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Research Article

Nutrese powder; a natural plant based nutritional shake with co-factors & co-nutrients for better absorption & efficacy

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ABSTRACT

Nutrese powder is an effective natural vitamin and minerals Nutritional supplementation to improve metabolism. Nutrese powder just ½ serving (1 scoop) Provides 150 calories, 18 grams of protein, 12 grams of fiber, and 1 gram of sugar per day. Nutrese powder Supports effective weight management, Reduces hunger and cravings, Promotes energy and positive mood, Promotes loss of fat and preservation of lean body mass, Improves metabolism and insulin sensitivity. This article reviews the current available scientific literature regarding the effect of nutrese powder as an effective supplementation for daily energy needs.

INTRODUCTION

Nutritional supplementation is an important factor in helping to improve metabolism. It's a Mango flavored, pea, whey and soy protein powder with easily digestible fiber, an essential complement of vitamins and minerals exclusively extracted from vegetables and fruits, and additional nutrients to support weight management and metabolism. Also includes essential fatty acid mega3, 6 and 9 from flaxseed and probiotics in the

fortified curd powder, clinically known to reduce weight and reduce the waist circumference. Nutrese powder Supports effective weight management, Reduces hunger and cravings, Promotes energy and positive mood, Promotes loss of fat and preservation of lean body mass, Improves metabolism and insulin sensitivity. This article reviews the current available scientific literature regarding the effect of nutrese powder as a effective supplementation for daily energy needs.

Composition of nutrease powder

Serving Size : 30g (1 Scoop)		Serving per container : 20
Supplement Facts	Per 100g Approx	Per 30g Approx
Energy	349.86 Kcal	104.96 Kcal
Protein	38.723g	11.61g
Total Carbohydrate	53.05g	15.91g
Dietary Fiber	22.17g	6.648g
Sugar	6.093g	1.82g
Total Fat	3.00g	0.902g
Saturated Fats	2.62g	0.78g
Mono Unsaturated Fats	0.133g	0.040g
Poly Unsaturated Fats	0.116g	0.034g
VITAMINS		
Vitamin A	2000IU	600IU
Vitamin C	40mg	12mg
Vitamin E	10mg	3mg
Thiamine	0.075mg	0.03mg
Riboflavin	0.05mg	0.015mg
Niacin	0.21mg	0.063mg
Pantothenic Acid	0.24mg	0.072mg
Pyridoxine	0.1mg	0.03mg
Folic Acid	0.002mg	0.0006mg
MINERALS		
Calcium	100mg	30mg
Iron	5mg	1.5mg
Phosphorus	200mg	60mg
Selenium	100mcg	30mcg
Copper	5mg	1.5mg
Chromium	100mcg	30mcg
Potassium	50mg	15mg
Sodium	50mg	15mg
Choline	15mg	4.5mg
Manganese	2mg	0.6mg
Zinc	5mg	1.5mg
Magnesium	100mg	30mg

INGREDIENTS :

Inulin, Soya Protein Isolate, Pea Protein Isolate, Whey Powder, Cyclodextrin, Partially Hydrolyzed Guar gum, Guava Leaf Extract, Moringa Extract, Sesbania Extract, Annatto Extract, Green Tea Extract, Holy Basil Extract, Amla Extract, Lemon Peel Extract, Citrus Bioflavonoids, Flax Seed Powder, Brassica, Lactobacillus Gasseri, Papaya Fruit Latex, Pine Apple Extract, Steviol Glycosides (Rebaudioside A), Ginger Powder, Curcuminoids, Banana Leaf Extract, β-Carotene, Di Calcium Phosphate, Choline, Copper Sulphate, Manganese Sulphate, Fructose, Riboflavin, Skimmed Milk Powder, Xanthum gum, Apple Fiber, Sodium Carboxymethyl Cellulose, Mango Powder and Mango Flavor.

