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FORGING AHEAD WITH INNOVATION, RESEARCH AND QUALITY DEVELOPMENT

<b>Leading Homoeopathic Corporate of Indian origin</b>	AGING OF MT (180 DAYS)	FILTRATION	HPLC	EYE DROP MANUFACTURE
MALT MANUFACTURE	TABLET COMPRESSION MACHINE	TRITURATOR	<b>Impeccable quality with proven efficacy</b>	HERBS STORAGE
GAS CHROMATOGRAPHY	INFRA RED SPECTROSCOPY		UV SPECTROPHOTOMETRY	FLUID BED DRYER (FLAME PROOF)
RINSING & FILLING	FILLING & PACKING	POTENTISER	CREAM MANUFACTURING	<b>Accepted Worldwide</b>
TUBE FILLING	OCTAGONAL BLENDER	<b>Maintaining standards as envisaged by our Masters</b>	LAMINAR AIR FLOW	TOTAL MICROBIAL COUNTER



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# NUTRITIONAL SUPPLEMENTS RANGE

Maintains weight & metabolism

Prevents Premature Ageing



A powerful antioxidant & immune booster

COMPLETE HEALTH SUPPLEMENT RANGE

Quality you can trust!

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# Calci Plus Suspension

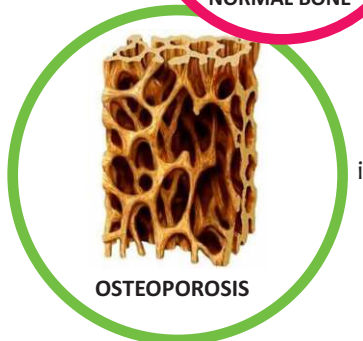
Calcium plays a very important role in the body. It is necessary for normal functioning of nerves, cells, muscle and bone. If there is not enough calcium in the blood, then the body will take calcium from bones, thereby weakening bones. Vitamin D helps body absorb calcium and phosphorus. Having the right amounts of vitamin D, calcium and phosphorus is important for building and keeping strong bones.



## How does it work?

The bones and teeth contain over 99% of the calcium in the human body. Calcium is also found in the blood, muscles and other tissue. Calcium in the bones can be used as a reserve that can be released into the body as needed. The concentration of calcium in the body tends to decline as we age because it is released from the body through sweat, skin cells and waste. Calcium absorption can vary depending on race, gender and age. Vitamin D is needed for the proper dietary absorption and utilization of calcium which can only be obtained from sunlight, food and supplements.

Bones are always breaking down and rebuilding and calcium is needed for this process. Taking extra calcium helps the bones rebuild properly and stay strong. Calcium is needed in every stage of life; it is required for proper bone and tooth growth during infancy; during adolescence, as the bones develop, it is again essential to support the growth. Finally, at older days, bones tend to get porous and weak, thereby requiring ample calcium intake. Children who don't get



Prevent or treat  
low blood calcium levels  
in people  
who do not get  
enough calcium  
from their diets.



enough calcium may not grow to their full potential height as adults. In middle age, women need to increase their calcium intake earlier than men. Meeting the necessary calcium requirement is particularly important as a woman approaches menopause. During menopause, women should also increase their calcium intake to reduce the risk of osteoporosis and calcium deficiency disease. The decline in the hormone estrogen during menopause causes a woman's bones to thin faster. Calcium and vitamin D deficiency can heighten the risk of heart disease, cognitive decline and even cancer in males.

When there is calcium deficiency, muscle cramps are common and people may become confused, depressed and forgetful and have tingling in their lips, fingers and feet as well as stiff, achy muscles. Because the body cannot produce calcium, a balanced diet, regular exercise, healthy lifestyle choices and adequate intake of Calcium and Vitamin D can play a role in maintaining optimal bone health. Although diet is the best way to get calcium, calcium supplements may be an option if diet falls short.

Bakson's new combination nutritional supplement, Calci Plus suspension is used to prevent or treat low blood calcium levels in people who do not get enough calcium from their diets. It provides nutrients that support the structural system including bones, muscles, ligaments, tendons and skin.

## Composition

The working and uses of various constituents of Bakson's Calci plus suspension are as follows:

### Calcium carbonate

Calcium carbonate is used as calcium supplement for preventing and treating Osteoporosis and an antacid in gastric hyperacidity for temporary relief of indigestion and heartburn.

### Vitamin D3

Cholecalciferol (vitamin D3) is a steroid hormone produced in the skin when exposed to ultraviolet light or obtained from dietary sources. The active form of cholecalciferol, 1, 25-dihydroxycholecalciferol (calcitriol) used in this formulation plays an important role in maintaining blood calcium and phosphorus levels; and mineralization of bone.

### Zinc Gluconate

It is a nutritional supplement containing the zinc salt form of gluconic acid for the purpose of providing zinc. As an essential trace element, zinc is of key importance in many biological processes, acts as an antioxidant and strengthens the immune system.

**DOSAGE: Adults:** 1 tablespoonful twice a day.

**Children:** 1 teaspoonful twice a day or as prescribed by the Dietician.

**STORAGE:** Store in a cool, dark & dry place.

Protect from heat, moisture & direct sunlight.

Replace cap immediately after use. Keep out of reach of children.

Dietary supplement not for medicinal use.

**SHAKE WELL BEFORE USE**

**PRESENTATION:** 200ml

## Ferrum Plus Capsules

Iron is a mineral. Most of the iron in the body is found in the hemoglobin of red blood cells and in the myoglobin of muscle cells. Iron is needed for transporting oxygen and carbon dioxide. It also has other important roles in the body.



### How does it work?

Iron helps red blood cells deliver oxygen from the lungs to cells all over the body.

Once the oxygen is delivered, iron then helps red blood cells carry carbon dioxide waste back to the lungs to be exhaled. Iron also plays a role in many important chemical reactions in the body.

Iron has a role in creating energy from nutrients. It also contributes to the transmission of nerve impulses — the signals that coordinate the actions of different parts of body. If one has more iron than is needed, it's stored in body for future use. Iron deficiency is the most common nutritional deficiency and the leading cause of anemia worldwide. Anemia is a blood condition characterized by a lack of healthy red blood cells or hemoglobin.

#### Symptoms of anemia include:

- Fatigue
- Weakness
- Dizziness
- Difficulty concentrating
- Fast heartbeat
- Pale skin
- Shortness of breath.

