

## Iron supplementation to anemic PEM pre school children

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### Abstrak

*Seventy six PEM (-2SD WFA) anemic (Hb 8 <10g0d1) children aged 2 - < 5 years were randomly divided into a treatment group and a control group. For two months, the treatment group received Fe + Yrt C (30 mg el. iron + 20 mg Vit C) while the control group received Vit C (20 mg) atone. Neither the subject nor the distributor could distinguish between the two types of supplements. Anthropometrics, hematological, and dietary evaluations were conducted before and after the study. Corrections were made for parasitic infestations before the intervention phase.*

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*Fe + Vd C has showed significant effects on Improving the nutritional status of subjects in terms of hematological (Hb , serum ferritin, and MCV) and anthropometrics indices (weight, and height). It was also found out that it has significant effect on HAZ of subjects as compared with the effect of Vit C. Vit C has showed significant effects on weight and height but not on hematological status.*

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*It was concluded in this study that Fe has significant effect on increasing linear growth since no significant change was found in energy intake.</i>*