Mechanism of Action of Nutrease powder

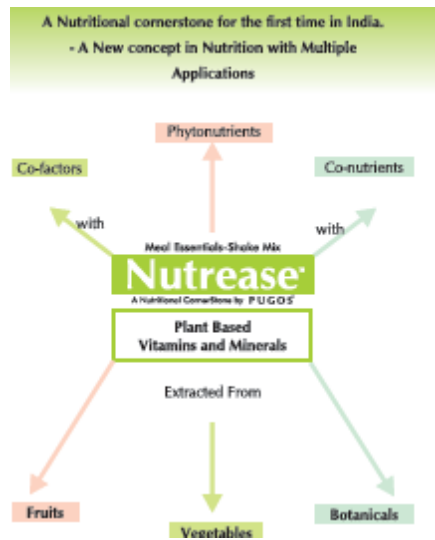
Nutrease powder contains Vitamins from Nature, Curd Powder with Probiotics Fortified with

L-Gasseri that Helps maintain a healthy balance of beneficial intestinal flora. Nutrease powder contains Specific probiotics (including Lactobacillus

gasseri) have been shown to actually help waist circumference. Nutrease powder contains Added Flaxseed Powder With Omega 3, 6, 9 Fatty acids that Helps maintain healthy levels of blood sugar and triglycerides, Nutrease powder Promotes healthy insulin response, Nutrease powder Provides

healthy fats, Nutrease powder Benefits heart health, nutrease powder Contains Optimum Fibers, Inulin, Alpha Cyclodextrins, Plantenzymes for better absorption, Aminoacidfortified Protein Sources, Botanicals and Antioxidants, Good Fats, Mct and Flax Seeds.

Pharmacological action of each ingredients of nutrease powder



COMPARISON CHART

NUTRITIONAL INFORMATION	NUTREASE	OTHER MARKET BRANDS
WHEY PROTEIN + 100% PROTEIN / 100% PROTEIN	✓	✗
PLANT BASED VITAMINS & MINERALS	✓	✗
LOW SUGAR	✓	✗
DIVERSION SUPPORT	✓	✗
NATURAL INSULIN	✓	✗
PARTIALLY HYDROLYZED CASEIN	✓	✗
ARTIFICIAL SWEETENED	✗	✓
INULIN FIBER	✓	✗
PROTEIN DIGESTIVE ENZYME	✓	✗
GOOD FAT	✓	✗
OMEGA 3,6,9 FATTY ACID	✓	✗
PREBIOTIC LACTIC	✓	✗

Nutrese contains plant based broad spectrum Vitamins & Minerals which includes a diverse mixture of substances including dozens of closely related Vitamers and Phytonutrients

BANANA LEAF EXTRACT:

- ▶ Banana leaves are standardized for **Sodium** and **Potassium**.
- ▶ Promotes healthy digestion & contains large amounts of polyphenols (natural antioxidants) such as epigallocatechin gallate, or EGCG, a potent antioxidant and skin rejuvenator.
- ▶ Helps to promote fat oxidation and lowering body weight.



MORINGA EXTRACT:

- ▶ Natural energy booster, standardized for **Chromium**.
- ▶ Contains massive amounts of antioxidants like vitamin C, beta-carotene, quercetin, and chlorogenic acids. It is also rich in Protein, Vitamin A, Vitamin B6, and Minerals.
- ▶ Essential nutrient that potentiates insulin action, and thus influences carbohydrate, lipid, and protein metabolism.

MUSTARD SEED EXTRACT

- ▶ Mustard seed extract standardized for **Selenium**, along with the co-factors and co-nutrients.
- ▶ Helps to support thyroid hormone production, function as part of many enzymes, has antioxidant effects, can help in lowering blood pressure, moderate blood sugar levels, maintain healthy skin, and maintains immune system.



CURRY LEAF EXTRACT

- ▶ Curry leaf extract is standardized for **Iron** and is also a good source of antioxidant.
- ▶ Has shown to have medical properties such as anti-diabetic, antioxidant, antimicrobial, anti-inflammatory and hepato-protective.
- ▶ Helps to reduce bad LDL cholesterol levels and maintains hemoglobin levels.
- ▶ It also contains various nutrients like vitamin A, C, B, E, Calcium, Phosphorus, Magnesium and copper.

GUAVA LEAF EXTRACT:

- ▶ Guava leaves extract is standardized for **Zinc** & it contains flavonoids, polyphenols, ursolic acid, essential oils and tannins.
- ▶ Helps to maintain growth, the immune system, cell growth and division.
- ▶ Helps in breakdown of carbohydrates.



AMLA EXTRACT

- ▶ Amla extract standardized for **Vitamin C**, contains polyphenols and bioflavonoids.
- ▶ It is also rich in anti-oxidants, fibre and minerals like calcium and phosphorus.
- ▶ Helps in speed metabolism, especially that of proteins.

ANNATTO EXTRACT:

- ▶ Annatto extract standardized for **Vitamin E**.
- ▶ Helps to limit the liver's ability to produce LDL (Low Density Lipoprotein) cholesterol.
- ▶ Helps to improve digestion.



