

දුරකථන(පොදු)
தொலைபேசி (பொது)
Telephone (Common)

0112 696 677
0112 681 309

දුරකථන(අධ්‍යක්ෂ)
தொலைபேசி (பணிப்பாளர்)
Telephone (Director)

0112 696 508

ෆැක්ස්
பெக்ஸ்
Fax

0112 690 790

විද්‍යුත් තැපෑල
மின்னஞ்சல்
Email

director@fhb.health.gov.lk

වෙබ් අඩවිය
இணையத்தளம்
Website

fhb.health.gov.lk



පවුල් සෞඛ්‍ය කාර්යාංශය
සෞඛ්‍ය අමාත්‍යාංශය

சுகரூප சுகாதார பணியகம்
சுகாதார அமைச்சு

Family Health Bureau
Ministry of Health

මගේ අංකය
எனது இல
Our Ref. No.

FHB/MCU/MMN/2024

ඔබේ අංකය
உமது இல
Your Ref. No.

ලිපිනය
முகவரி
Address

231, ද සේරම් පෙදෙස,
கோலம்பு 10.
231, டிசேரம் பிளேஸ், கொ
ழும்பு 10.
231, De Seram Place,
Colombo 10.

දිනය
திகதி
Date

08/08/2024

All Provincial Directors of Health Services
All Regional Directors of Health Services
Director/NIHS
Chief Medical Officer – CMC

Vitamin C 250 mg tablets for maternal care programme

At present, Sri Lankan pregnant and postpartum mothers are given 100 mg of vitamin C along with iron folate tablets, daily.

However, UNICEF has donated vitamin C tablets with a strength of 250 mg to maternal care programme for the year 2024.

At the meeting of Technical Advisory Committee on Maternal Health and Family Planning which was held on 27th October 2023, the decision of giving 250 mg of vitamin C to pregnant and postpartum women has been approved.

Director General of Health Services has also granted approval for this decision.

Therefore, please instruct the relevant officials in your area to take necessary action to distribute the vitamin C tablets with a strength of 250 mg to pregnant and postpartum mothers.

Thank you,

Dr. Chithramalee de Silva
MBBS, MSc, MD Community Medicine
Director Maternal and Child Health
Family Health Bureau

Director, Maternal and Child Health

Cc: Consultant Community Physicians – Provincial/Regional
MOO.MCH
MOOH