



Helping you to give your baby a healthy start

Iron deficiency in babies

Iron deficiency

Why your baby needs iron

Iron is essential for producing haemoglobin (the oxygen-carrying part of red blood cells) and for brain development. A deficiency in iron can cause your baby to develop anaemia, which can lead to tiredness and lack of energy and may affect their learning of fundamental skills.

Providing iron through a weaning diet

At around 6 months of age, your baby's natural store of iron runs out, so you must ensure they get enough iron from other foods when they start weaning. However, it's not always easy for your baby to eat large amounts of iron-rich foods like red meat, chicken and fish at this stage. So to complement their weaning diet, if you are bottlefeeding you may like to consider moving your baby onto a follow-on milk. Aptamil Follow On is an excellent source of iron and can help to ensure they get their daily requirement of this key mineral from 6 months onwards. It's also been designed to complement weaning.

If you would like more advice about getting iron into your baby's diet, give our expert feeding advisors a call on **08457 623 628** between 8am and 8pm, Monday to Friday. Or chat to us online via our instant messaging service, Live Chat Monday to Friday, 9am - 5pm.