

## **Anaemia**

Mild anaemia is quite common among pregnant women and may result in you being even more tired than you already are (it is very common to experience extreme fatigue during the first trimester).

### **Subclinical nutritional deficiencies**

Low iron in the blood protein haemoglobin is normally the cause of anaemia - although B12, folic acid, manganese and B6 deficiency can also result in anaemia – and your iron levels will be tested throughout your pregnancy and supplements recommended by your midwife or GP if required.

With the Natural Nutrition Pregnancy programme we will look at your diet and lifestyle and provide you with advice about the best sources of iron (meat and vegetable sources) and provide you with additional information that can help maximize your body's iron levels (for example, iron absorption is assisted by vitamin C), as well as advising you on the best iron supplements available.

For more information, please do not hesitate to contact me.