The objective of this study was to test the effectiveness of the weekly dosage of iron to prevent and treat the iron deficiency anaemia in adolescent girls. Three clinical study groups were formed: one received a daily dose of iron, other a weekly dose and the control group of non anaemic subject without supplementation. Hemoglobin and haematocrite were determined before and after 16 weeks of supplementation. Weight was determined, height, circumference of waist and hip. The hemoglobin levels in the group of daily supplementation rose from 122 (SD 7) at 132 g/l (SD 10); in the weekly supplementation group, from 122 (SD 7) at 131g/l (SD 10) and in the control group 133 (SD 4) at 136g/l (SD 12). The differences were statistically significant (P < 0.05). There was a similar behavior in the supplemented groups; besides having smaller cost, side effects and better compliance.

Keywords
Iron, single dose, girls, iron deficiency anaemia.