#### Common causes of anemia include:

- Menstruation, particularly if flow is heavy or prolonged
- Peptic ulcer disease
- Cancer in the digestive tract
- Blood loss from trauma or blood donation
- Gastrointestinal bleeding from prolonged use of medications like aspirin and ibuprofen

### When iron demands increase

#### Pregnant & Menstruating women

- ◆ Women who aren't pregnant or nursing need to take in 15 to 18 milligrams of iron daily.
- ◆ Women who are pregnant need significantly more iron.
- ◆ Menstruating women
- ◆ Menstruation depletes iron stores. This is why women have higher anemia rates than men.



**Exercising:** Female athletes are at an increased risk for iron deficiency. Researchers theorize that athletes may need more red blood cells to carry oxygen so they can keep exercising.

**Regular blood loss:** People who experience excessive blood loss often need extra iron. Regular blood donors and people who have gastrointestinal bleeding are at risk. Gastrointestinal bleeding can be caused by medications or conditions such as ulcers and cancer.

Bakson's Ferrum Plus Capsules is a combination product that contains iron along with Vitamin B12 and Folic acid. It is used to treat or prevent a lack of these nutrients which may occur in certain health conditions (e.g., anemia, pregnancy, poor diet, surgery recovery). This also needs a special reference for its use in females who are anemic due to excessive bleeding during periods.

- ◆ This supplement works better if taken on an empty stomach. One may take with food if it causes an upset stomach. Some foods like eggs, whole grain breads, cereal, dairy products, coffee and tea may make this medicine not work as well.
- ◆ This medicine prevents many other drugs from getting into the body. If you take other drugs, check with doctor to see if other medicines need to be taken at a different time than Ferrum plus capsules

**IRON, FOLIC ACID,  
VITAMIN B12 WITH ZINC**



## Composition

### Carbonyl iron

Iron is an essential heavy metal that is included in many over-the-counter multivitamin and mineral supplements and is used therapeutically in higher doses to prevent iron deficiency anemia.

#### NUTRITIONAL INFORMATION (APPROX. VALUE)

Energy	0.04 Kcal.
Carbohydrate	0.0 g.
Protein	0.01 g.
Fat	0.0 g.

### Folic acid

A water-soluble B vitamin is used in the prevention of folate deficiencies. It is needed to form healthy cells, especially red blood cells. It is well recognized for its value in the prevention of birth defects. It reduces the risk of developing high blood pressure (hypertension).

### Cyanocobalamin

It is a naturally occurring form of vitamin B12 that cannot be obtained from plants or sunlight; it is produced by bacteria in the gut of animals and absorbed in the small intestine. This vitamin plays a vital role in the formation of healthy blood cells, energy production, nervous system, cognitive function and homocysteine regulation.

**DOSAGE:** 1 capsule three times a day or as directed by dietician.

**STORAGE:** Store in a cool, dry & dark place, below 25°C.

Protect from heat, moisture & direct sunlight.

Replace cap immediately after use. Keep out of reach of children.

Dietary supplement not for medicinal use.

Appropriate Overages of Vitamins added to compensate any loss on storage.

**PRESENTATION:** 30 Capsules

# Flexi Care

## Capsules

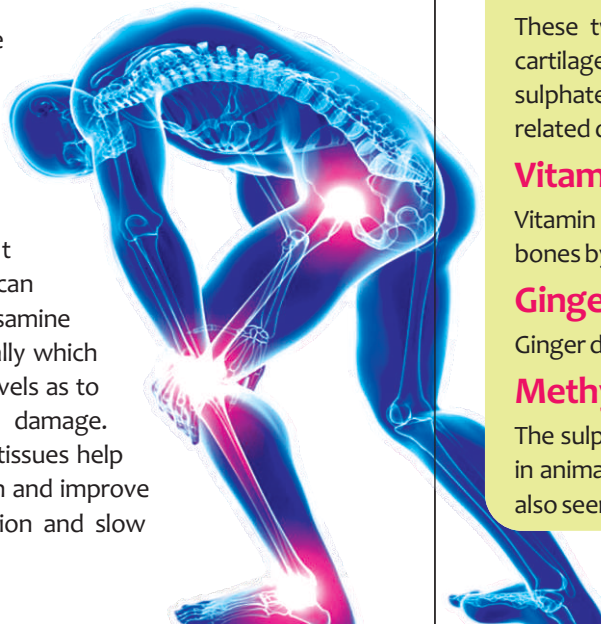
Joints form the connection between bones. These are beautifully designed to let the person move their body and support their weight. Any damage to the joints from disease or injury can interfere with the movement and cause a lot of pain. Many different conditions can lead to painful joints including Osteoarthritis, Rheumatoid arthritis, Bursitis, Gout, strains, sprains and other injuries. Joint pain is extremely common. It can range from mildly irritating to debilitating.



It may go away after a few weeks (acute), or last for several weeks or months (chronic). Old age also results in the deterioration of cartilage from normal wear and tear of the passing years. The protective membranes and fluids in the joints begin to dry up in this age. These changes may allow the bones to rub against each other painfully. Whatever the cause of joint pain, the person usually manages it with medication, physical therapy or alternative treatments. The goal of each treatment is to reduce pain and inflammation, and preserve joint function.

Exercise is one of the effective ways, but be careful to stick with low-impact exercises that won't further irritate the joint. Swimming and bicycling are among the best exercises because both allow exercising joints without putting impact on them.

However, research has indicated that Glucosamine and Chondroitin supplements can help with joint pain and improve function. Glucosamine sulphate containing supplements are taken orally which raise glucosamine levels in the blood to such levels as to increase the repair (or even reverse) joint damage. External supplement for joints and connective tissues help slow deterioration of cartilage, relieve joint pain and improve joint mobility. They help to reduce inflammation and slow



For strengthening bones, joints and connective tissues. It reduces inflammation and stiffness of joints thus relieving pain and improving joint mobility.



progression of Osteoarthritis. They enhance shock-absorbing properties of collagen thus promoting healthy joints. However proper clinical examination and necessary investigations to diagnose cause of joint pain is not ruled out. Bakson's Flexicare is a combination of Glucosamine and Chondroitin sulphate which provides relief to moderate-to-severe pain.

### Composition

#### Glucosamine & Chondroitin

These two joint supplements are from substances naturally found in healthy cartilage. Glucosamine sulphate – alone or in combination with Chondroitin sulphate – appears to relieve pain, improve joint mobility and slow osteoarthritis-related damage to the joints.

#### Vitamin D3

Vitamin D has long been known to promote healthy bones by helping them absorb calcium.

#### Ginger

Ginger decreases joint pain and inflammation.

#### Methylsulfonylmethane

The sulphur compound Methylsulfonylmethane is found naturally in the body and in animals, fruits, vegetables, and grains. It reduces joint pain and inflammation. It also seems to act as a painkiller by quieting nerve impulses that transmit pain.

