



Recommended Iron intake is 8 MG

## Your Child's Iron Intake

WARNING: Cow's milk doesn't provide any Iron for the toddler while Bebelac junior 3 provides 5 mg (2/3 of daily intake) in two servings.

You should Increase intake of food rich in Iron. Start with providing the toddler with iron-rich foods every day. Usually, the iron existing in red meat and fish can be easily absorbed by the body.

Other foods rich in Iron include broccoli, spinach, liver, peas, chicken, turkey, lamb, grains, and cereals.

You can fight iron deficiency with the support of Bebelac Junior 3 with PreciNutri™ formulated for toddlers between ages one and three. It provides easily digested, crucial nutrients at the levels required for this age.

Bebelac Junior 3 with PreciNutri™ supports toddlers' physical, brain and social development as it contains:

- 1. Iron & Omega-3 fatty acids ensuring a highquality diet for Brain Development
- 2. Adequate levels of Calcium and Vitamin D for healthy Growth & Development
- 3. Unique prebiotic blend for healthy digestion



2 FEEDS OF BEBELAC JUNIOR 3 (500 ML)

DAILY IRON INTAKE



86%