BLEND OF GUAVA, SESBANIA, HOLY BASIL, LEMON PEEL EXTRACT AND CITRUS BIOFLAVONOIDS:

- ▶ This extract standardized for all **Natural B-Complex Vitamins** (except B-12), along with its co-nutrients and co-factors that help to support the activity and stability of the B-Complex vitamins.
- ▶ Guavas are rich in nutrients including vitamins, carotenoids, polyphenols and antioxidant pigments & lemon peels are rich in vitamins, including folic acid and folates, and phytonutrients.
- ▶ Tulsi is a sacred plant for Hindus, and a very well documented medicinal plant in Ayurveda. Modern science has confirmed that it has many healthy nutrients like ursolic acid & rosmarinic acid that provide a wide range of health benefits.

SOLUBLE AND INSOLUBLE FIBERS

HEALTH BENEFITS OF FIBER

- ▶ Normalizes bowel movements & maintain bowel health.
- ▶ Helps control blood sugar levels & lowers cholesterol levels.
- ▶ Aids in achieving healthy weight.



This product uses four types of specialty fibers from:

- ▶ SUNFIBER FROM TAIO (Partial hydrolyzed guar gum)
- ▶ INULIN FROM FIBRULINE, BELGIUM (Inulin- Chichory extract)
- ▶ GAMMA CYCLODEXTRIN FROM WACKER, US
- ▶ APPLE FIBER FROM VITACELL

SUNFIBER FROM TAIO (Partial hydrolyzed guar gum)

- ▶ Helps aid satiety (feeling of fullness) and improves glycemic effect of a meal.
- ▶ Easily digestible, prevents gas and bloating which is often experienced with a high fiber supplement
- ▶ Helps to improve mineral absorption.
- ▶ Helps to promote intestinal regularity & maintain digestive health.

INULIN FROM FIBRULINE, BELGIUM (Inulin- Chichory extract)

- ▶ Helps to provide the energy source for the beneficial bacteria living in the gut.
- ▶ Helps to relieve from constipation.
- ▶ Helps to increase calcium absorption and possibly magnesium absorption.
- ▶ A natural prebiotic

CYCLODEXTRIN FROM WACKER, US

- ▶ Water soluble, non-digestible fiber.
- ▶ Cyclodextrin helps to coat fat molecules in the food making them incapable to absorb.

APPLE FIBER FROM VITACELL, INDIA

- ▶ Helps to remove toxic substances from the digestive tract.
- ▶ Helps to remove unhealthy fats before they are stored in the body.
- ▶ Helps to reduce your risk for heart problems & enhance bowel function.



TARGETED BOTANICALS

BROCCOLI EXTRACT

- ▶ Sulforaphane glucosinolate extracted from Broccoli is a potent anti-oxidant.
- ▶ It is rich in calcium, iron & vitamin A, C & E.
- ▶ Provides long-lasting cell protection from free radical damage.
- ▶ Helps to exert a fat burning effect by triggering the breakdown of fat cells.
- ▶ Helps to prevent colon cancer, reduce blood pressure and heart disease.
- ▶ Helps to improve digestion.



CURCUMINOIDS FROM MOTHER TURMERIC EXTRACT

- ▶ Potent anti-oxidant, anti-inflammatory & cancer preventive molecule.
- ▶ Helps to assist the liver's detoxification activity.
- ▶ Controls appetite & increases the production of an adiponectin hormone.
- ▶ Increases the body's natural defense against allergens by increasing antibody response.
- ▶ Helps to lower bad cholesterol and improves digestion.



GINGER EXTRACT

- ▶ An anti-inflammatory
- ▶ Improve blood sugar levels & leptin levels
- ▶ Helps to regulate metabolism, stimulate digestion and reduces cortisol production.
- ▶ Helps to regulate cholesterol and increase energy level.



PRO-BIOTIC SUPPORT

(LACTOBACILLUS GASSERI)

- ▶ Lactobacillus gasseri helps to inhibit increase in body weight and white adipose tissue weight & help in reducing waist circumference. (Seun-Pil jung. Et al., K.J. F.M. 2013; 34: 80-89)
- ▶ Lactobacillus gasseri helps to reduce adipocyte size through inhibition of energy input and the level of leptin. (Essam M. Hamad. Et al., B.J. Nutrition (2009), 101, 716-724)
- ▶ Lactobacillus gasseri helps to reduce the serum and hepatic cholesterol and increase excretion of faecal fatty acids and total neutral faecal sterols. (Essam M. Hamad. Et al., B.J. Nutrition (2009), 101, 716-724)

GOOD FATS

FLAXSEED POWDER WITH OMEGA 3, 6, 9 FATTY ACIDS

- ▶ Helps to maintain healthy levels of blood sugar and triglycerides.
- ▶ Helps to promote healthy insulin response & reduces cholesterol.
- ▶ Supports colon detoxification, fat loss, increase metabolism and fat burning potential.

