

Iron Is Life

Organowild

Natural Iron Mango Slice

Replenish Iron Stores Every Day

Ironize for Strong Body & Alert Mind

Body Requires Iron Every Day

- Boys and Men require 18 mg iron every day
- Girls and Women require 29 mg iron every day

Ref: ICMR-NIN 2023



Everyday our body gets iron from daily meals

Breakfast, Lunch, Snacks, Dinner

To meet our daily iron requirement, we should incorporate these iron-rich foods into our diet:

- 1.Shellfish:** Clams, oysters, and mussels are excellent sources of iron.
- 2.Spinach:** Spinach is a good source of non-heme iron
- 3.Lean Meats:** Beef, pork, and poultry are good sources of heme iron
- 4.Legumes:** Lentils, beans, and chickpeas provide iron along with fiber and other nutrients
- 5.Nuts and Seeds:** Almonds, pumpkin seeds, and sunflower seeds are iron-rich options.

Incorporating a variety of these foods into your meals will help you meet your daily iron needs! 🌟

[This is an indicative list for more edible foods dense in iron consult your nutritionist]



Iron is Life, take iron everyday

Does my everyday food, give my body the required amount of iron everyday?

- For Boys and Men 18 mg iron every day
- For Girls and Women 29 mg iron every day



Do not take risk with your health

Take iron Everyday
and meet the body's iron requirement?

- For Boys and Men 18 mg iron every day
- For Girls and Women 29 mg iron every day



Do not take risk with your health
Take iron everyday – Iron is life!

Iron Sources



Natural Dietary Iron from food Sources



Chemical Iron from Fortified Foods - breakfast cereals, rice and salt are fortified with chemical iron.

