

Product information sheet

GLUCOSE AMLA BEVERAGE MIX

The Indian gooseberry or amla, known as *Phyllanthus Emblica* or *Emblica Officinalis*, is a super fruit with multi health benefits. The most important bioactive is vitamin C (approx. 700mg) along with health-giving antioxidants. These antioxidants help boost immunity and fight infection. Amla strengthens absorption and assimilation of food. It improves digestion and stimulates our taste buds to relish food better. Glucose powder is necessary for all sections of the population, geriatrics, children and athletes will be benefitted by this as it helps ensure muscles have the nutrients they need to recover from fatigue and repair themselves during and after exercise. Glucose has a high glycemic index, meaning it enters the bloodstream very quickly. Insulin production increases immediately after taking glucose, providing a muscle-building boost as nutrients are driven into muscle fibers. Hence a combination of these two ingredients were used to formulate an energy drink. The glucose amla beverage mix is a Vitamin C and Polyphenol-rich beverage mix which can ease chronic fatigue symptoms, and act as a nutritional ergogenic aid. It can be given to women children and general population including geriatrics as an energy booster and a vitamin C supplement. It is not suitable for diabetics. Can be reconstituted using water, tender coconut water, carbonated water or with any fruit juices. It has the typical sourness and amla taste with reduced astringency.



Parameter	Per 100 g
Moisture % by wt	1-2
Protein , %	-
Total fat, %	-
Sugar %	40-50
Total carbohydrates %	90.0 -95.0
Protein, %	-
Energy (Kcal/100g)	380-395
Calcium (mg)	70 -72
Phosphorous (mg)	35-40
** Vitamin C (as Ascorbic acid mg)	120-140
Total polyphenols (mg)	8-10
IC 50 Values (µg)	230 -530

Brief list of equipment

- Powder Blending Machine - Drum type flour mixing machine (7-25 Kg)
- Packaging Machine (FFS) - Automatic pouch packing machine
- Balance, Working tables, vessels, etc

Capacity of plant proposed (100 Kg GABM)-Rs

Total cost of plant and Machinery	10.25 L
Total project cost	25 L
Cost of production per Kg	Rs 187
Cost of Selling	per Kg Rs 240

For Technology and Technical assistance please contact

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