Table 2: Effect of feeding with plant formulations on organs weight of anemic rats

Group	Parameter	Iron profile							
		Iron		TIBC		Ferritin		Transferritin %	
		ug/dl	% change	ug/dl	% change	ug/dl	%	ug/dl	% change
control	C-	283^{a}±3.0	146.08	265^{f}±1.0	- 15.87	9.1^{a}±0.1	264	106.79^{a}±0.79	192.57
	C+	115^{f}±1.0	-	315^{a}±1.0	-	2.5^{f}±0.1	-	36.5^{f}±0.5	-
Basal diet supplement	Vegetables	230.5^{c}±0.5	100.43	303^{c}±3.0	-3.80	8.1^{b}±0.1	224	76.07^{d}±0.07	108.41
	Fruit	144.5^{e}±1.5	25.65	265.5^{f}±0.5	-15.71	3.4^{e}±0.2	36	54.4^{e}±0.6	49.04
	Herbs	248^{b}±3.0	115.65	298^{d}±1.0	-5.39	6.4^{c}±0.1	156	83.2^{c}±0.2	127.94
	Seeds	171^{d}±1.0	48.69	310^{b}±1.0	-1.58	5.3^{d}±0.2	112	55.16^{e}±0.16	51.12
	Mix	249^{b}±1.0	116.52	280.5^{e}±0.5	-10.95	8.9^{a}±0.2	256	$88.77^{b\pm}$0.23	143.20
LSD		3.208		2.431		0.264		2.607	

Values denote arithmetic means ± standard deviation of the mean. Means with different letters (a, b, c, d) in the same column differ significantly at $p< 0.05$

Table 3. Effect of experimental diets on iron status in serum of rats suffering from iron deficiency anemia

Group	Parameter	Iron profile							
		Iron		TIBC		Ferritin		Transferritin %	
		ug/dl	% change	ug/dl	% change	ug/dl	%	ug/dl	% change
control	C-	283^{a}±3.0	146.08	265^{f}±1.0	- 15.87	9.1^{a}±0.1	264	106.79^{a}±0.79	192.57
	C+	115^{f}±1.0	-	315^{a}±1.0	-	2.5^{f}±0.1	-	36.5^{f}±0.5	-
Basal diet supplement	Vegetables	230.5^{c}±0.5	100.43	303^{c}±3.0	-3.80	8.1^{b}±0.1	224	76.07^{d}±0.07	108.41
	Fruit	144.5^{e}±1.5	25.65	265.5^{f}±0.5	-15.71	3.4^{e}±0.2	36	54.4^{e}±0.6	49.04
	Herbs	248^{b}±3.0	115.65	298^{d}±1.0	-5.39	6.4^{c}±0.1	156	83.2^{c}±0.2	127.94
	Seeds	171^{d}±1.0	48.69	310^{b}±1.0	-1.58	5.3^{d}±0.2	112	55.16^{e}±0.16	51.12
	Mix	249^{b}±1.0	116.52	280.5^{e}±0.5	-10.95	8.9^{a}±0.2	256	$88.77^{b\pm}$0.23	143.20
LSD		3.208		2.431		0.264		2.607	

Values denote arithmetic means ± standard deviation of the mean. Means with different letters (a, b, c, d) in the same column differ significantly at $p< 0.05$

Table 4. Effect of feeding with plant formulations on CBC tests of anemic rats

	Parameter	CBC																	
		Hb		HCT		MCV		MCH		MCHC		Wbc		Rbc		Platet		RDW	
	Group	g/dl	change %	%	% change	fl	change%	pg	% change	g/dl	% change	K/ul	% change	M/ul	change%	K/ul	% change	%	% change
control	C-	15.1^{ab}±0.1	67.7	47.00^{a}±1.0	62.06	51.1^{c}±1.1	-21.3	18.0^{d}±1.0	-24.36	39.4^{a}±0.4	13.21	13.7^{a}±0.7	90.27	6.9^{a}±0.9	137.93	500^{g}±1.00	-47.53	17.1^{abc}±0.1	-6.55
	C+	9.0^{e}±1.0	-	29.00^{f}±1.0	-	65.0^{a}±1.0	-	23.8^{a}±0.2	-	34.8^{c}±0.2	-	7.2^{d}±0.2	-	2.9^{b}±0.1	-	953^{a}±3.00	-	18.3^{a}±0.3	-
Basal diet supplement	Vegetables	15.6^{a} ±0.6	73.3	39.3^{e}±0.3	35.51	54.8^{bc}±0.2	-15.69	20.1^{c}±0.9	-15.5	37.2^{b}±0.2	6.89	12.2^{abc}±0.8	69.44	6.72^{a}±0.28	131.72	710^{d}±1.00	-25.49	16.9^{abc}±0.1	-7.65
	Fruit	14.1^{b}±0.1	56.6	34.2^{e}±0.2	17.93	55.3^{b}±0.2	-14.92	21.8^{b}±0.2	-8.40	36.8^{b}±0.2	5.74	11.4^{c}±0.6	58.33	6.6^{a}±0.4	127.58	820^{b}±2.00	-13.9	17.6^{ab}±0.4	-3.82
	Herbs	15.6^{a}±0.6	73.3	44.3^{b}±0.3	52.75	53.7^{cd}±0.3	-17.38	20.0^{c}±1.0	-15.96	37.4^{b}±0.4	7.47	13.00^{ab}±1.0	80.55	6.75^{a}±0.25	132.75	683^{e}±2.00	-28.33	16.6bc±0.4	-9.28
	Seeds	15.00^{ab}±0.5	66.6	35.8^{d}±0.8	23.44	55.2^{b}±0.2	-15.07	21.8^{b}±0.2	-8.40	37.0^{b}±1.0	6.32	11.7^{bc}±0.3	62.5	6.7^{a}±0.3	131.03	810^{c}±1.00	-15.00	17.00^{abc}±1.00	-7.10
	Mix	15.8^{a}±0.3	75.55	44.6^{b}±0.6	53.79	53.3^{d}±0.7	-18	18.9^{cd}±0.1	20.58	37.9^{b}±0.1	8.90	13.4^{a}±0.6	86.1	6.8^{a}±0.2	134.48	612^{f}±1.00	-35.78	16.00^{c}±1.00	-12.56
	LSD	0.95		1.187		1.129		1.134		0.797		1.142		0.740		3.033		1.031	

Values denote arithmetic means ± standard deviation of the mean. Means with different letters (a, b, c, d) in the same column differ significantly at $p< 0.05$