#### NUTRITIONAL INFORMATION (APPROX. VALUE)

Energy	5.330 Kcal.
Carbohydrate	0.062 g.
Protein	0.008 g.
Fat	0.388 g.



## Boswellia Serrata (Indian frankincense)

The active components (Boswellic acids) have anti-inflammatory and analgesic (pain-relieving) properties. It also may help prevent cartilage loss and inhibit the autoimmune process.

## Rose Hip Extract (Rosa canina)

It has immunosuppressive effect that helps to improve the joint health by reducing pain and stiffness.

## Folic acid

Folic acid is vital for making red blood cells, as well as, the synthesis and repair of DNA and RNA. It aids rapid cell division and growth, enhances brain health, helps in the reduction of pain and inflammation by inhibiting pro-inflammatory chemicals, slows the progressive disease and also decreases joint damage.

## Vitamin B12

Vitamin B12 reduces homocysteine, an amino acid found at high levels in people with Rheumatoid arthritis.

## Zinc

It may play an important role in Osteoarthritis as appropriate level of zinc is required inside the cartilage.

## Copper

Helps in the synthesis of collagen, a structural protein in bones and joints.

## Manganese

Helps reduce inflammation in the joints and tissue.

**DOSAGE:** 1 capsule two times a day or as directed by Dietician.

**STORAGE:** Store in a cool, dry & dark place, below 25°C.

Protect from heat, moisture & direct sunlight.

Replace cap immediately after use.

Keep out of reach of children.

Dietary supplement not for medicinal use.

**PRESENTATION:** 30 Capsules

# Garlic

## Capsules

For health, fitness, wellness, and athletic performance, provided one follows a relatively healthy lifestyle, carefully chosen supplements can be highly beneficial. When we think of supplements, most of us tend to picture vitamins, minerals and protein supplements used by athletes all over the world. In terms of health and well-being, one ingredient, in particular, is vastly underrated and underappreciated, and that ingredient is garlic.

Whilst garlic is a delicious culinary ingredient, it also happens to be very healthy, which is why odourless garlic capsules are finally gaining the recognition they deserve, in terms of health benefits. Garlic capsules are an alternative option, especially if one doesn't like the taste or odor of fresh garlic. It is high in a sulfur compound called Allicin, which is believed to bring most of the health benefits. Garlic is highly nutritious, but has very few calories. One great health benefit associated with odourless garlic supplements is the fact that they have been proven to provide benefits for the heart. It reduces blood pressure, helps to reduce harmful LDL cholesterol, prevents hardening of the arteries, plus it boosts circulation. What's more, it even helps to reduce platelet stickiness within the blood, meaning that sticky platelets will be unable to clog the arteries.

Garlic is also excellent in the handling of body fat and, is acknowledged as one of the most effective means of reducing fat in conjunction with a healthy diet and exercise program. It works by slowing or stopping our body's production of fat by breaking down the lipids and enhancing the elimination of various by-products.

## Boosts the Immune System

Odourless garlic supplements are crammed full of vitamins, minerals and antioxidants, all of which have been proven to help strengthen and boost the immune system. The stronger a person's immune system, the healthier they become as they will be far less likely to suffer from illness and disease.





**For health, fitness, wellness, and athletic performance, provided one follows a relatively healthy lifestyle**

Garlic possesses antibiotic properties which help the supplement to destroy all kinds of dangerous microbes and microorganisms within the body, resulting in a healthy, strong, and fully functioning immune system. In particular, garlic is rich in vitamin C, selenium, manganese and vitamin B6, which not only boost the immune system, but they also assist with the absorption of nutrients from other foods and supplements.

### Great for Hyperthyroid Conditions

Another key benefit associated with garlic supplements is the fact that they are great for treating hyperthyroid conditions. This is primarily down to the fact that garlic is packed full of iodine.

As garlic acts as a vasodilator, however, and dilates the blood vessels, this allows them to widen and transport more oxygen and nutrient enriched blood around the body. This means that cells get more energy and nutrients.

### Garlic assists with Digestive Health

Finally, the last reason why garlic should be a part of one's everyday health regime is the fact that it assists with digestive health. Garlic possesses properties which can help to stimulate mucous membranes within the stomach, which in turn results in more gastric juices being produced, which are essential for healthy digestion. What's more, odourless garlic also helps the liver to flush more toxins from the body.

Garlic can cause certain side effects, such as stomachaches and headaches and can interact with some medications, including birth control pills. One must inform doctor if one plans to use a garlic supplement.

## Composition

### Garlic extract

It helps improve circulation, blood pressure, cholesterol, homocysteine levels and many other cardiovascular risk factors. It has also been proven to enhance immune function and protect the cells from oxidation and aging.

NUTRITIONAL INFORMATION (APPROX. VALUE)	
Energy	4.12 Kcal.
Carbohydrate	0.06 g.
Protein	0.07 g.
Fat	0.4 g.

### Ginger

Its possible health benefits include reducing nausea, pain and inflammation. It also helps in reducing cholesterol, lowering the risk of blood clotting and helping to maintain healthy blood sugar levels.

**DOSAGE:** 1 capsule daily before one hour of meal or as prescribed by the dietician.

**STORAGE:** Store in a cool, dry & dark place, below 25°C.

Protect from heat, moisture & direct sunlight. Replace cap immediately after use.

Keep out of reach of children.

Dietary supplement not for medicinal use.

**PRESENTATION:** 30 Capsules



# Ginseng plus

## Capsules

Although one's diet should contain all the necessary nutrients the body needs, dietary supplements are required at times to improve daily intake of nutrients. Nutritional supplements come in as a boon in these kind of situations and are helpful in enhancing the overall performance. They have become the need of the day and can be used by everyone at any age for a wholesome nutrition.



**The rational use of nutritional supplements, combined with a healthy diet, contributes substantially to health promotion and disease prevention.**

One of the most common health complaints today is having too little energy. Whether it is long hours of work adding up, another terrible night's sleep, indulging in the wrong foods or staying out too late, the mixture of poor diet and lifestyle create a perfect cocktail for low energy. The researchers found person taking ginseng experiences significantly greater improvement in cognitive function and has lower levels of toxins and free radicals in their blood. Overall, the person experiences increased energy. Ginsenosides, chemical components found in ginseng, are responsible for the clinical effect of the herb. Ginseng is believed to boost energy, lower blood sugar and cholesterol levels, reduce stress, promote relaxation, treat diabetes and manage sexual dysfunction in men. From treating health ailments to boosting testosterone, ginseng uses and benefits are quite popular.

