



VITAMIN & MINERAL POWDER

FOR THE GOOD HEALTH OF YOUR CHILD

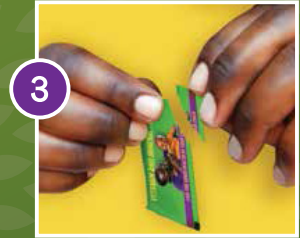
HOW TO USE VITAMIN & MINERAL POWDER



1 Wash hands with soap and clean water.



2 Mash enough food for your baby. Make it thick and soft.



3 Shake and tear open sachet.



4 Pour all of the powder on the food.



5 Feed your child all the mixed food within 30 minutes.



Do **not** mix Vitamin and Mineral Powder in hot foods, liquids or liquid foods.

- Makes your child healthy, strong and active
- Increases your child's appetite
- Gives nutrients to your child to grow well
- Prevents anaemia

Give your baby only breast milk from birth to six months. At six months complement breastfeeding with food. Mix one sachet of Vitamin and Mineral Powder with the child's food every other day from 6 to 23 months of age.



VITAMIN NE MINERAL POWDER

KULW'OBULAMU OBULUNGI OBW'OMWANA WO

ENKOZESA YA VITAMIN NE MINERAL POWDER



1

Naaba mungalo n'essabbuuni n'amazzi amayonjo.



2

Ssotta bulungi emmere emala omwana wo. Egonde ate nga nkwafu.



3

Nyenya, oyuze aka paketi.



4

Teeka mu mmere, otabule



5

Liisa omwana wo emmere yonna gy'otabude, eggwewo mu ddakiika 30.



Totabula Vitamin ne Mineral Powder mu mmere eyokya, ey'oluzzi oba ebinywebwa.

- Biyamba omwana okuba omulamu bulungi ate nga alina amaanyi
- Byagazisa omwana okulya
- Biwa omwana wo ebiriisa byeyetaaga okukula obulung
- Biyamba omwana obutalwalalwala n'okuggwamu omusaayi

Yonsa omwana wo okumala emyezi mukaaga (6) nga tolina kirala kyonna ky'omuwa. Nga awezeza emyezi mukaaga (6), tandika okumuliisa emmere nga bw'omuyonsa. Tabula aka paketi kamu (1) aka Vitamin ne Mineral Powder mu mmere nga oyosaamu olunaku lumu, okuva ku myezi 6 okutuuka ku myezi 23 eg'obukulu.