

















Donor health is a major priority for SANBS. This is why our clinic Nurses offer you our free and improved iron tablets after you donate blood.

## Why?

Donating whole blood reduces your iron levels which could lead to iron deficiency and in some extreme cases even **anaemia**.

## What do the Iron Tablets do?

The new and improved iron tablets (Cheliron Forte) are up to 3x better absorbed in the body. They have less interaction with food and other substances, which means they can be taken with food. They aid iron recovery much faster than traditional non-chelated iron tablets. They have minimal to no side effects. They also contain Folic acid which assists your body to maintain healthy red blood cells - All this means the new and improved iron tablets are more effective and good for you!



Join #WeAreThePulse today, donate blood, and save lives!

For more information visit www.sanbs.org.za Toll-free: 0800 11 90 31

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## IFE GIVERS Before you can save lives, we need to protect yours.







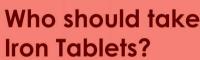












16 and 45 years should take our iron tablets after donating. Please follow the Nurse's instructions on how to take the tablets.

## What if I'm older than 45 years of age?

If you are over the age of 45, please consult wi your **Medical Practitioner** to find out if taking iron tablets is right for you. Iron tablets **can mask** conditions such as colon cancer which would



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