MEDIUM CHAIN TRIGLYCERIDES (MCT)

- ▶ Helps to enhance metabolism to burn more calories.
- ▶ Good source of energy and preserves muscle glycogen.
Helps to suppress appetite.



PLANT ENZYMES FOR BETTER ABSORPTION PAPAIN FROM PAPAYA FRUIT LATEX AND BROMELIN FROM PINEAPPLE EXTRACT

- ▶ Protein digestion enzymes.
- ▶ Helps to break large protein molecules into smaller and easing their absorption.
- ▶ To help to reduce Irritable Bowel Syndrome (IBS)



The enzymes helps to breakdown any toxin molecules that have a neutral pH. Hence, the stomach is able to break down proteins that are normally absorbed and transferred to fat, which is known as enzyme digestion. This stops the digestive system from malfunctioning.





One and only supplement with standardized plant based Vitamins & Minerals

**Synthetic
Vitamins & Minerals**



Single / Isolated
Vitamers

**“Natural”
Vitamins & Minerals**



Single / Isolated
Vitamers

**Plant - Based
Vitamins & Minerals**



Broad-spectrum
mix of vitamers

Figure 1. Most “natural” vitamin supplements are chemically stripped down to a single vitamer, which are more closely related to synthetic vitamins than true plant-based vitamins.

Synthetic Vitamins & Minerals

- ▶ Are made up of industrial chemicals like petroleum derivatives (hydro carbons).
- ▶ Chemical structure varies compared to Natural and plant based vitamins & minerals.
- ▶ Doesn't contain broad spectrum of closely related vitamins, minerals and phytonutrients co-factors and conutrients.
- ▶ Has failed to protect against diseases.
- ▶ Less Bioavailable.
- ▶ They are less absorbed and have more risks of Side effects.

Plant-Based Vitamins & Minerals

- ▶ Extracted from fruits vegetables, herbs, fungi and other natural sources.
- ▶ Chemical structure and chemical diversity of vitamins and phytonutrients are naturally retained.
- ▶ contains broad spectrum of closely related Vitamins, Minerals, Phytonutrients, Co-factors, and Co-nutrients.
- ▶ Has shown effective protection role against diseases.
- ▶ Bioavailability is purely high.
- ▶ Highly absorbed and have very less side effects.

Synthetic /
isolated vitamins



VS.

Broad-spectrum
plant-based vitamins



Supplement facts

Presentation: Powder

Usage

As a food supplement. It is a combination of Natural vitamins and minerals antioxidants to improve health and vitality. Provides specific support for healthy blood sugar levels, insulin sensitivity, and satiety.

Contra-indications

Product is contra-indicated in persons with Known hypersensitivity to any component of the product hypersensitivity to any component of the product.

Recommended usage

Adults

1-2 table spoon twice a day with meals, Nutrease powder just ½ serving (1 scoop) twice daily Provides 150 calories, 18 grams of protein, 12 grams of fiber, and 1 gram of sugar per day Nutrease powder Serving size just 1 scoop (1/2 serving) in 5-7 ounces of water or liquid of choice twice daily, “Do not exceed the recommended daily dose”

Administration

Taken by oral route at anytime with food.

Precautions

Food Supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. This Product is not intended to diagnose, treat, cure or prevent any diseases. Do not exceed the recommended daily dose.

Warnings

If you are taking any prescribed medication or has any medical conditions always consults doctor or healthcare practitioner before taking this supplement.

Side Effects

Mild side effects like nausea, headache and vomiting in some individuals have been reported.

Storage

Store in a cool, Dry and Dark place.

SUMMARY & CONCLUSION

Nutrease powder just ½ serving (1 scoop) twice daily Provides specific support for healthy blood sugar levels, insulin sensitivity, and satiety., Nutrease powder Supports effective weight management, Reduces hunger and cravings, Promotes energy and positive mood, Promotes loss of fat and preservation of lean body mass, Improves metabolism and insulin sensitivity.