

A Study Assessing the Safety and Efficacy of Botanical Extract Standardized for Iron supplement in Healthy Adults Experiencing Anaemia | Iron Deficiency Anaemia: A Randomized, Double-Blind, Placebo-Controlled Trial



This study aimed to assess the efficacy and safety of oral iron supplementation, comparing two formulations: one with iron and vitamin C and the other with iron alone. It included 96 adult subjects with iron deficiency anaemia, aged 26 to 55. Key haematological parameters, iron status markers, Superoxide Dismutase (SOD) levels and quality of life indicators were evaluated. The study maintained strict inclusion and exclusion criteria to ensure a homogeneous participant group. Subjects were instructed to adhere strictly to the assigned treatment regimen and refrain from additional iron supplements. Comprehensive evaluations were conducted at baseline and throughout the study duration. Study results analysis revealed no adverse events associated with either treatment, indicating a safety profile.