



#### ■ WHAT IS THIS PRODUCT?

Karrovita is a combination of Food and Plant items prepared in powder format.

## ■ 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 and specific needy people.

#### ■ WHO HAS FORMULATED KARROVITA?

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

#### ■ WHAT FOR IT USED?

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

## **■ HOW DO YOU PREPARE?**

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

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

First of all, the combination of Karrovita is not available 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, 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: Cinnamon, Dry ginger, Ellachi, Carrot flakes, Beetroot flakes, Garlic, Black cumin seeds, Tulasi, Giloy, Turmeric, Saffron, Vettiver.

# ■ 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-oxi- dant effect. It also very useful in patients suffering from cancers.





#### ■ BUT HOW DOES IT HELP IN CANCER PATIENT?

Many of the cancer patients have abnormal growth of cells. Anti-cancer effect may be due to the presence of Anti-oxidant efficacy. Some of the Ayurveda plants are studied for cytotoxic effect and antioxidants also act against free radicals causing damage to the cells, tissues thus preventing various types of cancers. Cinnamon, containing cinnamaldehyde, can inhibit tumor growthcinnamic aldehyde inhibits the activity of NF-KB and the production of tumor necrosis factor alpha  $(TNF\alpha-)$  inducedinterleukin-8 (IL-8) in A375 cells. Anti-cancer properties are attributed to gingerol available in Ginger. Curcumin, a chemical component in Turmeric has anti-cancer effect.

Further cancer patients have poor appetite or indigestion resulting nutrition deficiency and requiring food supplements.

Therefore, consuming the Karrovita may help in cancer patients either as a food supplement or additional action with anti-cancer treatment, but not a medicine.

### ■ IS IT A SUBSTITUTE TO CANCER TREATMENT?

No. It is not a medicine nor additional intervention. It may support to the treatment being undertaken.

### ■ DOES THIS PRODUCT REQUIRE MEDICAL SUPERVISION?

Yes, in spite of this a food supplements and used in cancer patients, it always recommended to consume under supervision of Dietitian or Health adviser.

#### WHO ARE THE TARGETED PEOPLE?

Karrovita may be taken by persons of either sex above 10 years and up to 85 years of age. Persons requiring good nutrition along with normal food intake, and who are suffering from cancer and unable to take normal food due to medical or other reasons. Further cancer patients desire to have additional benefits in cancer treatment as food may take Karrovita.

### WHAT IS QUANTITY TO BE TAKEN?

As a food supplement in normal person 40gm per day or 20 gm two times a day, and as 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 or skimmed milk.

# ■ HAVE YOU DISPENSED THIS PRODUCT TO GENERAL PUBLIC AND CANCER PATIENTS?

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

# ■ IS THIS LICENCED?

Yes, we have FSSAI Licence

# ANY PRECAUTIONS OR CONTRAINDICATIONS?

Though Karrovita has no any adverse effects, it shall be taken under medical supervision. However, in severe cancer 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.