### Energy Booster

It is perhaps best known for its adaptogenic qualities, which means that the body is able to adapt to more stressful situations when ginseng is present. It makes the metabolism and immune system more flexible. Ginseng may help stimulate physical and mental activity in people who feel weak and tired.

### Cognitive Support

Ginseng may improve thinking processes and cognition. Consuming it does not only stimulates cognitive abilities of focus and concentration but



**For strengthening the immune system, boosting the energy, memory and concentration. Reduces stress and improves performance.**



can also stimulate neural activity that can be difficult to achieve in one's older ages. The activity of antioxidants stimulates these pathways to prevent the accumulation of plaque and free radicals in the brain, effectively preventing the onset of dementia, Alzheimer's and other cognitive disorders.

### Anti Inflammatory

Ginseng is often used to reduce inflammation. The researchers suggest that ginsenosides may be responsible for targeting pathways in the immune system that could reduce inflammation. As a soothing and anti-inflammatory substance, ginseng is often prescribed for women suffering from extreme menstrual discomfort and cramps. It can also help to reduce the mood swings commonly associated with menstruation and the menopausal change in middle-aged women.

### For Men

Men may take ginseng to treat erectile dysfunction. One of the most common traditional uses of ginseng was as an aphrodisiac. Powdered ginseng is believed to increase male sexual performance and boost libido, increase Testosterone levels; in modern applications, it is commonly recommended for men suffering from erectile dysfunction as a natural solution.

### Controlling Diabetes

Several studies suggest that ginseng may help lower blood sugar and help treat diabetes. Ginsenosides may affect insulin production in the pancreas and improve insulin resistance using other mechanisms. By regulating the intake or absorption of glucose, ginseng is able to protect the body from sudden spikes and drops in blood sugar that can lead to a development of diabetes or can make the disease lethal if already present.

## Weight loss

The powerful combination of chemicals found within ginseng has a wide range of effects, including the suppression of appetite. When dried or powdered ginseng is consumed, it can quickly suppress the “hunger hormones” from triggering any cravings, thereby helping people in their weight loss efforts from cheating or snacking in between meals, while delivering a range of other health benefits at the same time.

## Hair Health

One of the natural carbohydrates found in ginseng has been directly connected with the prevention of alopecia and male pattern baldness. Applying ginseng salves or consuming the spice directly can improve the health of hair follicle beds, prevent dandruff, and reduce hair loss significantly.

## Skin Care

By stimulating blood flow throughout the body, particularly to the skin cells, ginseng makes the skin looking young and hydrated. This falls under the category of anti-aging properties but ginseng is also linked to detoxifying the skin and boosting the immune response in the body's largest organ.

### Advice:

- ◆ Ginseng effect may be intensified when taken with caffeine. Avoid large amounts of coffee or other caffeinated beverages when using ginseng supplements.
- ◆ It might lower blood sugar. In people with diabetes who are taking medications to lower blood sugar, adding ginseng might lower it too much. Monitor blood sugar closely if the person has diabetes and is using ginseng.

**Safety:** The person can notice a difference if they take ginseng every morning. It is much more subtle and its effects build up over time. In order to avoid any side effects of Ginseng, it is also best not to use it for more than three months in a row. A break of few weeks or months is advisable before resuming the supplement.

**Word of Caution:** Ginseng is a very powerful spice, and as such, can cause negative reactions in the body, causing upset stomach, headaches, sleep issues, and allergic reactions. While the side effects are usually mild, one should still consult a medical professional before adding it to regular diet or supplement regimen.

**DOSAGE:** 1 capsule daily preferably in the morning or before meal; or as prescribed by the Dietician.

**STORAGE:** Store in a cool, dry & dark place, below 25°C. Protect from heat, moisture & direct sunlight. Replace cap immediately after use. Keep out of reach of children. Dietary supplement not for medicinal use.

**PRESENTATION:** 30 Capsules

### NUTRITIONAL INFORMATION (APPROX. VALUE)

Energy	5.33 Kcal.
Carbohydrate	0.004 g.
Protein	0.24 g.
Fat	1.135 g.

# Slim & Fit

## Soft Gelatin Capsules

Obesity is a condition marked by excess and unhealthy amount of fat accumulation in the body that frequently results in a significant impairment of health. Women with more than 30% body fat and men with more than 25% body fat are obese.

Though everyone needs some amount of body fat, but too much fat can cause health problems. At an individual level, combination of many causes play a role in manifesting Obesity. These include Heredity, over-eating,

altered metabolism of adipose tissue, sedentary lifestyle, defective or decreased thermo genesis (the process by which calories are converted to heat), hormonal imbalance and certain prescribed medications.

### Serious Health problems linked to Obesity

These are Diabetes, Coronary Heart Disease, High Blood Pressure and Kidney diseases, Gall bladder disease, Arthritis; Gout, breathing problems, high blood cholesterol etc. Emotional problems include feeling depressed, rejected, shameful, unattractive and painfully awkward and shy in social settings. Obese people may face discrimination at work, at school and in social settings.

### How to lose weight?

- 1. Don't skip breakfast:** Skipping breakfast won't help lose weight. One could miss out on essential nutrients and may end up snacking more throughout the day because you would feel hungry.
- 2. Eat regular meals:** Eating at regular times during the day helps burn calories at a faster rate. It also reduces the temptation to snack on foods high in fat and sugar.
- 3. Eat plenty of fruits and vegetables:** Fruits and vegetables are low in calories and fat and high in fibre – three essential ingredients for successful weight loss. They also contain plenty of vitamins and minerals.
- 4. Get more active:** Being active is key to losing weight and keeping it off. As well as providing numerous health benefits, exercise can help burn off the excess calories one can't cut through diet alone.





**5. Drink plenty of water:** People sometimes confuse thirst with hunger. One can end up consuming extra calories when a glass of water is really what one needs.

**6. Eat high-fibre foods:** Foods containing lots of fibre can help keep one feel full, which is perfect for losing weight. Fibre is only found in food from plants, such as fruits and vegetables, oats, whole grain bread, brown rice and pasta, beans, peas and lentils.

**7. Read food labels:** Use the calorie information to work out how a particular food fits into your daily calorie allowance on the weight loss plan.

**8. Use a smaller plate:** Using smaller plates can help one eat smaller portions. By using smaller plates and bowls, you may be able to gradually get used to eating smaller portions without going hungry. It takes about 20 minutes for the stomach to tell the brain it's full, so eat slowly and stop eating before you feel full.

