Abstract

This paper examines the significance of multiple micronutrients in promoting maternal and infant health during pregnancy and lactation. Pregnancy and lactation are critical periods requiring increased nutritional support to meet the demands of both maternal health and fetal development. Essential micronutrients such as folate, iron, calcium, vitamin D, iodine, and omega-3 fatty acids play pivotal roles in ensuring optimal outcomes for both mother and child. While individual micronutrients are important, the concept of multiple micronutrient supplementation has emerged as a promising strategy to address potential deficiencies and enhance overall health outcomes. Research suggests that combining various vitamins and minerals in supplement form may offer greater benefits than single-nutrient supplementation alone, including reduced risk of maternal anemia, improved birth outcomes, and enhanced cognitive development in infants. However, supplementation should be approached with caution and under the guidance of healthcare professionals, emphasizing the importance of a balanced diet rich in whole foods. By understanding the

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