

FAQ

DIABOVITA - DIABETIC CARE

■ WHAT IS THIS PRODUCT?

Diabovita is a combination of Food and Plant items prepared in powder form.

■ WHO IS MANUFACTURING AND WHAT IS REPUTATION OF COMPANY?

Award Nutraceuticals LLP is a company, situated at Porur, Chennai. It presently manufactures 11 health supplements under the brand name HOLIN, which are widely used by general public as well as specific health need people.

■ WHO HAS FORMULATED DIABOVITA?

Diabovita, a combination of millets, lentils, and Ayurveda medicinal plants is formulated by highly educated and experienced Diet specialist, Pharmacist and an Ayurveda Medical Practitioner.

■ WHAT FOR IT USED?

It used as food supplement in general public and Diabetic patients in particular.

■ HOW DO YOU PREPARE?

Millets, Lentils, Cereals are mixed as per the formula and to this powder Ayurveda Medicinal plants having anti-diabetic effects are added.

■ HOW DOES DIABOVITA DIFFER FROM OTHER FOOD SUPPLEMENTS AVAILABLE IN MARKET?

First of all, similar combination of Diabovita is not available as a dietary supplement in the open market. Further, in open market most of the food supplements are prepared as powder directly from raw materials grown in chemical environment.

Whereas in our preparation Millets, grown in organic farming, are procured and soaked and cleaned. Lentils and cereals, grown under organic farming are procured and soaked in water filled in mud/clay pots, and then they are sprouted in mud pots. These processes are done for natural components act better in humans.

■ WHAT INGREDIENTS ARE INCLUDED?

Important ingredients include Millets: Little millet, Browntop millet, Barnyard millet, Foxtail millet, Kodo millet, Lentils and Cereals: Barley, Soya Bean, Flaxseed, Horse gram, Green gram, Sprouted Fenugreek.

Ayurveda Medicinal Plants: Fenugreek, Cinnamon, Turmeric, Aloe vera, Satavari, Tulasi, Karela, Jambu Beej, Gurmar, Triphala, Trikattu, Aswaganda, Shigru, Khus grass, Bermuda grass, Musta, Ekanayakagam, Arjuna.

■ IN WHAT CONDITIONS WE CAN USE?

Primarily this is used as Health supplement to all people irrespective of sex or age, who are deprived of normal food intake due to any reason medically or non-medically. Persons having malnutrition, low blood content say anaemia, calcium, iron, vitamins deficiency may consume this food supplement. This product provides good protein in people suffering from protein deficiency.

Many of the ingredients of this health supplement contain naturally occurring vitamins and consuming this prevent vitamin deficiency particularly Vit A, B, C and D. Further they contain good Vit E and provide anti-oxidant effect. It is also very useful in patients suffering from Diabetes.

■ BUT HOW DOES IT HELP IN DIABETES PATIENT ?

Many of the Diabetes patients may not get sufficient glucose utilisation or controlling action. Insulin deficiency or improper utilisation of glucose in cell will result diabetes. Botanicals Jambu, Gurmar, Ekanayakam have proven anti diabetic activity. The Gymnemic acids and gymnemasaponins in Gurmar act on hyper-glycaemia. Jambu is an antioxidant,

FAQ

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anti-inflammatory and anti-diabetic. The glycoside Jamboline, stigmaterol, containing in Jambu showed anti-diabetes action. Salacia has intestinal α -glucosidase inhibitory activity resulting anti diabetic activity. The combination of all these effects on diabetes patients will recover and maintain healthy life.

Further diabetes patients may have increased appetite or craving for food, which again may complicate diabetes. Millets, especially Browntop millet etc provide high nutritional value but low carbohydrates and having low Glycemic index. They make stomach filling feeling and reduce the increased appetite. Therefore, consuming the Diabovita may help in cancer patients either as a food supplement or additional action with anti-cancer treatment, but not a medicine.

■ **HAVE YOU CONDUCTED ANY LABORATORY TEST TO PROVE IT HAS ANTI-DIABETIC EFFECT?**

Yes, we have conducted anti-diabetic efficacy in the glucose up take of diabovita concentrations of 5 to 100 $\mu\text{g/ml}$ with metformin 0.1 $\mu\text{g/ml}$. The diabovita concentration from 5 to 100 $\mu\text{g/ml}$ increases the glucose utilization in HepG2 cells in dose dependent manner compared to untreated control. This shows it has anti-diabetic efficacy

■ **IS IT A SUBSTITUTE TO DIABETES TREATMENT?**

No. It is neither a medicine nor additional intervention. It may support the anti-diabetic treatment already being undertaken by patients.

■ **DOES THIS PRODUCT REQUIRE MEDICAL SUPERVISION?**

No, being a food supplement it may be used safely in diabetic patients, However it is recommended to consume after consulting of Dietician or Health adviser to monitor diabetes.

■ **WHO ARE THE TARGETED PEOPLE?**

Diabovita may be taken by persons of either sex above 25 years and up to 85 years of age. Persons requiring good nutrition along with normal food intake, and who are suffering from diabetes and unable to take normal food due to medical or other reasons. Further diabetes patients desire to have additional benefits with diabetes treatment may take Diabovita as food supplement.

■ **WHAT QUANTITY TO BE TAKEN?**

As a food supplement in normal person 40gm per day or 20 gm two times a day, and as a complete food 80 gm per serving, two times a day.

■ **HOW TO TAKE THIS PRODUCT?**

This powder shall be taken along with buttermilk, warm water .

■ **HAVE YOU DISPENSED THIS PRODUCT TO GENERAL PUBLIC AND DIABETES PATIENTS?**

Yes, this product is already being used by general public as well as diabetes patients.

■ **IS THIS LICENCED?**

Yes, 'Central Government FSSAI approved and licensed'

■ **ANY PRECAUTIONS OR CONTRAINDICATIONS?**

Though it has no any adverse effects, it shall be taken under medical supervision. However, in severe diabetic patients who cannot digest high fibre foods, shall avoid taking this food supplement.

Children below the age of 10 years or Lactating mothers, Pregnant women are advised to avoid or consume under medical subversion only.