**9. Don't ban foods:** Don't ban any foods from your weight loss plan, especially the ones you like. Banning foods will only make you crave them more. There's no reason one can't enjoy the occasional treat as long as one stays within daily calorie allowance.

**10. Don't stock junk food:** To avoid temptation, try to not stock junk food – such as chocolate, biscuits, crisps and sweet fizzy drinks – at home. Instead, opt for healthy snacks, such as fruit, unsalted rice cakes, oat cakes, unsalted or unsweetened popcorn and fruit juice.

**11. Cut down on alcohol:** A standard glass of wine can contain as many calories as a piece of chocolate. Over time, drinking too much can easily contribute to weight gain.

**Healthy Dietary habits accompanied with Bakson's Slim & Fit Capsules every day go a long way in maintaining your ideal weight. The herbal ingredients are known for their efficacy in weight loss regimens**

**Maintains weight and metabolism for a healthy body and keeps one fit**



## Composition

Garcinia cambogia 200mg, Caralluma fimbriata 300mg, Green tea extract 65mg, Piperine 11mg.

**Other Ingredients:** Vegetable oil, Bees wax white, Soya lecithin oil, Butylhydroxytoluene, Refined Soya oil, Gelatin 180 bloom, Glycerine, Sorbitol 70%, Methyl paraben, Propyl paraben, Titanium Dioxide, DM Water.

### Garcinia cambogia

The active ingredient in the fruit's rind, hydroxycitric acid, or HCA, has boosted fat-burning and cut back appetite in studies. It appears to block an enzyme called citrate lyase, which body uses to make fat. It also raises levels of the brain chemical serotonin, which may make one feel less hungry.



Garcinia cambogia

### Caralluma fimbriata

Caralluma is a widely growing plant in India and is associated with appetite suppression. Because of its well-known appetite curbing properties, scientists have made extracts of the plant to study and develop as a potential weight loss supplement.

### Green tea extract

Green tea supports weight loss in two ways:

- 1.The caffeine, though limited, is said to help burn fat and improve exercise performance, which could lead to added calorie burn.
- 2.The antioxidant EGCG found in green tea is known for its metabolism-boosting ability.



Green tea extract

**DOSAGE:** 1 capsule daily before 1 hour of meal or as directed by Dietician.

#### ADVICE:

- ◆ Consult your Dietician before taking up any exercise or physical activities & check weight regularly.
- ◆ The combination of reduced calorie diet and increased physical activity is recommended.
- ◆ A weight maintenance program should be a priority after the initial 6 months of weight loss therapy.

**SAFETY:** Product is possibly safe for most people when taken for 12 weeks or less. Long-term safety is unknown. Garcinia can cause nausea digestive tract discomfort, and headache

#### NUTRITIONAL INFORMATION (APPROX. VALUE)

Energy	7.97 Kcal.
Carbohydrate	0.04 g.
Protein	0.012 g.
Fat	0.7 g.

**WARNING:** Garcinia cambogia can interact with:

- ◆ Pregnancy and breastfeeding
- ◆ Existing cases of liver or kidney damage
- ◆ Medications that are taken to control asthma and allergies
- ◆ Diabetes medications and insulin
- ◆ Iron supplements (usually taken by people with anemia)
- ◆ Pain medications
- ◆ Medications used to control mental disorders like anxiety and depression
- ◆ Statin drugs that lower cholesterol
- ◆ Blood thinning drugs (like warfarin)

**STORAGE:** Store in a cool, dry & dark place, below 25°C. Protect from heat, moisture & direct sunlight. Replace the cap immediately after use. Dietary supplement not for medicinal use. Best before 18 months from date of Mfg.

**PRESENTATION:** 30 Soft gelatin capsules.

RECOMMENDED CALORIES FOR INDIANS			
Group	Particulars	Body weight kg	Net Energy Kcal/d
Man	Sedentary work	60	2320
	Moderate		2730
	Heavy work		3490
Woman	Sedentary work	55	1900
	Moderate work		2230
	Heavy work		2850
	Pregnant woman		+350
	Lactation		+600
	0-6 months		+520
Infants	0-6 months	5.4	92 Kcal/kg/d
	6-12 months	8.4	80 Kcal/kg/d
Children	1-3 years	12.9	1060
	4-6 years	18	1350
	7-9 years	25.1	1690
Boys	10-12 years	34.3	2190
Girls	10-12 years	35.0	2010
Boys	13-15 years	47.6	2750
Girls	13-15 years	46.6	2330
Boys	16-17 years	55.4	3020
Girls	16-17 years	52.1	2440

WEIGHT CHART FOR MEN & WOMEN					
Men			Women		
Height (in Feet)	Height (in Meters)	Ideal Weight	Height (in Feet)	Height (in Meters)	Ideal Weight
4'6"	1.3524	28-35 kg	4'6"	1.3524	28-35 kg
4'7"	1.3778	30-39 kg	4'7"	1.3778	30-37 kg
4'8"	1.4032	33-40 kg	4'8"	1.4032	32-40 kg
4'9"	1.4286	35-44 kg	4'9"	1.4286	35-42 kg
4'10"	1.454	38-46 kg	4'10"	1.454	36-45 kg
4'11"	1.4794	40-50 kg	4'11"	1.4794	39-47 kg
5'0"	1.5	43-53 kg	5'0"	1.5	40-50 kg
5'1"	1.5254	45-55 kg	5'1"	1.5254	43-52 kg
5'2"	1.5508	48-59 kg	5'2"	1.5508	45-55 kg
5'3"	1.5762	50-61 kg	5'3"	1.5762	47-57 kg
5'4"	1.6016	53-65 kg	5'4"	1.6016	49-60 kg
5'5"	1.627	55-68 kg	5'5"	1.627	51-62 kg
5'6"	1.6524	58-70 kg	5'6"	1.6524	53-65 kg
5'7"	1.6778	60-74 kg	5'7"	1.6778	55-67 kg
5'8"	1.7032	63-76 kg	5'8"	1.7032	57-70 kg
5'9"	1.7286	65-80 kg	5'9"	1.7286	59-72 kg
5'10"	1.754	67-83 kg	5'10"	1.754	61-75 kg
5'11"	1.7794	70-85 kg	5'11"	1.7794	63-77 kg
6'0"	1.8	72-89 kg	6'0"	1.8	65-80 kg

## Nail & Hair Aid Tablets



Apart from the fragility of vitamins found in food products, other factors also determine that diet alone does not normally provide all the essential vitamins in sufficient quantities needed to support optimum health. Most of the people don't have time to prepare and cook meals containing the perfect combination of ingredients selected for their vitamin and mineral content! Personal taste dictates that people don't always like what is good for them, so a convenient

answer lies in the form of essential Vitamin Supplements.

