



# WHAT IS HOLONOX?

Holonox is a health supplement materials prepared in powder form.

## WHO IS MANUFACTURING HOLONOX 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 HOLONOX?

Holonox a combination of Millets, Lentils and Pulses is formulated by high profile and experienced Diet specialist, Pharmacist.

## WHAT IS HOLONOX USED FOR?

It used as food supplement in general public especially sport persons to improve nutritional status and provide micro-nutrients viz. Vita A, B, C, E, minerals etc., It is mainly advocated for improving sport and athletic activity.

## HOW IS HOLONOX PRODUCED?

Millets, lentils, cereals and pulses are mixed as per the formula and to this powder Ayurveda Medicinal plants having muscle building actions are added.

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

First of all, similar combination of Holonox 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 HOLONOX?

Important ingredients: Green gram, Horse gram, Inulin, Kheel, Malto Dextrin, Soya bean, Magnesium Chloride, Sucralose & Whey Protein

## UNDER WHAT CONDITIONS CAN A PERSON CONSUME HOLONOX?

Primarily this is used as Health supplement to all persons especially for sports and athletes 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 persons suffering from lack of nutritional status resulting in poor performance in sports and athletic activities.





## HOW DOES HOLONOX HELP IN SPORT ACTIVITY?

Due to the malnutrition, high stress, lifestyle conditions people may prone to lack in muscle strength and poor performance in sports and athletic activity. Whey protein and Malto Dextrin provide spontaneous energy and sustain energy for long time during physical and sport activity. Green Gram and Soya Bean having high protein values build the muscles and make strengthen skeleton muscular system.

Therefore, consuming the Holonox may help in malnutrition, vitamin deficiency, debility conditions and improves sport and athletic activity either as a food or additional supplement action.

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

Yes, many scientific articles are published in reputed medical journals about these ingredients' role on nutrition related and muscles strengthen action.

## IS HOLONOX A SUBSTITUTE TO ANY TREATMENT?

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

## DOES HOLONOX 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?

Holonox may be taken by either sex aged above 12 years and up to 55 years people who are benefited for the purpose to supplement nutritional and vitamin deficiencies, and improve sport activity. Persons requiring good nutrition along with normal food intake, and who are suffering from muscle weakness, debility problems or 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 HOLONOX 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, this product is already being used by general public as well as sport persons and athletes.

#### IS HOLONOX LICENSED?

Yes, we have Centralized FSSAI License.

# ANY PRECAUTIONS OR CONTRAINDICATIONS?

Though Holonox 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.