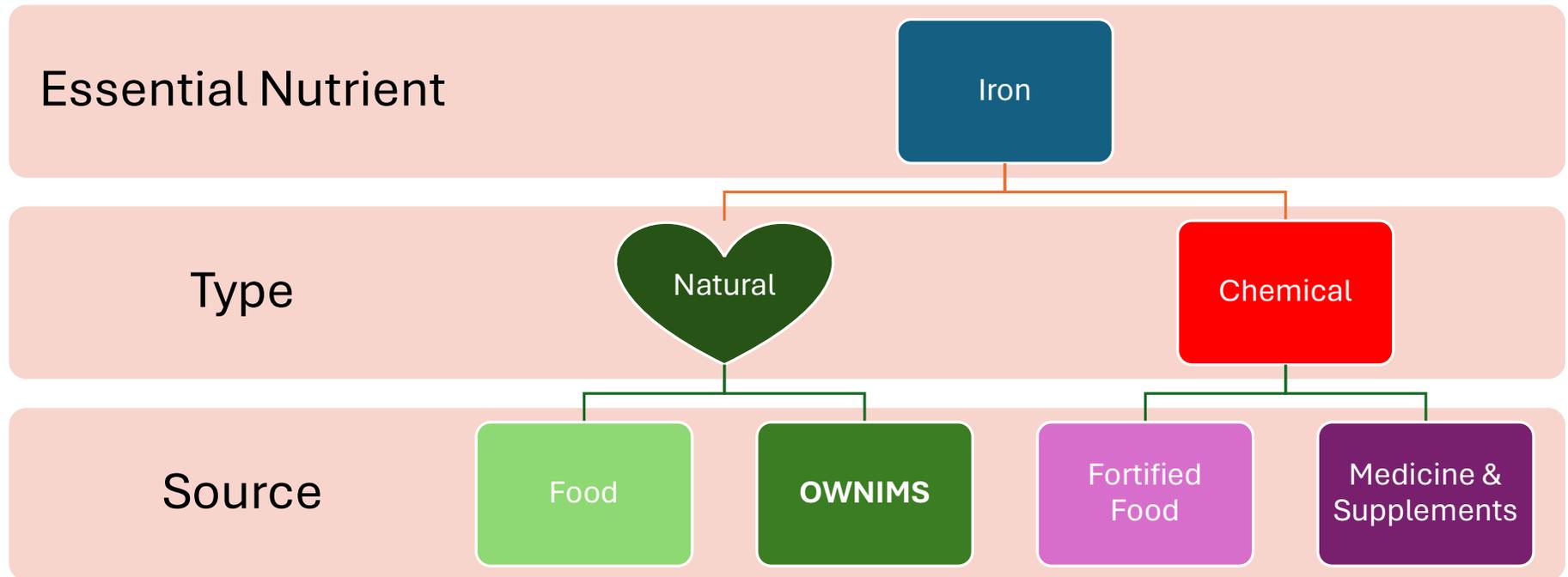


Chemical Iron from Supplements and medicine

For Boys and Men 18 mg iron every day
For Girls and Women 29 mg iron every day

Do not take risk with your health

Take iron everyday food plus OWNIMS



For Boys and Men 18 mg iron every day
For Girls and Women 29 mg iron every day

Take iron everyday food plus OWNIMs

- ✓ Natural, Veg, Non-Heme, Safe and Gentle Iron Every day [No Chemical]
- ✓ 1 to 2 slice every day of Natural dietary Iron to replenish iron stores and meet body's everyday need.
- ✓ Tasty Tangy natural iron fortified food
- ✓ Paired with ingredients that support absorption of iron
- ✓ Rich in vitamin C, fiber, probiotics and Phyto nutrients
- ✓ Energy on the go
- ✓ Certified Know how and technology from CSIR-IHBT Government of India.