Particularly effective when used properly, these supplements can help keep our insides in good working order. Our inner organs benefit from proper nutrition so why should our hair and nails be any different?

Healthy Hair and strong Nails are a reflection of general overall health - both inside and out. In order to keep them beautifully youthful and healthy, Nail and Hair Aid is an effective supplement. It keeps split ends and flaky nails at bay and provides a complete array of nutrients for lustrous hair and strong nails.



Provides essential nutrition for collagen and keratin build up, improves blood circulation and imparts texture, tone as well as strength to hair besides healthy nails.



## Composition

Calcium carbonate 100mg, Inositol 100mg, Vitamin C 75mg, Iron (Ferrous ascorbate) 17mg, Lecithin 16.75mg, Vitamin E 15mg, Bioperine 7.5mg, Vitamin B2 1.6mg, Vitamin A 600 mcg, Folic Acid 400mcg, Biotin 30mcg, Vitamin D3, Vitamin B12 1.5mcg.

### Calcium carbonate

The calcium in hair helps to stimulate communication between cells, thereby promoting Hair growth and healthy follicles. This mineral also keeps Heart, Muscles, Nerves and various other systems functioning, and all of these processes play a vital role in healthy hair and Nail growth.

### Inositol

A diet lacking in Inositol will result in baldness. With a diet rich in Inositol, however, hair growth can resume & can prevent baldness as well as thinning hair

### Vitamin C

It improves hair growth, fights dandruff, stops Hair loss, and leads to thicker Hair, while a deficiency can cause split ends.

### Iron

Adequate amount of Iron prevents concave shape and brittle fingernails. Sudden loss of hair can be caused due to iron deficiency Anaemia.

### Lecithin

It helps in making weak, broken and splintered Nails strong. It serves as a softening and smoothing agent, fights dry and damaged Hair

### Vitamin E

It increases blood circulation, thus improving the amount of blood flowing through the Hair and Nail-growth structures. An increase in blood supply increases growth efficiency and may lead to faster, stronger and healthier Hair growth. Vitamin E also helps in correcting certain Nail-growth disorders including yellow & brittle Nails. It also acts as an antioxidant and destroys free radicals that damage Hair and Nails and promotes healthy growth

### Bioperine

It supplies essential nutrition to body which aids in the manufacture of healthy new collagen and keratin that leads to glossy locks of Hair. Nails become strong and resistant to breakage.

### Vitamin B2 (Riboflavin)

It helps the body to absorb the essential mineral Iron, which is necessary for healthy and strong Nails. With Iron deficiency the fingernails can turn white,

brittle, thin and grow abnormally (taking on a spoon-like appearance).

### Vitamin A

It is necessary for sebum production to keep Hair moisturized. It is also necessary for the growth and maintenance of collagen, which provides structure to Hair and Nails.

### Folic acid

Since folic acid aids cells work and tissues grow, it helps Hair growth. If there is folic acid deficiency, it can lead to grey Hair and poor Nail growth.

### Biotin

It is also essential for maintaining the texture, tone and strength of Hair locks. It may strengthen brittle Nails and reduce breaking and splitting and increases Nail thickness.

### Vitamin D3

It is known for helping to reduce stress and keep up the feel good feeling, therefore it helps if Hair loss is exacerbated by excessive levels of stress. It also helps in Hair looking good and growing strong. Vitamin D is found inside the follicles of healthy Hair, and is absent in the follicles of unhealthy Hair.

### Vitamin B12

Vitamin B12 is a key to nail health. It plays an important role in the formation of red blood cells. A deficiency of B12 can lead to Anaemia resulting in pale, unhealthy or unsightly Nails & dry Hair.

**DOSAGE:** 1 Tablet, once a day or as prescribed by the physician.

**STORAGE:** Protect from heat, moisture & direct sunlight.

Replace cap immediately after use.

Dietary supplement not for medicinal use.

**PRESENTATION:** 30 Tablets (Each 550mg).

#### NUTRITIONAL INFORMATION (APPROX. VALUE)

Energy	2.71 Kcal.
Carbohydrate	0.07 g.
Protein	0.20 g.
Fat	0.0 g.

# Vitamin C Plus

## Capsules

Vitamin C, also known as ascorbic acid, is a water-soluble vitamin that is naturally present in some foods, added to others, and available as a dietary supplement. Humans, unlike most animals, are unable to synthesize Vitamin C endogenously, so it is an essential dietary component that is required for the growth, development and repair of all body tissues.



Vitamin C affects cells on the inside and outside of the body. The most prominent role of Vitamin C is its immune-stimulating effect, e.g., important for defence against infections such as common colds. It also acts as an inhibitor of histamine, a compound that is released during allergic reactions. As a powerful antioxidant, it can neutralize harmful free radicals, pollutants, and toxins and facilitate the growth of the connective tissues which speeds up the process of wound healing. An adequate intake of Vitamin C is associated with a lower likelihood of a wrinkled appearance, dryness of the skin, and a better skin-aging appearance. It increases the oxidation of body fat, enhances metabolism, and thus aids in weight loss. It also helps to decrease total and LDL (“bad”) cholesterol and triglycerides.

Since it is not practical for most people to consume the required servings of fruits and vegetables needed on a consistent basis to fulfil the requirement of Vitamin C hence it is recommended to take a once-daily supplement which is safe, effective, and easy to do.

Bakson's VITAMIN C CAPSULES is a combination of Vitamin C and lycopene which is a safe health supplement. Vitamin C supplements can help improve the absorption of iron from the diet. Vitamin C assists in converting iron that is poorly absorbed, such as plant-based sources of iron, into a form that is easier to absorb so it is especially useful for people on a meat-free diet.

Other main ingredient, lycopene (carotenoid), is a natural pigment that gives tomato and other fruits & vegetables the red or pink color, may benefit heart health by boosting the body's natural antioxidant defenses and protecting against DNA damage. Its powerful antioxidant properties may help protect cells from damage. It may also slow down the death of bone cells, reinforce bone architecture and help keep bones healthy and strong.

## Sources of Vitamin C

The important sources of Vitamin C are citrus fruits such as oranges and grapes. Strawberries, raspberries, cabbages, cauliflowers and other leafy vegetables, red peppers, potatoes, broccoli, chilies etc.



## Signs of a Vitamin C deficiency

Deficiency symptoms include swollen or bleeding gums, inflammation of the gums, slow wound healing, dry and splitting hair, rough and dry skin, nosebleeds, weak immunity, swollen and painful joints, and possible weight gain.

