

ABSTRACT

(LITERATURE REVIEW)

EFFECTIVENESS OF IRON SUPPLEMENTATION AND ITS COMBINATION WITH VITAMIN C ON INCREASING HEMOGLOBIN LEVELS OF PREGNANT WOMEN

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Anemia is very dangerous for pregnant women, therefore the administration of iron to pregnant women must be accompanied by the provision of other micronutrients, namely vitamin C, so that iron can be absorbed optimally by the body. Where vitamin C plays a role in the absorption of iron more optimally. Vitamin C works by reducing ferric ions to ferrous ions so that they can be quickly absorbed by the duodenum and small intestine. The purpose of the research in the three journals was to compare the hemoglobin levels of pregnant women who consumed iron tablets only and pregnant women who consumed a combination of iron tablets and vitamin C. The three research journals conducted research at the puskesmas and posyandu in their respective regions. The method used in the three research journals is to divide pregnant women into 2 or more groups by being given several treatments. The results of the three research journals are that the hemoglobin levels of pregnant women who consume a combination of iron and vitamin C tablets are higher than those of pregnant women who consume iron alone. The conclusion obtained from the three articles reviewed in this literature review is that in supporting the acceleration of nutritional improvement in pregnant women, it is strongly recommended to give Fe tablets together with vitamin C.

Keywords: *iron, vitamin c, hemoglobin, pregnant woman, effectiveness.*