For Boys and Men 18 mg iron every day
For Girls and Women 29 mg iron every day

Meet body's 100% Daily Dietary Iron requirement

Natural Dietary Iron



Natural Dietary Iron



FOOD + OWNIMS

Iron Levels Increase after taking OWNIMS



In World

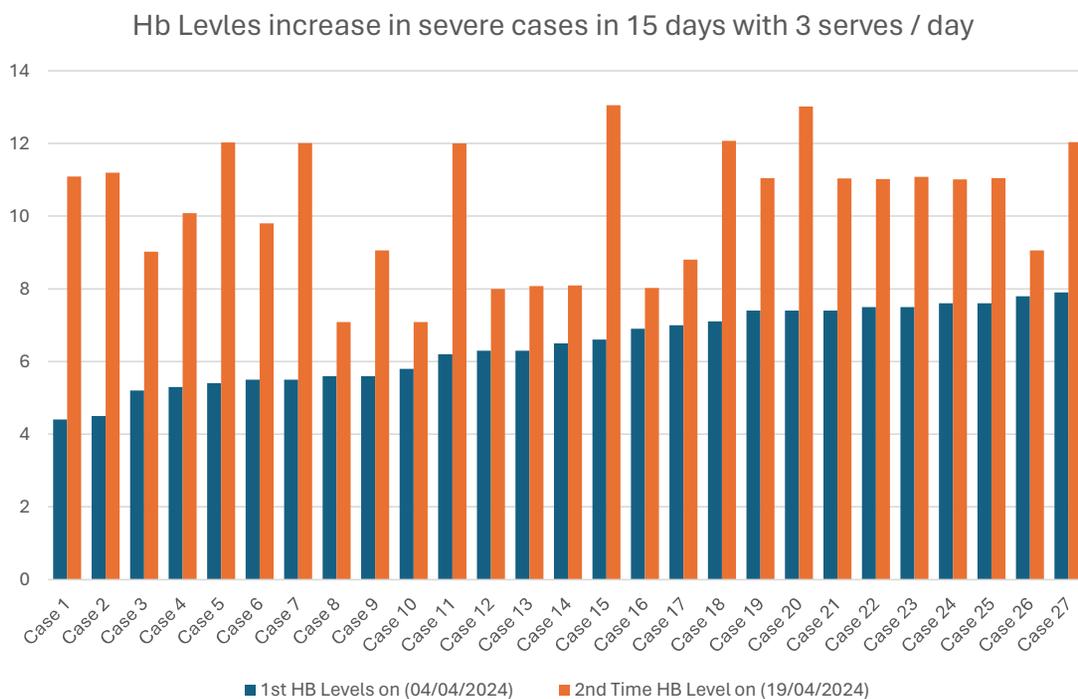


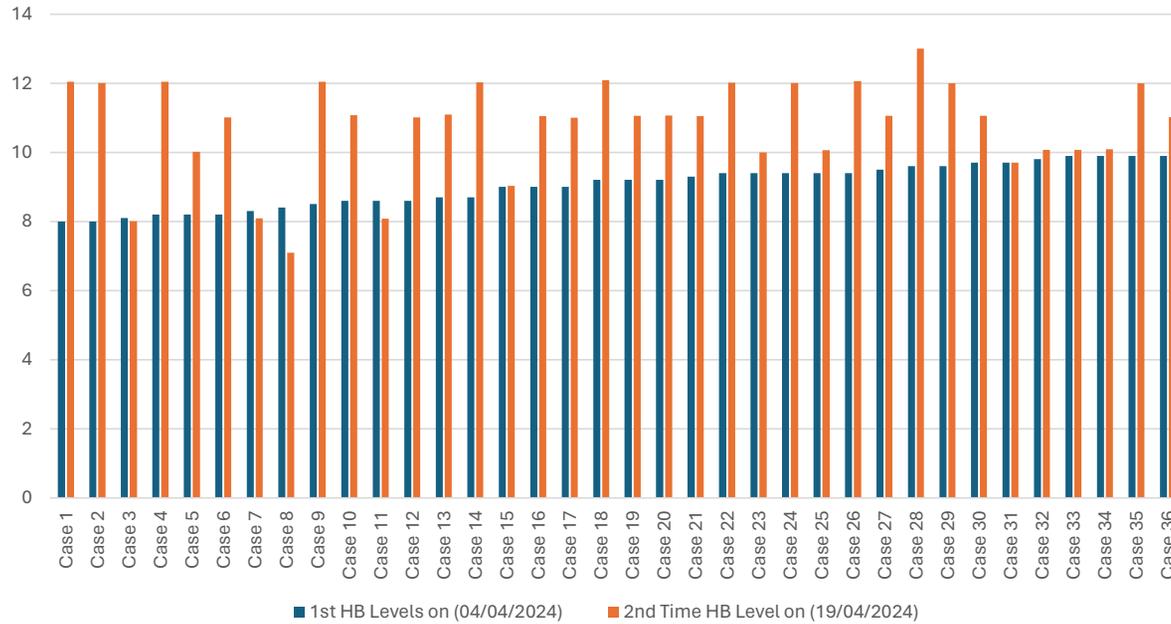
Exhibit 5: Increase in Haemoglobin Levels in Severe Cases of Anemia [Hb levels below 8 mg/dl] after 15 days of administration of 3 serves per day

For More Info: Email : deccanconnect@deccanhealthcare.co.in
 Call: : 1800 274 3338 WhatsApp only: 7302979945 / 8121034558



Iron Levels increase after taking OWNIMS

Hb increase in Moderate Cases in 15 days of administration of 2 serves / day



In World

Exhibit 6: Increase in Hemoglobin Levels in Moderate Cases of Anemia [Hb levels above 8 below 10.9 mg/dl] after 15 days of administration of 2 serves per day

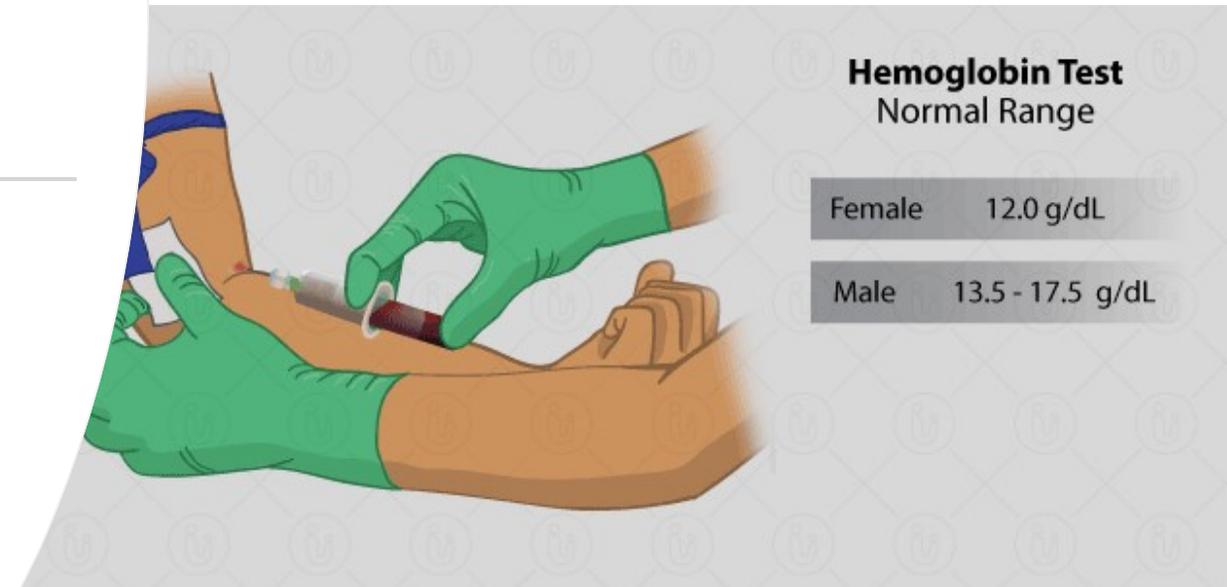
For More Info: Email : deccanconnect@deccanhealthcare.co.in
Call: : 1800 274 3338 WhatsApp only: 7302979945 / 8121034558

You are
Wellness Conscious

Keep your
Blood Healthy

TEST YOUR BLOOD for IRON

Keep your Iron Store charged



Hemoglobin Test
Normal Range

Female 12.0 g/dL

Male 13.5 - 17.5 g/dL

Take iron everyday

food plus OWNIMs

Do not wait for iron deficiency to be cause for disease and major health problem.

Replenish your iron stores every day. Bridge the iron deficiency with OWNIMS.



