

FAQ

UROVITA - RENAL CARE

■ **WHAT IS UROVITA?**

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

■ **WHO IS MANUFACTURING UROVITA 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 UROVITA?**

Urovita 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 UROVITA USED FOR?**

It used as food supplement in general public and patients suffering from kidney problems in particular.

■ **HOW IS UROVITA PRODUCED?**

Millets, Lentils, Cereals are mixed as per the formula and to this powder Ayurveda Medicinal plants having effects on urology system are added.

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

First of all, similar combination of Urovita 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 UROVITA?**

Important ingredients include millets: Badam, Bamboo Manna, Barley, Coriander seed, Finger millet, Flax seed, Foxtail millet, Fried gram, Green gram, Jowar, Kodo millet, Little millet, Pearl millet, Pumpkin seed, Samba wheat & Soya bean. Ayurveda Medicinal Plants: Arjuna, Ashwagandha, Gudichi, Gokshur, Temple plant, Punarnava, Sahacara, Satavari, Triphala, Varuna & Khusgrass.

■ **UNDER WHAT CONDITIONS CAN A PERSON CONSUME UROVITA?**

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. Many of the ingredients of this health supplement contain naturally occurring vitamins and consuming this prevent 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 Urological problems.

■ **HOW DOES UROVITA HELP IN UROLOGICAL PROBLEMS PATIENT?**

Many of the Urological problems patients may get water imbalance or unable in controlling water retention in body. Deficiency in kidney function or improper utilisation of filtration process in cellular levels may lead to kidney failures or may result Urological problems. Botanicals Ashwagandha, Satavari, Gokshur, Triphala, Punarnava, Varuna, Temple plant, Bamboo Manna, Arjuna, Pumpkin Seed, Khus grass have very good effect on Urological system and prevent kidney failures through proper filtering process and eliminate unwanted materials from body. Satavari, Barley, Punarnava have diuretic effect, hence Urovita relieves water retention in the body. Gokshura has been proved to have kidney stone breaking efficacy. T. terrestris is one of the well-known herbs for the ailment of kidneys. During the treatment for urinary tract diseases, it increases the flow of urine and helps to remove calcareous stones. Diuretic activity was a characteristic feature for the presence of potassium salt in higher concentration, and it has prevented the development of urolithiasis

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in rats treated with ethylene glycol, and diuretic action attributed to the presence of nitrates and potassium salts in high concentration, and together with its diuretic activity helped in the propulsion of stones along the urinary tract. It exhibited significant dose dependent protection against deposition of calculogenic material around the glass bead, leukocytosis, and elevation in serum urea levels.

The biochemical parameters in urine, serum, and the histopathology of urinary bladder were restored in a dose dependent manner. Since, it has anti-inflammatory effect it reduces pain and inflammation in urinary bladder and urinary tract. Further it also showed anti-bacterial effect antibacterial activity against Enterococcus faecalis, Staphylococcus aureus, Escherichia coli and Pseudomonas Aeruginosa. Hence, it also helps in Urinary tract infections.

Triterpenoids, lupeol, and varunol from Varuna plant have been isolated from the roots and stem bark have shown effective when used to treat infections of the urinary tract. Racemofuran, which is found in Shatavari, also has significant anti-inflammatory capabilities. Shatavari prevents the formation of oxalate stones in rats. It also increased magnesium concentration in the urine, and prevent the development of crystals in the urine that form kidney stones. The combination of all these synchronising effects on Urological problems, patients will recover and maintain healthy life.

Further Urological problems patients may have burning sensation and scanty urine etc. and these may complicate Urological problems. Satavari, Vrauna etc. relieve all these symptoms.

Therefore, consuming the Urovita may help in kidney problems either as a food supplement or additional action with other treatments

■ **IS UROVITA SUBSTITUTE TO UROLOGICAL PROBLEMS TREATMENT?**

No. It is neither a medicine nor additional intervention. It may support to the urological system treatment already being undertaken by patients.

■ **DOES UROVITA PRODUCT REQUIRE MEDICAL SUPERVISION?**

No, being a food supplement it may be used safely in patients suffering from urinary problems. However it is recommended to consume after consulting of Dietician or Health adviser to monitor Urological problems.

■ **WHO ARE THE TARGETED PEOPLE?**

Urovita may be taken by persons of either sex above 35 years and up to 85 years of age. Persons requiring good nutrition along with normal food intake, and who are suffering from Urological problems and unable to take normal food due to medical or other reasons. Further patients desire to have additional benefits with conventional treatment may take Urovita as food supplement.

■ **WHAT QUANTITY TO BE TAKEN?**

As a food supplement in 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 UROVITA IS CONSUMED?**

Urovita powder shall be taken along with buttermilk or warm water

■ **HAVE YOU DISPENSED UROVITA PRODUCT TO GENERAL PUBLIC AND UROLOGICAL PROBLEMS PATIENTS?**

Yes, this product is already being used by general public as well as patients having Urological problems.

■ **ANY PRECAUTIONS TO TAKEN?**

Though Urovita is safe and has no adverse effects, in severe Urological problems, patients shall monitor kidney functions test regularly.

Children below the age of 10 years or Lactating mothers, pregnant women are advised to avoid or consume under medical supervision only.