## How much Vitamin C is Enough?

In addition to take five servings of fruits and vegetables, 500 milligrams of Vitamin C supplement a day is efficient to achieve good health results. That's much higher than the RDA of 75-90 milligrams a day for adults. So unless an individual can eat plenty of fruits and vegetables, one needs to take a dietary supplement of Vitamin C to gain all the benefits.



**Vitamin C and Lycopene which is a safe health supplement**



## Composition

### Vitamin C Coated

500 mg (RDA%: 833%),

### Lycopene

10% 5000 mcg.

**Other Ingredients:** Bees wax (901), Soyalecithin oil, Vegetable oil, Butylhydroxy toluene IP, Refined soya oil, 26 Gelatin 180 Bloom (428), Glycerine (422), Sorbitol 70% IP (420i), Methyl paraben IP (218), Propyl paraben IP (216), Col. Black Iron oxide (172i), Col. Panceau 4R Supra (124), Col. Brillint Blue Supra (133), Col. Sunset yellow Supra (110), DM Water IP, Light Liquid Paraffin IP, IPA.

**DOSAGE:** 1 Capsule twice daily or as directed by Dietician.

**STORAGE:** Store in a cool, dry & dark place, below 25°C.

Protect from heat, moisture & direct sunlight.

Replace cap immediately after use.

Keep out of reach of children.

Dietary supplement not for medicinal use.

**PRESENTATION:** 30 Capsules

### NUTRITIONAL INFORMATION (APPROX. VALUE)

Energy	0.00 Kcal.
Carbohydrate	0.5 g.
Protein	0.00 g.
Fat	0.5 g.

# Vitamin D Plus

## Tablets & Capsules

Nowadays hurried and competitive lifestyles have considerably reduced time for proper and healthy nutrition. We depend more on chemically laden ready to eat, preserved and processed food products which often drastically reduce the nutrient contents of foods such as wheat flour, rice, dairy products etc. For example, the refining of wheat, sugar and rice removes 70-80% of their nutritional quality.

Stress also plays a major role in impairing

nutrition as it causes excessive Sympathetic Nervous System activity which not only uses up nutrients immediately but also reduces digestive strength and ability. This, in turn, reduces nutrient absorption and utilization to make things much worse. As a result, most people do not get balanced nutrition which increases need for Nutritional Supplements.

Dietary or nutritional supplements which have become the need of the day, can be used by almost everyone at any age for a wholesome nutrition and in special situations like- old age, pregnancy, childhood etc, to protect against disease, eliminate deficiency states, prevent future illness and balance the body chemistry.

Vitamins and minerals are organic compounds which are needed though in small quantities but are necessary to sustain a healthy life. They form an essential constituent in any good Multivitamin dosage form. Vitamin D plus is a health supplement in the form of multivitamin with a special focus on vitamin D. The tablets also contain vitamin A, B, C and E which help in multiple functions for maintaining health including growth and development, boosting of the immune system, healthy skin and good vision. As it is in the form of tablets it's easy to carry, take in and digest.

## Composition & Role Play

Vitamin D maintains proper bone structure and is also used for preventing and treating:

- ◆ Rickets, a disease that is caused by not having enough vitamin D (Vitamin D deficiency)
- ◆ Weak bones (Osteoporosis),
- ◆ Bone pain/softening of bones (Osteomalacia),
- ◆ Bone loss in people with a condition called Hyperparathyroidism



FOR STRONG BONES,  
BOOSTS IMMUNITY

- ◆ It is also used for preventing falls and fractures in people.
- ◆ High blood pressure and high cholesterol.
- ◆ Prevents risk of cavities in infants, children and adolescents.
- ◆ Also regulates the level of Calcium and Phosphorous in the body

Prolonged sun exposure to the face, legs, or back – without sunscreen – gives plenty of vitamin D. It can also be found in small amounts in few foods, including fatty fish such as Sardines & Tuna.

But excessive direct sun exposure also exposes body to potentially dangerous levels of cancer-causing UV radiation. Food products alone can't fulfill the adequate requirement of vitamin D leading to the need of Vitamin D plus. For fulfilling the desire to be healthier, live longer, gets stronger and let brain performing optimally; having Vitamin-D plus is the answer.

### Calcium citrate

It is necessary for normal functioning of nerves, cells, muscle and bones. It may be helpful to treat conditions caused by low calcium levels such as bone loss (Osteoporosis), weak bones (Osteomalacia/rickets), decreased activity of the parathyroid gland (Hypoparathyroidism).

VITAMIN D 25 HYDROXY (EIA) LEVELS IN BLOOD		
LEVEL	REFERENCE RANGE (nmol/ml)	COMMENT
Deficient	<30	High risk for developing bone disease
Insufficient	30-75	Vitamin D concentration which normalize parathyroid hormone concentration
Sufficient for	75-250	Optimal concentration maximal health benefit
Potential intoxication	>250	High risk for toxic effect

### Vitamin C

It is used in preventing and treating conditions like:

- ◆ Scurvy: Anemia, debility, exhaustion, edema (swelling) in some parts of the body and sometimes ulceration of the gums and loss of teeth.
- ◆ Iron absorption: Administering vitamin C along with iron can increase iron absorption in adults and children.
- ◆ Vitamin C is used most often for preventing and treating the common cold.

### Vitamin A

It is a key for good vision, a healthy immune system and cell growth. Vitamin A, also called Retinol, helps eyes adjust to light changes when in from outside and also helps keep eyes, skin and mucous membranes moist and healthy.

### Vitamin B1

It prevents poor memory, irritability, sleep disturbance, burning pain, muscle



cramps,

### Vitamin B2

Riboflavin is used for preventing Acne, muscle cramps, burning feet and eye fatigue. Also corrects Riboflavin deficiency which causes red itchy eyes, Night blindness and fatigue.

### Vitamin B3

It boosts levels of good HDL cholesterol and lowers Triglycerides and bad LDL cholesterol. It helps reduce Atherosclerosis or hardening of the arteries.

### Vitamin B5

Pantothenic acid is used for preventing Osteoarthritis, Premenstrual syndrome (PMS), protection against mental and physical stress and anxiety, reducing signs of aging, dizziness.

