

Plain English Summary - [ISRCTN14209798](#)

The study enrolled 212 women of reproductive age, with follow-up information available for 176. Women who took the daily microgreen supplement experienced a significantly greater reduction in fatigue severity score and dizziness than those in the comparison group. There was no clear difference between the groups in changes to body mass index (BMI).

Many participants also reported feeling more energetic, having a better appetite and experiencing improved wellbeing. The supplement was well accepted, with strong interest in continuing to use it, and no safety concerns were reported.

These findings suggest that locally produced microgreen supplements could help improve women's energy and daily wellbeing in communities with limited resources. Further research is needed to confirm the benefits and explore whether similar results could be achieved among people affected by displacement or humanitarian crises.