

EVEN LIFE GIVERS NEED SUPPORT!

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



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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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Who should take Iron Tablets?

We **recommend** whole blood donors aged between **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** with 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 present through low iron. Your **Medical Practitioner** can preclude these conditions.



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