

# FAQ

## ELEPHANOVITA - PRO GAIN

### ■ **WHAT IS ELEPHANOVITA?**

Elephanovita is a combination of Food and Medicinal Plant materials prepared in powder form.

### ■ **WHO IS MANUFACTURING ELEPHANOVITA AND WHAT REPUTATION OF COMPANY?**

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

### ■ **WHO HAS FORMULATED ELEPHANOVITA?**

Elephanovita 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 IS ELEPHANOVITA USED FOR?**

It used as food supplement in general public to improve nutritional status. It relieves stress and improves sexual desire and reduces erectile dysfunction.

### ■ **HOW IS ELEPHANOVITA PRODUCED?**

Millets, Lentils, Cereals are mixed as per the formula and to this powder Ayurveda Medicinal plants having fat reducing actions are added.

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

First of all, similar combination of Elephanovita 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, Pulses 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 by using utensils made up of natural materials avoiding plastic etc. for natural components of ingredients to act better in humans.

### ■ **WHAT ARE THE INGREDIENTS ARE INCLUDED IN ELEPHANOVITA?**

Important ingredients include millets : Horse gram, Green gram, Little millet, Finger millet, Foxtail millet, Brown top millet, Barnyard millet, Jowar, Barley, Red rice, Badam, Flax seed, Soya bean, Ellachi, Whey protein, Blackberries, Brown sugar & Dates.

Ayurveda Medicinal Plants: Ashwaganda, Bharmi, Yastimadhu, Shatavari, Gokshur, Shigru, Safed Musali & Saffron.

### ■ **UNDER WHAT CONDITIONS CAN A PERSON CONSUME ELEPHANOVITA?**

Primarily this is used as Health supplement to all persons' irrespective of age and sex, and 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 prevents vitamin deficiency particularly Vita A, B, C and D. Further they contain good Vita E and provide anti-oxidant effect.

It is also very useful in patients suffering from high physical and mental stress conditions.

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### ■ HOW DOES ELEPHANOVITA HELP IN IMPOTENCY, ERECTILE DYSFUNCTION OR SEXUAL DESIRE?

Due to the malnutrition, high stress, lifestyle conditions men may prone to lack in sexual desire, erectile dysfunction etc. Botanicals from Ayurveda, Shatavari and Bharmi relive physical and mental stress and normalise health condition. Ashwaganda, Gokshur, Shigru, Safed Musali improve sexual activity, sperm production, and reduce erectile dysfunction especially in elderly people.

Therefore, consuming the Elephanovita may help in high stress conditions, sexual problems in patients either as a food supplement or addition alaphrodisiac effect.

### ■ DOES ANY REFERENCE TO PROVE IT HAS FERTILITY EFFECT?

Yes, many scientific articles are published in reputed medical journals about these Ayurveda Botanicals' role on stress related and sexual problems.

### ■ IS ELEPHANOVITA SUBSTITUTE TO IMPOTENCY TREATMENT?

No. It is neither a medicine nor additional intervention. It may support to treatment already being undertaken by patients for sexual problems.

### ■ DOES ELEPHANOVITA PRODUCT REQUIRE MEDICAL SUPERVISION?

No, being a food supplement it may be used safely to improve nutritional status and stress conditions. However it is recommended to consume after consulting of Dietician or Health adviser to monitor severe health problems.

### ■ WHO ARE THE TARGETED PEOPLE?

Elephanovita may be taken by either sex above 15 years and up to 60 years of age but especially older people are benefited for the purpose to supplement for stress related and sexual problems. Persons requiring good nutrition along with normal food intake, and who are suffering from impotency problems and unable to take normal food due to medical or other reasons can consume this supplement. Further these patients desire to have additional benefits related to stress conditions may take Elephanovita as food supplement.

### ■ WHAT THE QUANTITY TO BE TAKEN?

As a food supplement for 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 MUCH ELEPHANOVITA BE CONSUMED?

Elephanovita powder shall be taken along with milk, buttermilk or warm water.

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

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

### ■ IS ELEPHANOVITA LICENSED?

Yes, we have Centralized FSSAI License.

### ■ ANY PRECAUTIONS OR CONTRAINDICATIONS?

Though Elephanovita is safe and has no any adverse effects, in severe impotency problems patients shall be monitored regularly by health advisers.

Children below the age of 10 years, pregnant and lactating mothers are advised to avoid this supplement.