Plasma zinc concentrations in iron supplemented low birthweight infants

Sir,

We were interested to read the recent paper by Salvioli et al on plasma zinc concentrations in iron supplemented infants. It is indeed an interesting question whether low birthweight babies fed an iron fortified formula need additional iron. The authors conclude that they do, but we wonder whether a difference in mean haemoglobin of 9 g/l is important and whether a haemoglobin <110 g/l signifies anaemia in the first year of life. The study was not a randomised trial; one group received iron supplements for more than five months, whereas the other group had not received iron supplements for three months but could have previously for up to nine months. The authors also address the question of whether iron supplements influence plasma zinc concentrations and imply that plasma zinc concentrations reflect zinc state or nutrition. This is an incorrect assumption as plasma zinc is highly influenced by recent dietary intake, stress, the metabolic state of the patient, postnatal age, and a diurnal variation. It is not mentioned when, in relation to feeds or iron supplements, the blood samples were taken.

A ratio of inorganic iron:zinc greater than 2 has repeatedly been shown to influence zinc absorption. It is likely that the zinc absorption in their infants, who received iron and zinc in a 5:1 ratio, would have been reduced. Whether this is important, however, remains to be shown. We feel that it should be made clear that the authors were not studying zinc state or zinc absorption but only plasma zinc concentrations. The importance of their findings is unclear and surely does not reassure us that iron supplements do not influence zinc metabolism.

Reference


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Dr Salvioli comments:

The only purpose of our study was to determine whether administration of high supplemental iron to low birthweight infants might result in zinc deficiency, as manifested by a decrease in plasma zinc.

According to Yip et al, although serum zinc is not a reliable indicator of zinc nutrition in individuals, it probably provides useful information for groups of subjects.

Thus the equivalent plasma zinc concentrations found in two groups of low birthweight infants, comparable in all but the amount of iron supplement, reassures us that long