

BALANCE DM

1. What is diabetes?

Diabetes is a disorder in which blood glucose levels are above normal

2. What is pre diabetes?

It is often described as the "grey area" between normal blood sugar and diabetic levels.

3. What are the types of diabetes?

Type 1 Diabetes (Insulin Dependent diabetes)

Type 2 Diabetes (Non- Insulin Dependent diabetes)

Gestational Diabetes

4. What is the normal blood sugar levels for adults?

Parameter	Normal	Diabetes	Pre-Diabetes
Fasting Plasma Glucose (mg/dl)	<100	≥126	100–125
2-h plasma glucose on OGTT (mg/dl)	<140	≥200	140–199
Random plasma glucose (mg/dl)	<140	≥200	140–199
HbA1C (%)	<5.7	≥6.5	5.7 – 6.4

5. I am 45 year old male, can diabetes be cured with exercise, diet and medication?

There is no cure for diabetes. However, you can manage your blood sugars with a proper balanced diet, exercise and medications as prescribed by your doctor

6. Hi, I am 33 years old, working for an IT company and recently diagnosed with prediabetes, Doctors has prescribed Balance DM, How does it help?

Prediabetes has been referred to as "impaired glucose tolerance" and is potentially reversible, with a proper diet, exercise along with life style modifications

Balance DM is a nutritional supplement prescribed by the health care professional for diabetes and pre diabetes. Balance DM is an ideal snack replacer which can be included in your diet, as it helps to manage your blood sugar levels and also provide all the essential micro and micronutrients as per the guidelines for a healthy life

7. Doctor has prescribed balance DM what is the ideal time to consume?

Balance DM is a nutritional supplement for diabetes. It is a snack replacer. You can consume at 11 am or 5 pm or as bedtime snack (if your experiencing nocturnal hypoglycaemia) or as prescribed by your health care professional

8. Does Balance DM has artificial sugar or sugar?

Balance DM is a nutritional supplement designed for people with diabetes or pre- diabetes. It does not contain any sugar or artificial sweeteners

9. I have been diagnosed with type 1 diabetes since 15 years and have regular episodes of nocturnal hypos, can Balance DM help me?

Balance DM can be taken as a bedtime snack since it has complex carbs, soy protein, with all essential micro nutrients it will help in managing your blood sugar levels

10. How much of protein does 1 serving of Balance DM provide?

Balance DM provides 5.5 g of protein per 25 g (per serving)

11. What are the flavour available in Balance DM?

Balance DM comes in delicious vanilla flavour. Can be mixed with lukewarm water, milk/ or can be taken with hot milk

12. Recently my endocrinologist prescribed me Balance DM, when I looked at the ingredients I saw it has *Gymnema sylvestre*, *Glycyrrhiza glabra* what is the benefit of these ingredients?

Balance DM is a nutritional supplement for people with diabetes. It has diabetes specific nutrients which help to manage your blood glucose levels

Gymnema sylvestre: Reduction in blood glucose levels, maintain blood glucose homeostasis and reduction in glycosylated hemoglobin

Glycyrrhiza glabra: It reduces hyperphagia (excessive eating) and polydipsia (excessive thirst)

13. Does fiber help in managing blood glucose levels?

Yes, it is proven that fiber helps in the management of blood glucose levels. Balance DM has soluble fiber which has Low GI (glycemic index) & digests slowly, controls blood glucose & cholesterol level & manages weight

14. How do I need to use Balance DM?

Balance DM can be used a snack replacer. 25 g of Balance DM in 150 ml of milk/ water. Mix and serve

15. I am pre-diabetic and my mother is having diabetes since 40 years, my doctor prescribed Balance DM to manage my sugars, can I share it with my mom?

Balance DM is a nutritional supplement especially designed for people with diabetes. It's a snack replacer which has specific nutrients to manage diabetes. If your mother does not have any other comorbidities (kidney related) you can give her Balance DM or as per the advice of your health care professional

16. I have purchased 200 g Balance DM and doctor has advised me to have once a day. How many serving does it serve?

Balance DM is a nutritional supplement with diabetes specific nutrients. If it is once a serving it last for 8 days. One serving is approximately 25 g with 150 ml milk/water

17. Does Balance DM has vitamin D?

Vitamin D is an important mineral with number of benefits for your health. Produced by the body in response to sun exposure, it is thought to help boost insulin sensitivity, which is vital for blood glucose regulation. Balance DM provides 10 mcg /100 g

18. My wife is diagnosed with gestation diabetes, can I give Balance DM?

Balance DM is a nutritional supplement for people with diabetes. Gynaecologist prescribe Balance DM for gestational diabetes. We would suggest you to get it prescribed by your doctor.

