

Ferrous Ascorbate, Zinc and Folic Acid:

Red Blood Cells contains Haemoglobin and its function is to carry oxygen from lungs and spread into entire body cells. When the haemoglobin level get down from normal value i.e., 11 – 12 g/dl so it leads to Anaemia. There are multiple types of Anaemia and the commonest one is nutritional anaemia, mostly occurs due deficiencies of iron and folic acid.

1. What does Peakrise XT contains?

Ferrous Ascorbate 100mg + Folic Acid 1.5mg + Zinc 22.5mg Tab

2. What is the importance of Ferrous Ascorbate, Folic acid and zinc?

Ferrous Ascorbate is an iron supplement used to treat or prevent low blood levels of iron (e.g., for anaemia or during pregnancy). Ascorbic acid (vitamin C) improves the absorption of iron from the stomach.

Folic acid is a type of B vitamin that is normally found in foods such as dried beans, peas, lentils, oranges, whole-wheat products, liver, asparagus, beets, broccoli, brussels sprouts, and spinach. Folic acid helps your body produce and maintain new cells.

Zinc is an essential mineral that is important for wound healing, and the senses of taste and smell. However, if it is taken in large quantities, it can lead to toxicity. Because of this, zinc supplements should only be taken by people with conditions causing a loss of zinc, or where there is evidence of a deficiency.

3. Why Peakrise XT at young age?

At young age, the need of Fe A, FA and Zinc increase due to further growth and development. In current scenario the food habits and life style is entirely changed which leads to incomplete intake of healthy diet, which is necessary for growing body, so the diet alone is not enough to meet the required one.

Girls need more iron than boys to make up for the amount of iron they lose in their menstrual period. Around 1 mg of iron is lost for every day of bleeding.

Zinc deficiency is characterized by growth retardation, loss of appetite, and impaired immune function. In more severe cases, zinc deficiency causes hair loss, diarrhoea and delayed sexual maturation. Many of these symptoms are non-specific and often associated with other health conditions; therefore, a medical examination is necessary to ascertain whether a zinc deficiency is present.

4. Why doctor prescribe me Peakrise XT during pregnancy?

The necessity increase of FA and Zinc during pregnancy which helps for growth of baby and mother's health.

There is a need of iron to make **extra** blood (haemoglobin) for both mother and baby during pregnancy. Iron also helps move oxygen from your lungs to the rest of mother's body and the baby's. Getting **enough** iron can prevent a condition of too few red blood cells that can make you feel tired, called iron deficiency anaemia.

5. Why doctor prescribe Peakrise XT after delivery ?

Post-delivery usually mother feels tired and exhausted and it's the only time when baby needs extra care and consciousness. Even when mother starts breastfeeding then the nutrients get transferred to the baby, so it is imperative to have enough iron and zinc to restore the health.

Blood loss during delivery and nurturing to baby's growth may not be easy to attain with normal diet, therefore the extra supplement is required to individual.