

A Medical Nutritional Supplement Improves BMI, Hemoglobin, Fatigue levels in female anemic patients.

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ABSTRACT: Objective: The aim of this study was to determine the effect of 3 months consumption of medical nutrition supplement (MNS) in adult anemic females.

Background: Globally, anemia affects 1.62 billion people, whereas in India 53.2% of non-pregnant women and 50.4% of pregnant women were found to be anemic in 2018, as per the NFHS. Proper balanced daily nutrition is important for women, which includes adequate levels of essential high-quality proteins, amino acids and complex carbohydrates to help meet adult nutritional needs (1,2). Therefore, in the present study, the short-term effects of MNS rich in proteins, hemo-nutrients and biotin in anemic women were studied.

Design: This was a retrospective observational study where MNS (Maxvida™) was given to 226 anemic female subjects between 1st March to 30th April 2019 and evaluated for their clinical data (age, weight, and BMI), Modified Fatigue Impact Scale (MFIS) and hand-held dynamometry (HHD) at 1, 2 and 3 months.

Results: The mean (SD) age of patients was 31.1 (8.9) years in this study. A significant improvement in BMR was observed from baseline 21.7 ± 0.3 to 22.6 ± 0.35 at 3 months ($p=0.013$). Weight was found to increase from

baseline 51.3 ± 0.7 to 53.3 ± 0.6 and 53.9 ± 0.6 kg at both 2nd and 3rd months, respectively ($p = 0.001$). Statistically significant increase in Hb levels was observed from baseline 9.0 ± 0.1 to 11.0 ± 0.1 at 3 months ($p=0.001$) due to Maxvida™ intake. There was a significant reduction in MFIS score from baseline 51.1 ± 1.1 to 28.9 ± 1.3 at 3 months ($p=0.0001$), and improvement in HHD score from 17.3 ± 0.4 to 22.0 ± 0.5 at 3 months ($p = 0.001$). No serious adverse effects were noticed during consumption.

Discussion: Anemic condition in females is increasing throughout the world as the population in most of the countries continues to age, impacting their BMI. This study evaluated the efficacy and safety pattern of consuming Maxvida™. Overall, Hb levels increased by 2.0% (from 9.0 to 11.0) at the end of 3 months with overall statistical increase in BMR. There was also statistical increase in HHD showing increase in muscular response and improvement from fatigue.

Conclusion: MNS Maxvida™ was found to be efficacious in improving the anemic conditions in female subjects with no deleterious effects.



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