Balance PL

1. What does PL mean?

PL means pregnancy and lactation

2. What are the benefits of using Balance PL?

Balance PL is a nutritional supplement specially designed for an expectant mother and lactating mother it provides all the essential micro and macronutrients for mother and the baby

3. How much protein does Balance PL provide?

Balance PL is a nutritional supplement designed for pregnant and lactating mothers, protein is about 6.25 g per 25 g serving

4. How does Balance PL help a pregnant mother?

The growth and development of the baby is determined by the food taken by the mother. All the nutrients provided to the baby are derived from her food. Eating healthy during pregnancy will help the baby to develop and grow normally and will keep the mother fit as well. Balance PL is recommended in addition to the improved diets which provides

- Protein, DHA and ALA along with the essential vitamins and minerals
- It has essential minerals like calcium, phosphorus, magnesium and vitamins like Vitamin D which helps in building the bone health
- Iron, glycine, L- lysine and L- Histidine , folic acid, Vitamin B12 are well known nutrients which help in boosting the haemoglobin level

5. From what trimester should a pregnant women start taking Balance PL supplement?

Expectant mother's nutritional status is so vital in growth and development of the baby. If the nutritional stores of the expectant mother gets depleted then there is an increased risk of low birth weight baby and delayed growth and development can occur in the baby. Balance PL can be started from the first month of pregnancy and continue till lactation. The aim of the nutritional supplement is to provide nutrients for the growth and development.

6. What are the additional nutrients does Balance PL provide apart from Protein?

Balance PL provides DHA and ALA which are the important nutrients for the growth and development of the baby. Docosahexaenoic acid (DHA) is required in good amounts, and is vital for brain, nerves and visual development of the foetus

7. How much DHA and ALA is there per serving?

DHA is 38 mg per 25 g and ALA is 108 mg per 25 g

8. My wife is lactating how long should she continue to take the Balance PL supplement?

As per the World Health Organization it recommends a balanced nutritional supplement not only during pregnancy but also during lactation in order to improve the health and development of the mother and the baby. Balance PL is a formulation with the scientifically proven ingredients which helps them to get all the essential nutrients for the mother and the baby

9. What is the serving size of Balance PL?

Balance PL is a supplement specially designed for pregnant and lactating mothers to provide all the essential nutrients required for the growth and development of the baby. The serving size is 25 g in 150 ml lukewarm milk/water

10. What flavour in Balance PL?

Balance PL is available in a delicious vanilla flavour

11. Is Balance PL sugar free?

Balance PL has sugar which is 30 g per 100 g

12. Why good nutrition is important during pregnancy?

Good nutrition is important during pregnancy because:

- For proper weight gain and to maintain optimal health during pregnancy
- For proper development and expansion of uterus, breasts and amniotic fluid
- To meet the increased nutritional requirement and to facilitate the development of brain and nervous system of the growing foetus
- To reduce the incidence of still birth, abortions, pre-term delivery etc.
- To prevent complications due to malnutrition (underweight/ overweight) and for management of anaemia, diabetes, hypertension etc.
- For successful completion of gestation and to get ready for breast feeding
- To ensure normal birth weight of the new born

13. What is the source of DHA in Balance PL?

The source of DHA in Balance PL is a vegetarian source which is from algal oil

14. My gynaecologist has prescribed Balance PL 2 times a day? Is it safe to take twice daily?

Balance PL is a special formulation prescribed during pregnancy and lactation. As per your health care professional prescription you can take twice daily 25 g in 150 ml lukewarm milk/ water per serving. It is safe to consume as your early morning drink/ Mid-morning/ Evening drink or as bed time drink (follow the advice of your health care professional)

15. Hi, I am in the first trimester of my pregnancy and how much weight should I gain?

Weight gain is an important criteria during pregnancy, though it varies from person to person. It also depends on the weight before the pregnancy is planned. Generally women gain 10 – 12.5 kg of weight during the gestation period.



Balance Active

1. Why should I consume Balance Active?

Balance Active is a nutritional supplement which provides good quality protein. Protein per serving 3.75 g per 25 g. Balance Active has proteins, which is essential for the body repair, formation of new cells and regain health. Along with proteins it also contains all the essential vitamins and minerals

2. Hi, I am 37 year old male, I do ensure that I work-out for 45 minutes daily. The problem is I am underweight for my height and want to build the muscle mass. Can I take Balance Active?

Balance Active is supplement which helps you to provide the protein of 3.75 g per serving (25g). It is a proven fact that intake of protein as per recommendation will help you to gain a healthy weight.

