

EXCECUTIVE SUMARRY

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THE EFFECTIVENESS OF GIVING RED GUAVA JUICE ON THE INCREASE OF HB CADA IN TRIMESTER III PREGNANT WOMEN

EXCECUTIVE SUMMARY

Background ; The number of cases of anemia in pregnancy is almost widespread in all groups of people in Indonesia and tends to increase each year, especially in the 3rd trimester of pregnancy. Treatment can be done non-pharmacologically because it will not cause side effects. The content of vitamin C (ascorbic acid) contained in red guava is very helpful in the process of iron absorption. **Purpose** ; This video media is to provide information to the public, especially pregnant women who experience anemia, especially in the 3rd trimester, so that mothers can prevent anemia in pregnancy by consuming red guava juice. **Benefits**; This video media is expected to help and increase knowledge to the public, especially pregnant women who experience anemia about the effectiveness of giving red guava juice to help increase hb levels. **Target**; From the video media, it is the general public, especially pregnant women who experience anemia in the 3rd trimester so that mothers can treat or prevent anemia in pregnancy.

Keywords: Red guava juice, anemia, third trimester pregnant women