

# Iron Fortificants & Pre-Biotics significantly improve Serum Folate Levels in Iron Deficient Women of Reproductive Age

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The present research was designed to evaluate the combined effects of iron fortificants and prebiotics on serum folate levels among iron deficient women of reproductive age.

To serve this purpose, a double blind randomized control study was designed involving n = 75 iron deficient women of reproductive age group. These women were divided into 5 groups, each having 15 subjects. One group was control while other four were treatment groups. They were given varying combinations of iron fortificants and prebiotics on daily basis for 90 days. Iron fortificants included ferrous sulphate and sodium iron EDTA while prebiotics consisted of Inulin and galacto-oligosaccharides. Overnight fasting blood samples were taken from women at baseline, 30<sup>th</sup>, 60<sup>th</sup> and 90<sup>th</sup> days, respectively. Mean square values for serum folate levels showed that there were significant variations for the effect of groups, study intervals as well as the interaction between groups and study intervals (P-value < 0.05).

Our current study concluded that iron fortificants and prebiotics when combined, could significantly improve serum folate levels among women of reproductive age. This particular potential of prebiotics could further be exploited to address the global health issue of iron deficiency anemia, effectively.

Keywords: Iron Fortificants, Prebiotics, Serum Folate, Iron Deficiency, Anemia, Women of Reproductive Age, Public Health