

## **FERITUS-XT**

**Each tablet contains Ferrous Ascorbate 100 mg, Folic acid 1.5 mg and Zinc 22.5 mg.**

### **Description:**

Pregnancy and nursing are times of a women's life when it is important to be vigilant about getting enough nutrients to nourish her little one as it is a period of increased metabolic demands, with changes in the woman's physiology and the requirements of a growing fetus. Even with the most solid diet, it can be difficult to consume enough of the necessary nutrients for pregnancy, especially with our modern food supply. Nutritional requirement in pregnancy increases for carbohydrate, vitamins and micronutrients. This combination improves fetal growth and develops immune system. Ferrous ascorbate in this combination has high bioavailability with least GI side effects. Folic acid is vital for cell division and growth. Zinc is essential for many functions, including growth and neuro behavioral development, immune and sensory functions. Cyanocobalamin together with folic acid is important in early pregnancy to prevent neural tube defects.

### **Indication:**

It is indicated in prophylaxis of iron deficiency especially when inadequate diet calls for supplementary zinc and iron during pregnancy and anemia.

**Dosage:** One tablet daily (OD).

### **About Composition:**

#### **Ferrous Ascorbate:**

Ferrous ascorbate is a synthetic molecule of ascorbic acid and iron. Ascorbic acid enhances absorption of iron. Ascorbic acid reduces ferric iron to ferrous iron, which remains soluble even at neutral pH. Ferrous form is absorbed thrice as much as ferric form of iron. If a pregnant woman has an adequate amount of ferrous ascorbate in the body, it would help her to avoid having an anemia sickness during pregnancy and in addition to that it also boosts the immune system of the mother and the baby. This is the reason why, it is highly recommended that every pregnant woman should start taking ferrous ascorbate especially during the early stages of pregnancy and even before pregnancy.

#### **Folic Acid:**

Folic acid is a B vitamin (vitamin B9). It helps to protect your unborn baby from developing neural tube defects. Folic acid may also help to prevent other birth defects, such as a cleft palate.

**The most common neural tube defects are:**

- Spina bifida, an incomplete closure of the spinal cord and spinal column
- Anencephaly, severe underdevelopment of the brain
- Encephalocele, when brain tissue protrudes out to the skin from an abnormal opening in the skull.

All of these defects happen during the first 28 days of pregnancy — usually before a woman even knows she's pregnant. That's why it's so important for all women of childbearing age to get enough folic acid — not just those who are planning to become pregnant. Only 50% of on mother's side, Folic acid is good too, as it works with vitamin B12 to form healthy red blood cells. Not having enough folic acid can cause you to have a type of anaemia. The other, more common type of anaemia, is due to a lack of iron.

**Zinc:**

Zinc is an essential mineral known to be important for many biological functions including protein synthesis, cellular division and nucleic acid metabolism. Severe zinc deficiency is rare in humans, but mild to moderate deficiency may be common, especially in populations with low consumption of zinc-rich animal-source foods and high intakes of foods rich in phytates, which inhibit zinc absorption. It is estimated that over 80% of pregnant women worldwide have inadequate zinc intake. It has been suggested that maternal zinc deficiency may compromise infant development and lead to poor birth outcomes. Low plasma zinc concentrations reduce placental zinc transport and may affect the supply of zinc to the fetus. Zinc deficiency also alters circulating levels of a number of hormones associated with the onset of labour, and because zinc is essential for normal immune function, deficiency may contribute to systemic and intra-uterine infections, both major causes of pre-term birth. Low birth weight and prematurity are significant risk factors for neonatal and infant morbidity and mortality. Zinc supplementation may improve pregnancy outcomes for mothers and infants.