3. Hello, my mother who is 57 years was hospitalized because of fatigue. Doctor recommended us to start a protein supplement like Balance Active. Does this help her?

Low intake of food (quality and quantity) can lead to nutritional deficiencies, which results in fatigue, weakness and illness. Balance Active is a specifically designed nutritional supplement which not only provides protein but also all the essential micro nutrients such as vitamins and minerals which play an important role in protecting the body from illness and helps to regain health.

4. My mother has a very low appetite and the quantity of food she consumes is too less. I understand that she needs quality protein can I start with Balance Active?

Balance Active is a specifically formulated nutritional supplement for people having low appetite (anorexia) loss of weight, malnutrition, infection. Balance Active can be taken as a snack replacer twice daily or as prescribed by your health care professional. It provides 385 kcal / 100 g and 15 g of protein /100 g along with essential micro nutrients like vitamins and minerals

5. Is Balance Active sugar free?

Balance Active is not sugar free. It has very less amount of sugar which is 1.25 g per serving (25 g)

6. Can Balance Active be a health supplement for the whole family?

Yes, Balance Active can be a health supplement, which can be served to the entire family (above 5 yrs. of age). Get it prescribed by your health care professional for the dosage.

7. The worry of a mother is when the children don't complete the meal. I have a son who is 20 years old and he is very selective in eating. How do I make up the nutrients for him? Is Balance Active the right choice?

Balance Active is a nutritional supplement can be taken twice daily or as per the prescription which provides the macro nutrients. It has good quality protein which helps in building the muscle mass and also vitamins and minerals helps in overall health.

8. What are the flavour available in Balance Active?

Balance Active is available in delicious chocolate flavour

9. What is the dosage and direction to use Balance Active?

Balance Active dosage depends on the condition or as prescribed by the health care professional. The Dosage is 25 g in 150 ml lukewarm milk/water. It also taste best when serve chilled.

10. Recently my dietician prescribed me Balance Active. What is the ideal time to consume the supplement?

Balance Active can be taken a snack replacer and you can have it as a pre-work/ post- work out drink, midmorning or as evening drink.

Balance Kids

1. What is Balance Kids?

Balance Kids is a nutritional supplement specially designed formula for children above two years of age. It has macro and micronutrients which help in the growth, development and overall health

2. What type of protein is added in Balance Kids?

Protein is essential for the growing children. Balance Kids has whey protein which has the following benefits

- Whey protein contains complete protein and contains all 9 essential amino acids
- Whey protein Improves muscle protein synthesis and promote the growth of lean tissue mass.
- Whey Protein supports immunity by increasing the production of glutathione (an antioxidant).

3. My daughter is 10 years old very active and a good swimmer. Being a mother what bothers me is that she is a picky eater and does not complete her plate? How do I bridge the gap?

Balance kids is a nutrition supplement which provides all the essential nutrients to the growing children. It is ideal snack replacer (6 am or 5 pm) and yummy drink, with protein of 7.6 g per 36 g, and provides 158 kcal per serving. Minerals like calcium is important mineral for the bone health, Balance kids provides 216 mg per serving (36g) It also has essential vitamins and minerals which help in the overall development and well-being.

4. My son is just 3 years, paediatrician prescribed Balance Kids? How many times do I need to serve it?

Balance kids can be given twice daily to children. The serving size is 36 g in 150 ml of lukewarm milk / water per serving. You can consult your health care professional for the dosage.

5. Hi, my son often fall sick because of which he is irregular to the school. Can Balance Kids help him?

More than 40% of the children miss their school because of illness or injury according to Centre for disease control and prevention. Poor intake of food can lead to low nutritional status which in turn brings down the immunity. Balance Kids is a combination of macro and micronutrients which helps in the growth and development of the children. Micronutrients also help in building immunity

6. How much sugar does Balance Kids contain?

Balance Kids has 9.6 g of sugar per 36 g (per serving size)

7. Balance kids has probiotics what are its benefits?

Balance Kids is a supplement which has probiotics which helps in maintaining the gut health. It helps in improving the immune system.

8. What is the source of DHA in Balance Kids?

The source of DHA in Balance kids is a vegetarian source which is from algal oil

9. What are the flavours available in Balance Kids?

Balance kids is available in chocolate and vanilla flavour

10. How is Balance Kids better than the other drinks?

Balance Kids is especially scientifically formulated supplement for children above 2 years of age. The requirement of the nutrients is higher in growing children. It provides 158 kcal per serving along with all the essential micro and macro nutrients. It also contains nutrients like DHA, Taurine and probiotics. Drinks available in the market, they are loaded with sugar and may contain very less essential nutrients. Balance Kids is trusted brand prescribed by the paediatricians

11. How does DHA, choline and taurine help the children?

Balance Kids has essential brain nutrients like DHA, Choline, taurine and Inositol

DHA is an important nutrient required for the brain and eye development, which helps in improving the mental ability

Choline plays a critical role in the normal development of the brain & memory center (hippocampus). It accelerates the synthesis & release of acetylcholine. Acetylcholine is a neurotransmitter involved in memory storage & muscle control

Taurine protects nerves from damage. It modulates neurotransmission. An insufficient level of Taurine causes memory loss.

Inositol helps to maintain the integrity of cellular membranes and is essential for the optimal functioning of the nervous system and the brain

Balance HP

1. My friend had a first grade chemical burn and doctors advised him on Balance HP? How does it help?

Balance HP is a specifically designed nutritional supplement for burns. It provides 16.4 g of protein per 20 g. Burn is a hyper catabolic state and the requirement of protein ranges from 1.4 g – 2.2 g per kg body weight. Balance HP also provides essential micro vitamins and mineral for the overall recovery

2. What are the flavours available in Balance HP?

Balance HP is available in natural flavour

3. My father is underweight and the doctor advised him Balance HP? Does it help him in gaining weight?

Old age is the second childhood and it is true that the requirement of certain nutrients are high. Balance HP is a nutritional supplements prescribed for hyper catabolic states and also for elderly where the requirement of nutrients especially protein is higher. 1 g of protein per kg body weight is considered to be safe. Along with protein it also provides micro minerals like calcium, iron and zinc required during the old age.

4. What is the dosage of Balance HP?

Balance HP per serving is 20 g in 100 ml lukewarm milk /water. The requirement can vary from person to person. Follow the prescription of your health care professional

5. What are the benefits of Balance HP?

Balance HP is a nutritional supplement with high protein of 16.4 g per serving enriched with glutamine which Serves as a source of cellular energy, reduces oxidative damage post-surgery, increases muscle mass and also works as an immune modulator to prevent infections. The other benefits of HP are

- Boost immunity
- Increases the osteoblastic activity
- Provides more antioxidants
- Helps in Protein build up for early recovery
- Supplement the deficient nutrients

6. Does Balance HP have antioxidants?

Balance HP has 5 Natural Antioxidants - Vitamins A, C & E Minerals Zn & Se which Protects cells from oxidative damage Protects regenerating tissues from oxidative damage

7. What is the source of Protein in Balance HP?

The source of protein in Balance HP is whey protein and soy protein. Each protein with PDCAAS-1 supplies amino acids throughout the day

8. Is Balance HP the right supplement for aged?

According to WHO, most developed countries have accepted the chronological age of 65 years and above as a definition of 'elderly' or older persons. Malnutrition is more common in elderly persons than in younger adults and is typically caused by chewing or swallowing disorder, cardiac insufficiency, depression, social deprivation and loneliness. Balance HP provides adequate amount of protein and also the vitamins and minerals required by the body, to bridge the gap of malnutrition

9. Does Balance HP has vitamin D since it is prescribed for my grandfather?

Balance HP is a nutritional supplement generally prescribed for hyper catabolic states and also to geriatrics. It has vitamin D of 10 mcg per 100 g and calcium which helps in bone health

10. Is Balance HP sugar free?

Yes, Balance HP is sugar free and does not contain any artificial sweetener.

BALANCE METANUTRITION ASD CARE

1. My son is diagnosed with Autism, he is 4 years now. Doctor prescribed Balance Metanutrition ASD care? How does it help?

Balance Metanutrition ASD care is a specifically and scientifically designed nutritional supplement for children with Autism. It is gluten and casein free, studies reveal that children with autism may have hypersensitivity to these proteins may worsen mood, behaviour and communication. It provides all the essential micro and macronutrients required.

2. What are the flavours available in Balance Metanutrition ASD care?

Balance Metanutrition ASD care is available in chocolate flavour

3. What is the dosage of Balance Metanutrition ASD care?

Balance Metanutrition ASD care is 25 g in 100 ml water.

4. Can I add milk to the Balance Metanutrition ASD care?

Balance Metanutrition ASD care supplement is casein free and studies reveal that casein free formula helps them in their behavioural changes as well as mood and communication. As recommended the powder should be mixed with water. However, please follow the advice of your health care professional

5. Is Balance Metanutrition ASD Care sugar free?

Yes, Balance Metanutrition ASD care is sugar free and there are no artificial sweeteners in it.

