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Date: March 01, 2019

Subject: SaiSure Nutrition Review

Table 1: SaiSure Supplement Facts (Serving Size: 10 grams)

NUTRIENTS	AMOUNT PER SERVING	%RDA
Total Energy (Kcal)	40	2
Energy from Fat (Kcal)	2.2	-
Protein (g)	2.0	5
Total Fat (g)	0.25	0.5
Unsaturated Fat (g)	0.21	-
Saturated Fat (g)	0.03	-
Trans Fat (g)	0	-
Cholesterol (mg)	0	-
Total Carbohydrate (g)	7.5	3
Dietary Fibre (g)	1.0	4
Sugar (g)	0	-
Fat Soluble Vitamins		
Vitamin A (Retinol/Carotenoid) mcg	300	50
Vitamin D (Calciferol) mcg	2.5	25
Vitamin E (Tocopherol) mg	3.5	50
Vitamin K2 (mcg)	17	31
B-Complex Vitamins		
Vitamin B1 (Thiamin HCl) mg	0.7	50
Vitamin B2 (Riboflavin) mg	0.8	50
Vitamin B3 (Niacinamide) mg	8.0	50
Vitamin B5 (Pantothenic Acid) mg	1.5	50
Vitamin B6 (Pyridoxine HCl) mg	1.0	50
Vitamin B9 (Folic Acid) mcg	115	75
Vitamin B12 (Me-Cobalamine) mcg	0.5	50
Other Water Soluble Vitamins		
Vitamin C (Ascorbic Acid) mg	20	50
Minerals		
Calcium (mg)	200	25
Phosphorus (mg)	125	25
Iron (mg)	23	75
Magnesium (mg)	100	50
Zinc (mg)	5.5	50
Copper (mcg)	110	25
Selenium (mcg)	15	50
Daily Values are based on 2000 kilocalorie diet. Overages added to make up loss on storage		

Nutrition Analysis of SaiSure

Based on the nutrition information available from SaiSure Supplemental Facts (Table 1) above, the following can be inferred:

- Serving Size is 10 Grams (Approximately 2 teaspoons)
- A. Energy providing nutrients are protein (4 kcal/g), fat (9 kcal/g), and carbohydrates (4 kcal/g). SaiSure's contains the following energy nutrients
- Provides 40 kcal/serving; and hence not a significant source of kilocalories
 - Provides 2 grams of protein/serving or 5% of daily value, also not a significant source of protein
 - Provides 0.25 grams of fat/serving or 0.5% of daily value, also not a significant source of fat
 - Provides 7.5 grams of carbohydrate/serving or 3% of daily value, also not a significant source of carbohydrate
- B. Fat Soluble Vitamins are Vitamins A, D, E, and K. SaiSure contains the following amounts of fat soluble vitamins:
- Provides 300 mcg of Vitamin A/serving or 50% of daily value, and a very significant source of Vitamin A essential for preventing Vitamin A deficient blindness in children and adults
 - Provides 2.5 mcg of Vitamin D/serving or 25% of daily value, and a significant source of Vitamin D essential for preventing Vitamin D deficient bone deformities
 - Provides 3.5 mg mg of Vitamin E/serving or 50% of daily value, and a very significant source of Vitamin E, an essential antioxidant nutrient
 - Provides 17 mcg of Vitamin K/serving or 31% of daily value, and a significant source of Vitamin K essential for blood clotting function
- C. B-Complex Vitamins are Water Soluble Vitamins. They include, Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6 (Pyridoxine), Vitamin B9 (Folic Acid), Vitamin B12 (Methyl Cobalamine). SaiSure provides the following amounts of B-Complex Vitamins:
- Provides 0.7 mg of Vitamin B1/serving or 50% of daily value, and a very significant source of Vitamin B1 essential in preventing a deficient disease Beri Beri and underweight in children and adults
 - Provides 0.8 mg of Vitamin B2/serving or 50% of daily value, and a very significant source of Vitamin B2 essential in preventing underweight and light sensitivity in children
 - Provides 8.0 mg of Vitamin B3/serving or 50% of daily value, and a very significant source of Vitamin B3 essential in preventing a deficient disease Pellagra and underweight in children and adults
 - Provides 1.5 mg of Vitamin B5/serving or 50% of daily value, and a very significant source of Vitamin B5 essential in preventing energy metabolism in children and adults
 - Provides 1.0 mg of Vitamin B6/serving or 50% of daily value, and a very significant source of Vitamin B6 essential in sustaining protein metabolism and preventing underweight in children and adults
 - Provides 115 mcg of Vitamin B9/serving or 75% of daily value, and an excellent source of Vitamin B9 essential in maintenance of neurological development and preventing macrocytic anemia in children
 - Provides 0.5 mg of Vitamin B12/serving or 50% of daily value, and a very significant source of Vitamin B12 essential in neurological development and for preventing pernicious anemia in children and adults

