

FAQ

GERITOVITA - Senior Wellness

■ **WHAT IS GERITOVITA?**

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

■ **WHO IS MANUFACTURING GERITOVITA AND WHAT REPUTATION IT HAS?**

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 GERITOVITA?**

Geritovita 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 GERITOVITA USED FOR?**

It used as food supplement in general public especially elderly people to improve nutritional status and provide micro-nutrients viz. Vita A, B, C, E, minerals etc..

■ **HOW IS GERITOVITA PRODUCED?**

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

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

First of all, similar combination of Geritovita is not available as a dietary supplement in the open market. Further, in open market most of the dietary 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 INCLUDED IN GERITOVITA?

- Important ingredients include millets: Green gram, Horse gram, Pearl millet, Browntop millet, Barnyard millet, Finger millet, Foxtail millet, Little millet, Fried gram, Flax seed, Hand pound rice, Jowar, Barley, Soya bean, Badam & Palm sugar.

Ayurveda Medicinal Plants: Ellachi, Ashwaganda, Lodhra, Shatavari, Gokshur, Triphala & Safed Musali.

UNDER WHAT CONDITIONS CAN A PERSON CONSUME GERITOVITA?

- Primarily this is used as Health supplement to all persons especially in older age of either 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 also 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 lack of sexual urge and impotency.

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■ HOW DOES GERITOVITA HELP IN IMPOTENCY OR SEXUAL DESIRE?

Due to the malnutrition, high stress, lifestyle conditions men may prone to lack in sexual desire etc. Botanicals from Ayurveda Ellachi, Lodhra, Shatavari, Gokshur, Triphala, relive physical and mental stress and normalise health condition. Ashwaganda, Safed Musali also improve sexual activity, sperm production in elderly people.

Therefore, consuming the Geritovita may help in malnutrition, vitamin deficiency, debility conditions, and sexual problems either as a food supplement or addition alaphrodisiac 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 nutrition related and sexual problems.

■ IS GERITOVITA A 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 GERITOVITA PRODUCT REQUIRE MEDICAL SUPERVISION?

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

■ WHO ARE THE TARGETED PEOPLE?

Geritovita may be taken by either sex above 35 years and up to 60 years of age but especially older people are benefited for the purpose to supplement nutritional and vitamin deficiencies 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.

■ 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 GERITOVITA BE CONSUMED?

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

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

Yes, Geritovita product is already being used by general public as well as debility patients.

■ IS GERITOVITA LICENSED?

Yes, we have Centralized FSSAI License.

■ ANY PRECAUTIONS OR CONTRAINDICATIONS?

Though Geritovita 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.