

WHAT ARE THE EFFECTS OF LIPID-BASED NUTRIENT SUPPLEMENTS ON THE HEALTH OF MOTHERS AND THEIR BABIES?

Find out more: <https://bit.ly/2PhXuI5>

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What are lipid based supplements?

Ready-to-use lipid-based nutrient supplements (LNS) are highly nutrient-dense supplements, providing a range of vitamins and minerals coupled with energy, protein and essential fatty acids.



Why is this review question important?

Women's nutritional status before and during pregnancy plays a key role in fetal growth and development. It is important to address maternal undernourishment in order to improve maternal and child health. LNS may improve the health of undernourished pregnant women and their babies.



What did they compare?

They compared the effects of LNS to supplements containing iron and folic acid (IFA), or to multiple micronutrients (MMN).

What did they find?

4 randomised controlled trials with 8018 pregnant women from stable community settings in Bangladesh, Burkina Faso, Ghana and Malawi. One large study in Bangladesh provided most of the data. One large study from Bangladesh provided most of the data.



What are the main results ?

Effects on the mother:

- There was an increased risk of anaemia in mothers who received LNS, compared to those who got IFA or MMN supplements.
- There was no difference in weight gain of mothers in the LNS group, compared to those in the IFA and MMN groups.

Effects on the baby:

- There may be a slight benefit of LNS on babies who are born small, and on newborn weight and length, compared to IFA supplements.
- LNS did not give any additional benefit to newborns, compared to MMN.

Confidence level of these results:

