µg/dl appear to be an important problem in pregnancy, particularly in communities of low socio-economic status, significantly associated with preterm and caesarean delivery, low birth weight, low head circumference, low chest circumference and low length of new born and susceptibility to infections. Their effect on length of the baby needs further study.

In the end, this is further concluded that to reduce zinc and vitamin A deficiency during pregnancy, zinc supplementation along with vitamin A in the form of β-carotene can be a better approach due to the reason that vitamin A is teratogenic in pregnancy. Zinc is essential for the metabolism of vitamin A and vice versa. Formation of retinol binding protein (RBP) is zinc dependent. Further researches are still required to find out the mechanism by which vitamin A improves the zinc status. Effect of β-carotene supplementation on pregnancy outcomes is also a wide area of Research.

This study further suggests that zinc and β-carotene supplements may improve preterm and caesarean delivery, low birth weight, low head circumference, low chest circumference, low length and diarrheal and cough episodes.

Although, these findings need to be confirmed in further studies with larger sample size and optimal micronutrient could be encouraged.

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