

# Effect of Panmiel as a nutritional supplement in anemia in pregnant women

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## Abstract:

In the following article, a population study was carried out with pregnant women with mild anemia without a pathological history of disease and with a gestational age below 30 weeks.

In the study, the nutritional supplement Panmiel (based on bee honey) was used with good results to reinforce the iron component taken orally and increase the hemoglobin level so that pregnant women are better prepared for childbirth

**Keywords:** maternal oral health, periodontal disease, obstetrics, gynecology, reproductive sciences.

## Introduction

A common problem in pregnancy is the frequency of iron deficiency anemia, which negatively influences the outcome of the maternal-fetal binomial. Currently there are different iron-based treatments according to the classification of anemia in mild, moderate or severe. One of the treatment alternatives is the use of nutritional supplements, which serve as a complement to oral iron treatment, especially at the beginning of pregnancy and before 30 weeks. Panmiel is a natural nutritional supplement that, after the study carried out by this article, is proposed for use from the onset of pregnancy associated with oral iron supplementation, regardless of the pregnant woman's hemoglobin level.

## Development

In Cuba, although malnutrition is not a health problem, there are nutritional disorders due to micronutrient deficiencies [1].

In particular, iron deficiency is the most frequent specific nutrient deficiency in the Cuban pregnant population. Even though in a high number of cases it is considered mild or moderate, its high frequency makes it considered a maternal-infant problem.

The Beekeeping Research Center has conducted research on the properties of beehive products that benefit human health, which is why it has worked on Apitherapy agreements with hospital institutions such as the one mentioned above. Currently, the studies carried out have resulted in reformulations in the mixtures, such as the product known as Panmiel, which has the literature obtained from the results of said investigations [2].

Panmiel is a formula based on honey and bee bread that has micronutrients with high nutritional value, particularly iron. Because it is a natural product, it is easily absorbed by the human body. Nutramiel is 100% natural and recommended to combat anemia and malnutrition problems [2].

A population study was conducted with 34 pregnant women with mild anemia without a history of disease, with less than 30 weeks of gestation and a normal Body Mass Index in the municipality of La Lisa using the nutritional supplement Panmiel. Before starting the work, the protocol was presented to the Provincial Group of Gynecology and Obstetrics of Havana, which approved it for its execution in the municipality before referred to.

The treatment regimen consisted of one tablespoon after lunch and after dinner until the end of the second trimester of pregnancy. Pregnant women who were more than 30 weeks pregnant were not considered, because if the hemoglobin levels had not improved by that date, there was a risk of premature birth. with hemoglobin levels classified as moderate or severe anemia. Of the sample of patients who took the supplement, a hemoglobin level of over 11 g/l was achieved in 78% of those taken in the first trimester of pregnancy and 73% in those taken in the second trimester. These results showed an 80% effectiveness of the Panmiel product, with a clinically symptom-free evolution, uterine height and abdominal circumference in accordance with gestational age and normal fetal growth percentiles.

It is noteworthy to highlight that 85% of pregnant women obtained acceptable hemoglobin levels before the end of the second trimester of pregnancy and although this study did not analyze patients with a Body Mass Index below 19, it is necessary to highlight the value of a balanced diet for a better result from using the supplement nutritional Panmiel.

## Conclusion

Based on the results obtained in this study, which demonstrates the benefits of the nutritional supplement Panmiel in pregnant women, it is proposed that it be sold to Pregnant patients who wish to take this supplement, under medical prescription to pregnant women with mild anemia, without a history of pathological disease and before 30 weeks of gestation. It is proposed to

carry out a study in pregnant patients with threat of intrauterine growth retardation (IUGR), in postpartum women and to expand the sample from the recently completed study.

## References

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