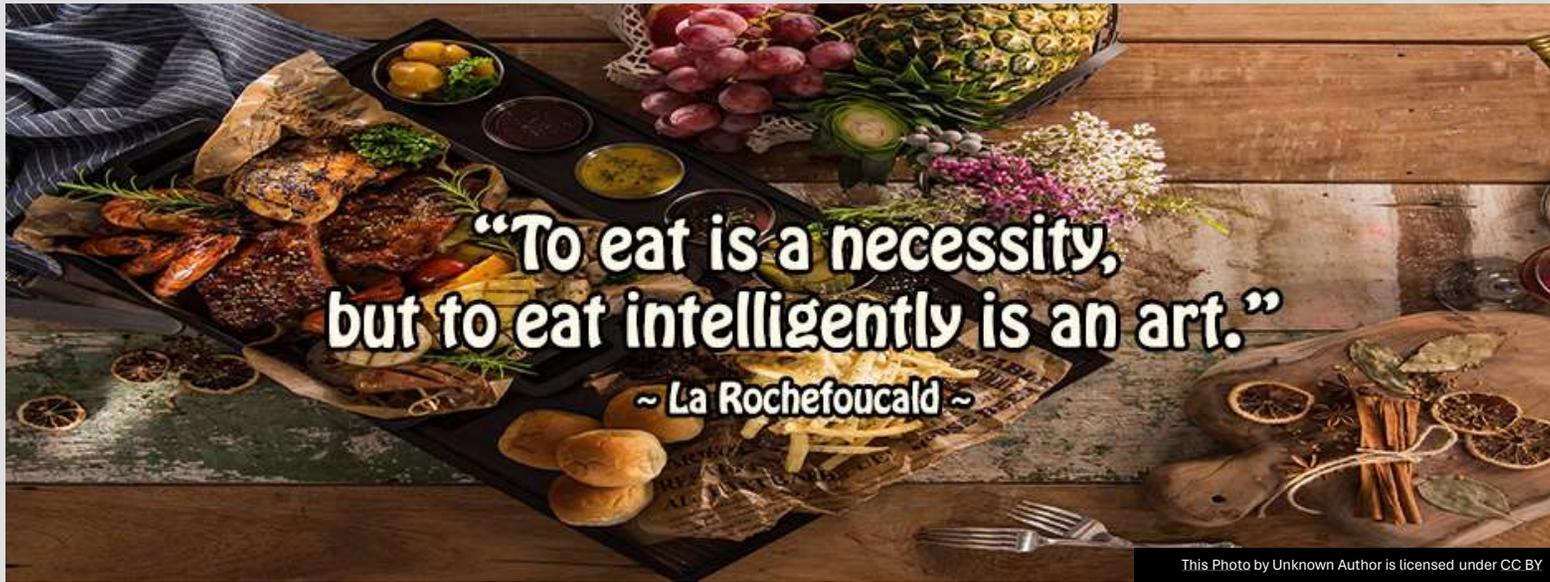
For Boys and Men 18 mg iron every day
For Girls and Women 29 mg iron every day

Everyday our body needs iron to stay fit

If you are experiencing any 1 or more of these symptoms it could be due to low iron in your daily meals.

- Paleness or pallor in the inner rims of the lower eyelid (lower palpebral conjunctiva)-
- Overall skin dullness-
- Colorless palms of the hand
- Soreness of the tongue
- Cracks at the corners of lips
- Brittle and spoon shaped nails
- Dizziness, tiredness, fatigue and low energy
- Unusually rapid heartbeat, particularly during exercise
- Shortness of breath
- Frequent headaches, particularly with exercise
- Lethargy, lack of interest in playing and studies and sexual activity
- Difficulty or inability to concentrate
- Leg cramps
- Lowered resistance to infections and frequent illness
- Impotence
- Hair fall
- Sleeplessness
- Skin itching
- Unable to perform work and sex satisfactorily.

Iron deficiency in food can be a “silent killer” and can be cause for early aging and multiple diseases.
Iron deficiency can lead to anemia



1-2 OWNIMS Every Day for Wellness Conscious People.

Keep your blood Healthy

Body Strong and Mind Sharp



OWNIMS SKU-1

PRICE & PV

PARTICULAR	PACK 300 GM
MRP	Rs.3000
DP	Rs.2500
PV	12

OWNIMS SKU -2



120 NATURAL IRON MANGO SLICE

Saving Rs.14000

BUY 4



4 FREE



8 PACK'S

PARTICULAR	PACK 2400 GM
MRP	Rs.24,000
DP	Rs.10,000
PV	48.00

+Bonus PV -2

TAKE **IRON** SERIOUSLY

Girls need the most iron

Iron deficiency is **more common in girls** than boys simply because their **need for iron is greater.**