Other Water Soluble Vitamin is Vitamin C (Ascorbic Acid). SaiSure provides the following amounts of Vitamin C:

- Provides 20 mg of Vitamin C/serving or 50% of daily value, and a very significant source of Vitamin C essential in preventing a deficient disease Scurvy and bleeding in children and adults
- D. Saisure contains several minerals that are essential for the normal growth and health of children and adults. The following are the minerals and their amounts in SaiSure:
- Provides 200 mg of Calcium (Ca)/serving or 25% of daily value, and a significant source of Ca essential in promoting bone and dentine development in infants and children.
 - Provides 125 mg of Phosphorus (P)/serving or 25% of daily value, and a significant source of P essential in promoting energy metabolism and bone and dentine development in infants and children.
 - Provides 23 mg of Iron (Fe)/serving or 75% of daily value, and an excellent source of Iron essential in the prevention of a major anemia in children and adults, particularly in the female population.
 - Provides 100 mg of Magnesium (Mg)/serving or 50% of daily value, and a very significant source of P essential in promoting structural development in infants and children.
 - Provides 5.5 mg of Zinc (Zn)/serving or 50% of daily value, and a very significant source of Zn essential in promoting growth and development in infants and children.
 - Provides 110 mcg of Copper (Cu)/serving or 25% of daily value, and a significant source of Cu essential in preventing Cu-deficient anemia in infants and children.
 - Provides 15 mcg of Se/serving or 50% of daily value, and a very significant source of Se essential in promoting antioxidant properties in infants, children, and adults.

Summary

SaiSure, a nutrition supplement in powdered form, is formulated for the nutrition well-being of school-going children. A serving is 10 grams in weight, and approximately 2 teaspoons in volume.

Nutrition analysis of SaiSure indicates that it is an *excellent source* of water-soluble Vitamin B-9 and mineral Iron, providing 75% of daily value. SaiSure is a *very significant* source (providing 50% of daily value) of fat-soluble vitamins, A and E; water-soluble vitamins, B1, B2, B3, B5, B6, B12, and Vitamin C; and minerals, Magnesium, Zinc, and Selenium. SaiSure is a *significant* source (providing 25% of daily value) of fat-soluble vitamins, D and K; and minerals, Calcium, Phosphorus, and Copper. SaiSure is *not a significant* source of carbohydrate, protein, and fat, also known as energy-yielding nutrients,

In closing, SaiSure is a noteworthy nutrition supplement for children. SaiSure provides valuable micronutrients (vitamins and minerals) that are critical to the normal growth and development of school-going children. Although not a significant source of calories, one serving of SaiSure, if administered on a daily basis, has the potential to mitigate a plethora of common and widespread nutrition-related disorders that afflict children in India. These include iron-deficiency anemia, night blindness, rickets, beri-beri, pellagra, ariboflavinosis, scurvy, and anemias caused by B12, folic acid, and copper deficiency. Hence, SaiSure can positively impact children's health in India. Furthermore, SaiSure has far reaching potential across the globe in regions where food insecurity is currently prevalent.

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