



PROVEDA

leading you to success



E-EDUVEDA
PROVEDA ONLINE EDUCATION SYSTEM

Iron with Zinc and Folic Acid



Provida Represents
The most important
essential Trace
element



1

- Iron is an essential mineral which serves as a carrier of Oxygen to the tissues from the lungs by red blood cell hemoglobin, as a transport medium for electron within cells

2

- Two-Third of the Iron in your body is found in Hb, the protein in red blood cells that carries oxygen to your body's tissues

3

- 75% present in blood, the rest in liver, bone marrow and muscles

In many population, the amount of Iron absorbed from diet is not sufficient to meet many individual requirements and may lead to Anemia.



Recommended Daily Allowance of Iron

Life Stage	Age	Males (mg/day)	Females (mg/day)
Infants	0-6 months	0.27	0.27
Infants	7-12 months	11	11
Children	1-3 years	7	7
Children	4-8 years	10	10
Children	9-13 years	8	8
Adolescents	14-18 years	11	15
Adults	19-50 years	8	18
Adults	51 years and older	8	8
Pregnancy	all ages	-	27



What is the Source of Iron in Proveda's Iron?



A number of Iron sources are used to get Iron as elemental form.

Ferrous Sulphate, Ferrous Fumarate, Ferrous Ascorbate are the major sources of Elemental Iron

Ferrous Ascorbate has been used Proveda's Iron

Table 1- Showing mean Hb rise in different groups

Group (n-50 in each)	Mean Rise in Hb on day 30(D0-d30) (gm %)	Mean Rise in Hb on day 60(D0-60) (gm %)	t test (Rise from D0-D30)	t test (Rise from D0-D60)
Group I (Ferrous sulphate)	0.56±0.23	0.93±0.27	P<0.001(S)	P<0.001(S)
Group II (Ferrous fumarate)	0.61±0.22	1.06±0.28	P<0.001(S)	P<0.001(S)
Group III (Ferrous ascorbate)	0.63±0.23	1.13±0.35	P<0.001(S)	P<0.001(S)
Group IV (ferrous bisgly- cinate)	0.66±0.23	1.11±0.27	P<0.001(S)	P<0.001(S)
Group V (sodium ferredetate)	0.67±0.22	1.09±0.31	P<0.001(S)	P<0.001(S)
ANOVA	1.870	3.418		
p value	.116(NS)	.010(S)		

Ferrous Ascorbate shows maximum rise in Hb in Anemic case



Ingredients

Ferrous Ascorbate

Prevent low blood levels of Iron caused by Anemia

Improves hair growth

Helps in the digestion of protein

Folic Acid

Helps to produce and maintain new cells

Helps to prevent Anemia

Helps to reduce heart disease risk

Ingredients

Zinc Sulphate Monohydrate

It helps to enhance immune system

It helps to stabilize blood sugar

It helps to keep skin and eyes healthy



Benefits

- Improves hair growth
- Increases hemoglobin
- Helps in the digestion of protein
- It helps reduce the chances of heart attacks
- It helps to fight with Anemia
- Helps to produce and maintain new cells
- Helps to reduce heart disease risk



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Dosage

Dosage : 1 soft gel twice a
day after meals

