

FAQ

FEMOVITA - Wellness for Women

■ WHAT IS FEMOVITA?

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

■ WHO IS MANUFACTURING FEMOVITA 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 of HOLIN, which are widely used by general public and specific needy people.

■ WHO HAS FORMULATED FEMOVITA?

Femovita 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 FEMOVITA USED FOR?

It used as food supplement in general public and as food for women having gynaecological problems including dysmenorrhoea, amenorrhoea, dysfunctional uterine bleedings etc.

■ HOW IS FEMOVITA PRODUCED?

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

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

First of all, similar combination of Femovita 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 ARE THE INGREDIENTS INCLUDED IN FEMOVITA?

Important ingredients include millets: Horse gram, Green gram, Barnyard millet, Browntop millet, Little millet, Finger millet, Foxtail millet, Badam, Barley, Jowar, Red rice, Flax seed, Sesame seed, Soya bean, Sweet potato, Carrot & Brown sugar.

Ayurveda Medicinal Plants: Ashwaganda, Ashoka, Brahmi, Gokshur, Jatamansi, Lodhra, Ellachi, Punarnava, Saffron, Shatavari, Shigru & Yastimadhu.

■ UNDER WHAT CONDITIONS CAN A PERSON CONSUME FEMOVITA?

Primarily this is used as Health supplement for all women irrespective of age, who are deprived of normal food intake due to any reason, whether medical or non-medical. 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 Gynaecological and Menstrual problems and scantymenses in women.

■ HOW DOES FEMOVITA HELP GYNAECOLOGICAL AND MENSTRUAL PROBLEMS PATIENT?

Gynaecological and Menstrual problem patients may not get proper menstruation due to anaemia, imbalance of sexual hormones viz. Testosterone, Oestrogen, Progesterone etc., Botanicals from Ayurveda Ashwaganda, Bharmi,

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Yastimadhu, Shatavari, Gokshur, Shigru, Jatamansi, maintain normal sexual hormones in and normalises menstruation in women. Punarnava, Ashoka and Lodhra will take care of normalcy of ovum production and keep uterus healthy. These plants restrict the excess menstrual blood and maintains normalcy. Jatamansi and Ashwaganda act as anti-inflammatory and prevent backache, cramps and pre-menstrual discomfort. The combination of all these effects on Gynaecological and Menstrual problems patients will recover and maintain healthy life.

Therefore, consuming the Femovita may help in Gynaecological and Menstrual problems patients either as a food supplement or additional fertility action.

■ 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 menstrual and fertility action.

■ IS FEMOVITA A SUBSTITUTE TO GYNAECOLOGICAL AND MENSTRUAL PROBLEMS TREATMENT?

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

■ DOES FEMOVITA PRODUCT REQUIRE MEDICAL SUPERVISION?

No, being a food supplement it may be used safely in Gynaecological and Menstrual problems, however it is recommended to consume after consulting of Dietician or Health adviser to monitor severe gynaecological and menstrual problems.

■ WHO ARE THE TARGETED PEOPLE?

Femovita may be taken by ladies above 15 years and up to 65 years of age for the purpose to supplement for menstrual problems. Persons requiring good nutrition along with normal food intake, and who are suffering from Gynaecological and Menstrual problems and unable to take normal food due to medical or other reasons can consume this supplement. Further patients desire to have additional benefits with Gynaecological and menstrual problems treatment may take Femovita as food supplement.

■ WHAT 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 FEMOVITA BE CONSUMED?

Femovita powder shall be taken along with milk, buttermilk, rice washed water or warm water.

■ HAVE YOU DISPENSED THIS PRODUCT TO GENERAL PUBLIC AND GYNAECOLOGICAL AND MENSTRUAL PROBLEMS PATIENTS?

Yes, Femovita product is already being used by general public as well as Gynaecological and Menstrual problems patients.

■ IS FEMOVITA LICENSED?

Yes, we have Centralized FSSAI License.

■ ANY PRECAUTIONS OR CONTRAINDICATIONS?

Though Femovita is safe and has no any adverse effects, in severe menstrual or uterine problems patients shall be monitored regularly by health advisers. Children below the age of 10 years are advised to avoid this supplement.