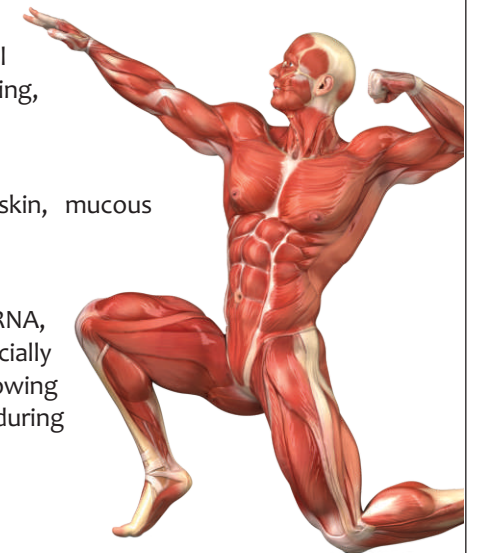
### Vitamin B6

Maintains proper functioning of nerves, skin, mucous membranes and circulatory system.

### Vitamin B9

Folic acid aids in the production of DNA and RNA, the body's genetic material and is especially important when cells and tissues are growing rapidly, such as in infancy, adolescence and during pregnancy.

### Vitamin B12





Prevents Anaemia caused by a lack of vitamin B12 which includes – extreme tiredness or fatigue, feeling faint, headache, lack of energy or lethargy. It also controls-(Beri-Beri)- yellowing of the skin, sore, red tongue, mouth ulcers, change or loss of some sense of touch, walking problems, vision problems.

### Vitamin E

It is used for preventing diseases of the heart and blood vessels, Premenstrual syndrome (PMS), painful periods, Menopausal syndrome.

### Aloe barbadensis

Stimulates immune system, helps stomach disorders by improving digestive system and destroying abusive fungi and bacteria in the intestinal tract. It is a strong laxative.

### Iron (ferrous ascorbate)

Iron supplement prevents Iron deficiency Anemia. These are necessary nutrients in human diets and help to keep connective tissue and bones healthy.

### Zinc monomethionine

Prevents Acne, delayed wound healing, depression, frequent infections, and problems with hair, skin or nails.

### L-Lysin and Glutamic acid

It increases the intestinal absorption of Calcium.

### Sodium bicarbonate and Sodium molybdate

It is used as an antacid to treat heartburn, indigestion and upset stomach and also

#### NUTRITIONAL INFORMATION (APPROX. VALUE)

Energy	1.64 Kcal.	Vitamin D Plus provides 1.64 kcal of energy which contributes to the daily energy requirement of the body but as the calorie levels are negligible it does not lead to any sort of weight gain or obesity.
Carbohydrate	0.04 g.	
Protein	0.012 g.	
Fat	0.0 g.	

helps in correcting sodium deficiency.

### Chromium picolinate

Prevents Heart diseases and helps in maintaining blood glucose level.

### Potassium iodide

Commonly used to protect and enable normal functioning of the Thyroid gland.

**Light magnesium oxide & manganese chloride:** Mineral supplement and Antacid.

**DOSAGE: Tablet:** 1 tablet once a day.

**Capsule:** 1 Capsule once a day. Or as directed by the physician.

**STORAGE:** Store in a cool, dry & dark place, below 25°C. Protect from heat, moisture & direct sunlight. Replace cap immediately after use. Keep out of reach of children.

**PRESENTATION:** 30 Tabs. (Each 550mg) & 50 Capsules (5x10 Capsules)

# Vita-E

## Capsules

Clear and beautiful skin is one of the main elements of a person's beauty. Aging changes in the skin are a group of common conditions and developments that occur as people grow older. Many of the causes of skin ageing are entirely natural and cannot be altered. With time, the person get visible lines and wrinkles on skin which is “intrinsic aging.” There are, however, several external factors like smoking, air pollution and even exposure to harmful ultraviolet rays from the



sun which can deplete the body's store of the essential vitamins and cause skin to age prematurely, and these can be influenced. The medical term for this type of aging is “extrinsic aging.” Good skin care and healthy lifestyle choices can help delay the extrinsic aging process and prevent various skin problems.

From facial blemishes, wrinkles, fine lines to getting young glowing skin, some essential oils can be used to treat almost any skin imperfection. The person can

get benefits of these oils by taking some vitamins that are required for healthy skin. There is a vitamin that plays the role of antioxidant, preventing free radical damage to specific fats in the body that are critical for the health and naturally slowing aging, i.e., Vitamin E. It encompasses a group of eight compounds that include both tocopherols and tocotrienols.

Vitamin E is a nutrient full of miraculous wonders that can rejuvenate the health and beauty. This essential nutrient occurs naturally in many foods which include nuts, eggs and certain oils such as wheat germ oil. It is also available as a dietary supplement. Vitamin E has a number of beneficial properties for the skin and hair. It works as an





**Vitamin E is a nutrient full of miraculous wonders that can rejuvenate the health and beauty.**

immune booster, promotes good circulation, regulates blood sugar, keeps heart healthy, prevents stroke-induced brain damage and even protects against certain cancers. Benefits of Vitamin E include:

### 1. Stimulates Hair Growth

Vitamin E has antioxidant properties that help repair damaged hair follicles and prevent tissue corrosion, which in turn encourages healthy hair growth. It also deeply conditions the hair from root to shaft to make it healthier and shinier, and even prevents premature graying.

### 2. Fades Scars

Another beauty benefit of vitamin E is that it can help fade scars. Being an antioxidant, it accelerates the healing of damaged skin and prevents scars from becoming permanent.

In addition, its moisturizing property keeps the skin hydrated and helps repair damaged tissue.

### 3. Fights Wrinkles

It can be used to fight wrinkles, age spots and other signs of aging. Vitamin E has the power to reverse the damage done by harmful solar radiation and the free radicals in our environment. It even boosts the production of collagen that adds elasticity to skin, which prevents aging signs like wrinkles.

### 4. Treats Skin Hyperpigmentation

One can also use vitamin E to treat hyperpigmentation of the skin that causes uneven color and dark patches on almost any part of the body.

## Composition

### Vitamin E

It is a known antioxidant, anti-aging agent, moisturizer, anti-inflammatory, with enhanced SPF properties. It enhances the efficacy of active sunscreen ingredients, reduces the formation of free radicals from exposure to UV rays and promotes the healing process. It also strengthens the skin's barrier function, protects the skin barrier's lipid balance and reduces transepidermal water loss.

**DOSAGE:** 1-2 capsules per day preferably after a meal or as prescribed by Dietician.

**STORAGE:** Store in a cool, dry & dark place, below 5°C.

Protect from heat, moisture & direct sunlight.

Replace cap immediately after use. Keep out of each of children.

**PRESENTATION:** 30 Capsules

#### NUTRITIONAL INFORMATION (APPROX. VALUE)

Energy	3.24 Kcal.	2
Carbohydrate	0.1 g.	
Protein	0.009 g.	
Fat	0.5 g.	

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