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குடும்ப சுகாதார பணியகம்
சுகாதார அமைச்சு

Family Health Bureau
Ministry of Health

මගේ අංකය
எனது இல
Our Ref. No. } FHB/MCU/MMN/2024

ඔබේ අංකය
உமது இல
Your Ref. No. }

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Colombo 10.

දිනය
திகதி
Date } 30/04/2024

Through Provincial Director of Health Services.....

Regional Director of Health Services.....

Distribution of Multiple Micronutrient tablets for pregnant women

At the meeting of National committee on Family Health held on 22/02/2023 and chaired by Secretary, Health, it was decided to introduce Multiple Micronutrient (MMN) supplementation for non-anaemic pregnant women, replacing the existing iron folate and vitamin C supplements for them. MMN tablet contains 15 micronutrients (including iron folate & vitamin C) and offer unique advantages, that include reduction of low birth weight.

The stock of MMN supplement comes in a bottle of 180 tablets. It has to be issued to pregnant women at the beginning of the second trimester and duly noted in both H 512A & H 512B. They should not be issued with iron folate or vitamin C for the rest of the pregnancy.

Pregnant women should be educated that the new tablet contains iron folate & vitamin C, which had been given to pregnant women routinely. They should also be informed that they would not be issued with iron folate & vitamin C again, and to keep the bottle of MMN tablets safely, without exposing the tablets to light and moisture. One MMN tablet should be taken daily, with an adequate gap between calcium carbonate tablets or food.

Please instruct the relevant officials in your area to take necessary action to distribute the above supplement to all non anaemic pregnant mothers by substituting it to 30 mg iron folate & vitamin C tablets.

With regard to the therapeutic iron supplementation of anaemic pregnant women, the previous regime of twice daily dose of iron folate tablet containing elemental iron 60mg should be continued until further notice.

Thank you,

Director Maternal and Child Health
Family Health Bureau
231, de Seram Place,
Colombo - 10.

Director, Maternal and Child Health

Cc: Consultant Community Physicians – Provincial/Regional
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