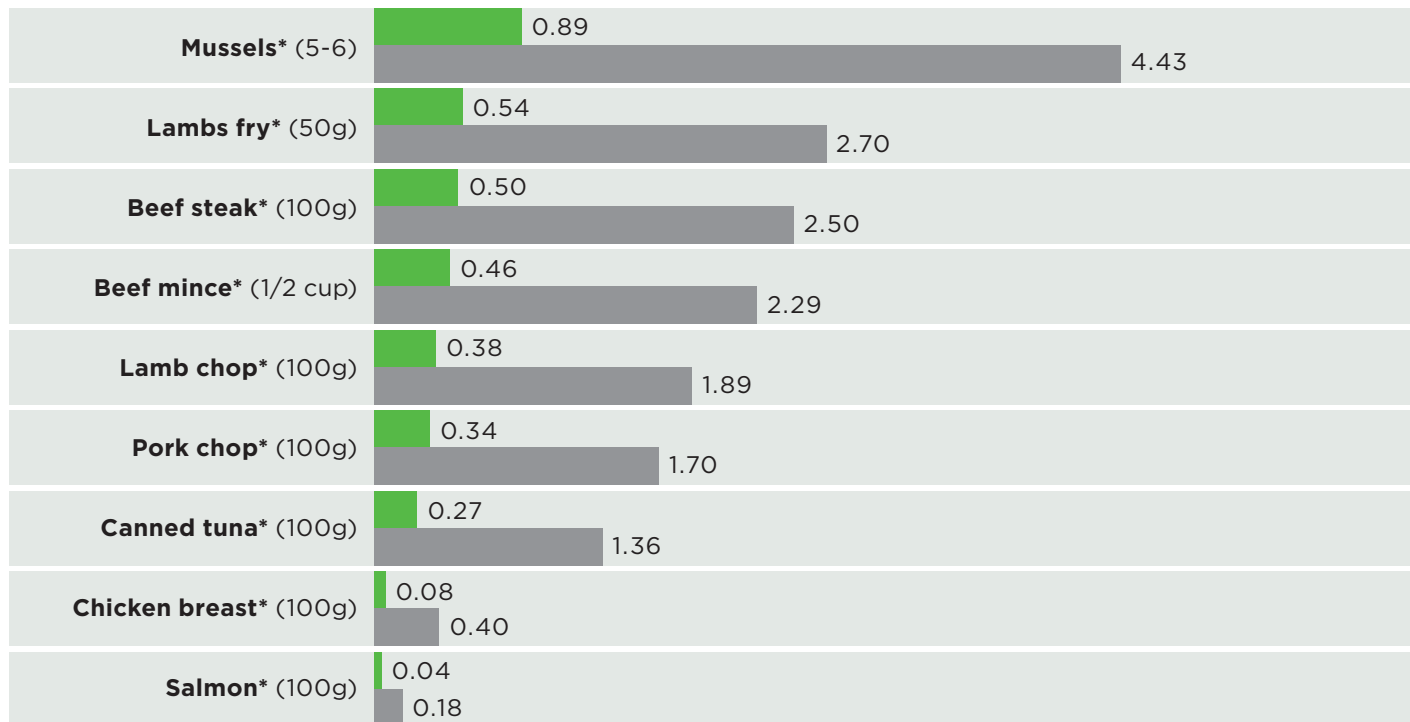


Iron foods



Haem iron



Non-Haem iron

