

Yadda za a ba da Multiple Micronutrient Supplements (MMS) ga Mata masu ciki

Mata masu ciki suna da karin bukata na bitamin da kuma ma'adanai a duk lokacin da suke da juna biyu. Bayar da supplementation na abinci mai gina jiki ta hanyar haɓakar Multiple micronutrient supplement (MMS) na yau da kullun hanya ce mai kyau don biyan wannan karin bukata.

- Tabbatar da wadataccen abinci mai gina jiki yana inganta haihuwa.
- Yayin da mace ta fara shan MMS da wuri kuma ta yi riko da shan MMS kwaya 1 a kowani rana, haka ze kara tasirin da bitamin da ma'adanai zasu iya yi a kan lafiyarta da lafiyar danta.



Vitamin da ma'adanai, kamar wafanda aka samu a cikin MMS, na iya taimako a wajen:

- Rage karancin jini, makantar dare, da sauran alamomin da ke haifar da karancin bitamin da ma'adinai
- Inganta nauyin haihuwa, rage adadin small-for-gestational-age (SGA) jarirai, rage haihuwa kafin lokacin haihuwa, da rage haihuwar matattun jarirai da mace-macen jarirai a watanni 6 da haihuwa
- Goyi bayan koshin lafiya
- Inganta garma da fahimta a jarirai

Shawarwari:

- Jarirai a farkon watanni shida na rayuwa ya kamata a shayar da su nonon uwa zalla. Sannan a watanni 6, a fara ciyarwa
- Mata masu ciki da yara da suka kai watanni 6 ya kamata su ci abinci masu gina jiki wanda ya haɗa da 'ya'yan itace masu launuka iri-iri da kayan lambu, madara, nuts, mai da legumes.

Ka'idodin shan MMS

- Sha MMS 1 (ɗaya) kowace rana har tsayin watannin cikin
- irkiro abubuwan da ze jawo hankalin ki ko ya tunatar dake game da shan MMS a kowace rana
- Mata ya kamata su fara shan MMS da zarar sun san samu ciki
- Shan MMS a dare da / ko abinci da ruwa na iya taimaka rage illa.
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Sha MMS ɗaya - kuma ɗaya kawai - kowace rana har sai kwayoyin sun kare.



Za iya ba mata kwalaben MMS domin suna sha a kowace rana har tsayin cikin. Idan akwai sauran MMS da suka rage a cikin kwalbar bayan haihuwa, cigaba da shan sauran kwayoyin a bayan haihuwa / ko yayin shayarwa

Wurin ajiya:

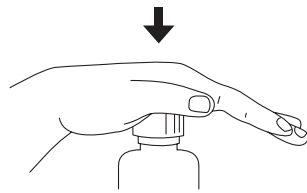
Addana kwalban a **wuri mai sanyi, wuri da ke a bushe** tsakanin 15°C da 30°C.

Rufe marufin kwalban sosai.

Yadda ake bude murfin Kwalban:

Kafin barin iyaye mata su kai kwalaben MMS gida, tabbatar cewa zasu iya bude murfin kwalban.

Dunkule saman
Kwalban:



Yi amfani da tafin hannu
don latsa murfin.



Juya murfin ta
hannun hagu.



Cire murfin.

Shin menene illan shan maganin MMS?

Lokacin da ake shan maganin kamar yadda aka umurta, ba a tsammanin maganin MMS ze haifar da mummunar illa; duk da haka, wasu mata suna fuskantar ciwon ciki, maƙarƙashiya, ciwon kai, ko wani dandano mara daɗi a bakinsu bayan shan MMS. Lokacin da ake shan maganin kamar yadda aka umurta, ba a tsammanin maganin MMS ze haifar da mummunar illa; duk da haka, wasu mata suna fuskantar ciwon ciki (watau tashin zuciya, amai da gudawa), maƙarƙashiya, ciwon kai, ko wani dandano mara daɗi a bakinsu bayan shan MMS. Shan MMS da ruwa, abinci, ko lokacin kwanciya na iya rage karfin maganin.



KADA A CI: Karamin fakit dake cikin kwalbar ya kunshi silica gel; duk da cewa bashi da illa kuma baya cutarwa idan aka hadiye shi (yashi ne kawai), bai kamata a ci shi ba. Ya kamata fakit din ya kasance a cikin kwalbar / kwandon sabida yana taimako wajen daukar danshi (ruwa) kuma yana kula da ingancin bitamin da kuma ma'adanai. Koyaya, ya kamata a kiyaye don kare fakitin daga inda yara kanana zasu isa gare su, saboda ita silica gel din na iya zama haɗari mai shakarwa.



GARGADI: Hatsarin yawan kayayyaki masu iron shine babban abin da ke haifar da mummunar guba ga yara 'yan kasa da shekaru 6. **TSARE WANNAN MAGANIN DAGA INDA HANNUN YARA ZE KAI** Idan aka samu hatsarin shan maganin sama da ka'ida, a kira likita ko ma aikatan hana tasirin guba.