ᐁᐅᕋᓐ Iron, ᑳᓪᓯᐊᒻ Calcium

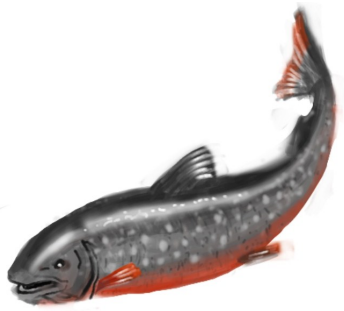
ᐊᒻᒪᓗ ᓂᕆᑦᓯᐊᓂᖅ

ᐊᒻᒧᒪᔪᐃᑦ ᐁᐅᕋᓐᓕᕆᑦᑐᓯᐊᑦ!

- ᖁᓕᓪᓗ ᐱᖓᓱᓪᓗᐃᑦ ᐊᒻᒧᒪᔪᐃᑦ ᓯᑕᒪᐅᔪᖕᖕᒋᒐ ᑐᓗᐊᒥᒃ ᐁᐅᕋᓐᖅᑲ ᓂᓴᑦ ᑐᑦᑐᐊᓗᔭᕕᓂ ᒥᒃ ᓴᑦᑑᔭᒐᑲᓪᓚᒥᒃ.
- ᐃᓪᓗᓯᐊᑕ ᐁᐅᕋᓐᒥᒃ ᑭᖕᖕᒧᒪᑦᓯᔪᒍᑦ. ᐱᐊᕋᑦᓴᓖᒃ ᐁᐅᕋᓐᒥᒃ ᐅᓄ ᓂᐹᒥᒃ ᑎᒥᒻᒧᔪᕙᒋᐊᓖᑦ. ᐱᐊᓐᑦ ᐁᐅᕋᓐᕆᑦᑐᑕᖅᑲᕆᐊᖅᑲ ᒥᔪᑦ ᐱᕈ ᓴᓂ ᒥᓂᒃ ᖅᑲᓄᐃᖕᖕᒋᓯᐊ ᓂᖅᑲ ᓗᑎᒃ.

ᐁᐅᕋᓐ ᐃᑲᔪ ᓯᓂᖅᑲᓱᖅ ᑎᒥᐅᑉ ᓄᑭᖕᒋᓐᓂᒃ ᐊᐅᖕᒐᓂᓗ!

ᐃᖅᑲᓗᐃᑦ (ᓴᐅᓂᖕᒋᑦ ᐊᑕᑎᓪᓗᒋᑦ ᓂᕆᔭᑦ) ᑳᓪᓯᐊᒻᕆᑦᑐᓯᐊᖕᒍᒻᒥᔪᑦ



- ᓴᒪᑐ ᓂᖅ ᐃᖅᑲᓗᑉᐱᒥᓪᓘᓃᑦ ᓴᐅᓂᖕᒋᑦ ᐊᑕᑎᓪᓗᒋᑦ ᑳᓪᓯᐊᒻᑕᓕᒃ ᔫᑲᑦᑎᑐᑦ 100gᑕᓕᒻᒥᒃ (ᐃᒥᕈᑎᓪᓗᐊᑎᑐᑦ)

ᑳᓪᓯᐊᒻᑕᖅᑲᒋᐊᓕᒃ ᑎᒥᕗᑦ ᓴᐅᓂᖅᑲᑦᓯᐊᓂᐊᕋᒥ ᑭᒍᑎᖅᑲ ᓯᐊᓗᓂ.