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## A randomized controlled trial on the effect of 10 grams *Moringa oleifera* powder leaves on the level of hemoglobin and hematocrit on infants' age 6-9 months

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**Objective:** To determine the effect of daily supplementation of 10 grams *Moringa oleifera* powder leaves given for 3 months in the level of hemoglobin and hematocrit of infants 6 to 9 months of age.

**Methods:** Data from the control group (rice porridge only) and the treatment group (rice porridge+10 grams *Moringa oleifera* powder leaves) were compared. Before and after levels of hemoglobin, hematocrit as well as weight, length and head circumference were measured.

**Results:** Data analysis showed that there was significant mean difference in the level of hemoglobin of the treatment group compared with the control group (p value<0.00068). Hematocrit level between the groups did not show significant difference (p value 0.45065). The mean change in the weight on the treatment group was higher than the control group but there was no significant mean difference between the two groups. The length and head circumference of the treatment group versus the control group also did not show any significant difference.

**Conclusion:** This study showed that daily supplementation of 10 grams *Moringa oleifera* powder leaves leads to higher level of hemoglobin in the infants. However, hematocrit level of the infants did not showed significant difference between the two groups. *Moringa oleifera* is a cheap, practical and effective supplement that may prevent anemia in infants.

### Biography

Robie Joy A Cruz is an affiliate of Eduardo L. Joson Memorial Hospital in Philippines. She has done her Doctor of Medicine in Dr. Nicanor Reyes Medical Foundation in Philippines.

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