

# Pamberi unozvitora...



## ZIVA

mishonga yako  
Uye chengeka runyoro

## ITA SHUWA

kuti uri kushandisa  
mushonga wakarurama  
nenzira yakarurama

## BYUNZAI

hutano hwako  
nyanzvi kana  
usina chokwadi

## Ndeipi Rondedzero Yemishonga Yangu?

Yangu Mishonga Rondedzero yezvese mishonga uye ma supplements aunotora.

## Ndoi ndichifanira kuishandisa? se it?

Kuchengeta runyoro rwechizvino-zvino kunogona kukubatsira kuziva mishonga yako. Zvinogonawo kukubatsira kana uchikurukura nezvemishonga yako nenyanzvi yezvehutano.

## Ndoizadza sei?

Unoda mishonga yako yese pamberi pako. Imwe sarudzo ndeyekukumbira mufesi wako kuti adhinde runyoro rwako. Ita shuwa kuti unosanganisira zvese zvakatemwa, izvo zvakatengwa pamusoro pekaunda, mishonga yechivanhu neyemishonga uye zvekuwedzera.

## Ndoishandisa sei?

Chengetedza runyoro rwako kusvika nhasi. Huya newe paunenge uchienda kune chero nguva yehutano. Unogona kuona zvichibatsira kuchengeta mufananidzo weiyi runyorwa pafoni yako.

## Ndingawana sei imwe fomu?

Kuti uwane imwe kopi, unogona kudhinda kubva [www.hse.ie/safermeds](http://www.hse.ie/safermeds).



Ruzivo rwevanhu vanotora mishonga nemhuri dzavo

# Rondedzero yangu yeMishonga



Zita remakemikari wangu

Nhamba yenhare

Zita remhuri yangu chiremba

Nhamba yenhare

Munhu wekufona panguva yenjodzi

Nhamba yenhare

**ZIVA**

**ONGORORA**

**BVUNZA**

