

## Beneficial Effects of Sai Sure as a Dietary Supplement in School Children

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### Dear Editor,

Breakfast is the most important component of the day.<sup>1</sup> A healthy breakfast provides good concentration to the children to be attentive in class. It also provides energy to play well. Breakfast provides most of the essential nutrients so the children do not have nutritional deficiencies. According to the Government of Karnataka, about 2.1 lakh children who are 6.4% of the total children in government schools, do not get breakfast at their homes.<sup>2</sup> For these students, milk provided by the government is the only source of nutrition at the beginning of the day. Though milk consists of all essential nutrients, some of the vitamins are in small amounts, like niacin, pantothenic acid, vitamin B6, vitamin C, and folate. Hence, there is a requirement for some additional nutritious supplements to provide complete nutrition to the children.

In view of this Sri, Madhusudan Sai has started a great mission of providing morning breakfast to all the school-going children of government schools free of cost.<sup>3</sup> He also started a mission of providing a dietary supplement called Sai sure to these children. Sai Sure is a malt-based dietary supplement for children in the age group of 2 to 16 years. It was designed to meet 75% of the recommended daily allowance (RDA) of most of micronutrients. The formula was prepared by expert doctors, nutritionists, and scientists expertise in the field of public health. Sai Sure supplementation was launched through the Annapoorna breakfast program and divine Mother and Child Health Programme in Government Schools and Primary Health care Centres. Two different flavors are available for children that is almond and chocolate. It is ready to drink product. Sai Sure was launched in four

districts of Karnataka that is in chikkaballapura, Gulbarga, Ramanagar and Tumkur covering more than 500,000 children.

Sai Sure for children consists of all the essential vitamins, minerals, and nutrients to ensure the children's physiological growth and development. The Sai Sure consumption helps in optimizing weight gain. It has all the essential proteins to ensure improvement in immunity and increase in the strength of the muscles in children, which is most essential in that age group. It requires calcium content to improve the bony mass. The presence of vitamins B, C, iron, magnesium, and zinc ensures improvement in cognitive functions, which are essential for school children to improve their academic performance. As it is well known that iron deficiency anemia is the most common anemia in India,<sup>4</sup> this nutritional supplement supplies adequate iron, which helps to overcome the anemia in children. Through all these beneficial effects, Sai Sure improves the overall quality of life of the children. A pilot study was ongoing at our research center to provide scientific evidence for the beneficial effects of the consumption of Sai Sure in school children.

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