

Selenium and zinc concentrations in the serum of pregnant women

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Abstract

Pregnancy is characterized by physiological and metabolic changes which alter maternal biochemical and hematological parameters resulting in an increase or decrease over the normal non-pregnant values. Trace elements, like vitamins, are nutrients that help the body perform vital cellular functions. Therefore, the supply of adequate trace elements for optimum nutritional needs for the mother is one of the essential requirements for positive pregnancy outcome.

Selenium(Se) and Zinc(Zn) concentrations were determined in the serum of 107 wome during three trimesters of pregnancy and 35 nonpregnant women. Se and Zn concentrations in third trimesters were significantly lower than nonpregnant and first trimesters pregnant women. The lowest essential concentration of Se and Zn in the serum of pregnant women and the relation of Se and Zn with neonates birth weight, required further study.