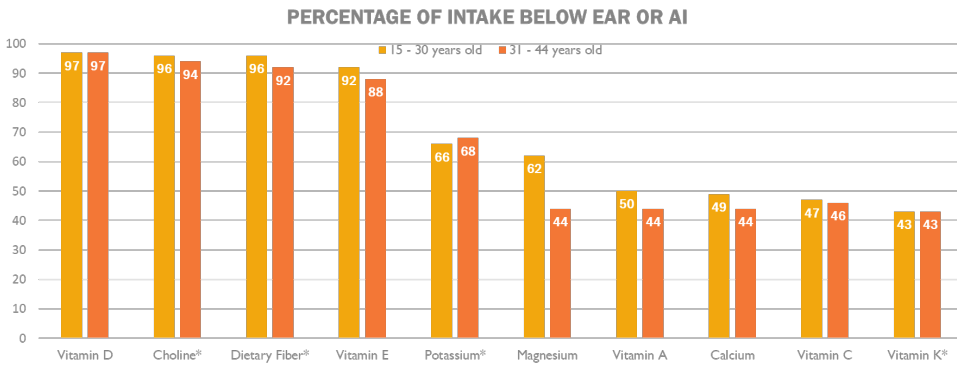


NUTRIENT GAPS IN WOMEN CAN ADVERSELY AFFECT HEALTH

NUTRIENT GAPS IN WOMEN OF CHILD-BEARING AGE



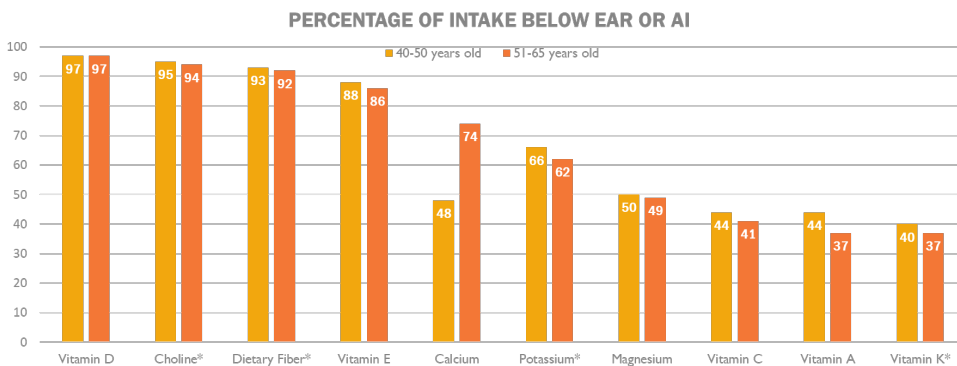
CHOLINE is important for a baby's developing **BRAIN**.

VITAMINS C, D, E, and A are essential for optimal **IMMUNE FUNCTION**.



VITAMIN D and **CALCIUM** help maintain strong **BONES**.

NUTRIENT GAPS IN WOMEN OF MENOPAUSAL AGE



RISK OF DEFICIENCY OR INSUFFICIENCY IN WOMEN 15 – 65 YEARS

1/3
↓ **FOLATE & B12**

- ~1/3 of women have inadequate Folate or B₁₂ levels.
- Folate is important for a developing baby.
- B₁₂ is important for energy production.

45%
↓ **IODINE**

- 45% of women have some form of iodine deficiency.
- Iodine is important for thyroid health.

20%
↓ **IRON**

- 20% of women have some form of iron deficiency.
- Iron is important for red blood cells and oxygen transport.