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A medical nutritional supplement improves bmi, hemoglobin, fatigue levels in female anemic patients

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Objective: To determine the effect of 3 months consumption of medical nutrition supplement(MNS) Maxvida™ in adult anemic females.

Background: Proper balanced daily nutrition is important for women, which includes adequate levels of essential high-quality proteins, amino acids, complex carbohydrates, biotin for normal functioning of the nervous system, and hemo-nutrients for normal blood formation.

Subjects and Method: This was a retrospective observational study where 226 adult female participants between 18 to 45 years were enrolled from 1st March to 30th April 2019. Patients were instructed to consume MNS (Maxvida™) 30gm in 100 ml of water twice daily (morning and evening) in addition to their normal diet for three months. Anthropometric parameters, HbA1c, Modified Fatigue Impact Scale (MFIS) and hand-held dynamometry (HHD) were assessed at baseline, 1, 2 and 3 months.

Result: The mean age of patients was 31.1 years. All subjects took supplement as per guideline showing high compliance rate. BMR improved significantly from baseline 21.7 ± 0.3 to 22.6 ± 0.35 at 3 months ($p=0.013$). Weight increase significantly from baseline 51.3 ± 0.7 to 53.3 ± 0.6 and 53.9 ± 0.6 kg at both 2nd and 3rd months ($p = 0.001$). Hb levels increased significantly from baseline 9.0 ± 0.1 to 11.0 ± 0.1 at 3 months ($p=0.001$) due to Maxvida™ intake. MFIS score reduced significantly from baseline 51.1 ± 1.1 to 28.9 ± 1.3 at 3 months ($p=0.0001$). HHD score improved from 17.3 ± 0.4 to 22.0 ± 0.5 at 3 months ($p = 0.001$).

Conclusion: 3-months consumption of Maxvida™ an MNS by adult anemic females, showed improvement in BMI, Hb, Muscle parameters, HHD with a reduction in MFIS.

Biography

Chetan Mehndiratta has completed his M.Sc and commenced PhD and now he works in Matram Hospital in India.

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