6. What are the other nutrients present in Balance Metanutrition ASD care?

Balance Metanutrition ASD care is supplement designed for people with autism. The formula provides 105 kcal per 25 g (per serving) along with which it is enriched with antioxidants like lycopene, lutein, betaine, anthocyanin which is 25 mg per serving

7. Does Balance Metanutrition ASD care has calcium in it?

Balance Metanutrition ASD care provides 600 mg of calcium per 100 g

8. How does micronutrient help people with autism?

Certain nutrients (vitamins B3, B6, C, calcium, iron and zinc) are low in people with autism. Good nutrition is important as poor diet can affect mood, learning and sleep. People with autism may have difficulty with sleeping. Healthy foods give the brain and body the nutrients that they need in the right amounts. ASD care ensures to deliver the micronutrients for their overall well being

9. From what age Balance Metanutrition ASD care can be given?

Balance Metanutrition ASD care is a supplement designed for people with autism. Please consult your health care professional for your personalized prescription

10. I have a 12-year-old daughter and how many times do I need to give her the Balance Metanutrition ASD Care?

Balance Metanutrition ASD care is a supplement for people with autism. Your health care professional would suggest you the number of servings. Each serving size is 25 g in 100 ml water

BALANCE METANUTRITION AD CARE

1. My mother is diagnosed with Alzheimer's and doctor has prescribed us Balance Metanutrition AD CARE. What should be serving size?

Balance Metanutrition AD care is a specialized nutritional supplement for people with Alzheimer's. The serving size is 30 g in 100 ml water

2. How is Alzheimer's and malnutrition connected? Does Balance Metanutrition AD CARE help them?

Studies have shown that people with Alzheimer's have increased risk of malnutrition due to various nutritional problems. Supplementation with balance amount of macro and micro nutrients will help them in correcting the nutritional deficiencies and also provide energy and other nutrients to prevent further cognitive decline.

3. Is Balance Metanutrition AD CARE sugar free?

No, Balance Metanutrition AD CARE is not sugar free it provides 4 g of sugar per serving

4. Is Balance Metanutrition AD CARE Vegetarian?

Yes, Balance Metanutrition AD CARE is a 100% vegetarian product

5. How much of protein does Balance Metanutrition AD CARE provide?

Balance Metanutrition AD CARE provides 6.6 g protein per 30 g and 1.2 kcal of energy per ml (30 g in 100 ml water)

6. How does DHA help in Alzheimer's?

AD care is a nutritional formula specially designed for people with Alzheimer's. In Alzheimer's disease (AD) the need for extra quantities of the three nutrients is enhanced, both because their basal plasma levels may be subnormal (reflecting impaired hepatic synthesis), and because especially high brain levels are needed for correcting the disease-related deficiencies in synaptic membrane and synapses. This is because cellular levels of the nutrients control the saturation of key enzymes in the synthesis of the phosphatides in synaptic membranes. One of the nutrients, uridine, also affects synaptogenesis by activating synapse synthesizing receptors (P2Y) in the brain.

7. What are the flavours available in Balance Metanutrition AD CARE?

Balance Metanutrition AD care is available in citrus flavour

8. How many times should a person with Alzheimer's be consuming Balance Metanutrition AD CARE?

Balance Metanutrition AD CARE is a supplement which needs to be prescribed by your health care professional. The dosage has to followed as per the recommendation. The serving size is 30 g in 100 ml water.

9. Does Balance Metanutrition AD CARE provide micronutrients like vitamin c, Iron etc.?

Balance Metanutrition AD CARE is a supplement designed for people with Alzheimer's. The supplement apart from providing the macronutrients it also provides micronutrients like Vitamins and minerals. Vitamin C is 27.5 mg per 30 g and Iron is 0.4 mg per 30 g

10. What is the source of protein in Balance Metanutrition AD CARE?

The source of protein in Balance Metanutrition AD CARE is from whey protein concentrate and soy protein isolate

Balance Metanutrition KETO

1. What is a ketogenic diet?

A ketogenic diet is a very low carb and high fat diet and adequate protein. It involves drastically reducing the carbohydrates replacing with fat. The ratio of fat to carbohydrate and protein is 4:1, 3:1 or 2:1. For more than 80 years keto diet is used to treat intractable epilepsy.

2. To control seizures does keto diet help?

Children who are on ketogenic diet for long periods reveal that 1/3rd of the children treated with the keto diets have greater than 90% seizure control with half of the children becoming seizure free. Apart from this an addition of 1/3rd gains a 50% reduction in seizures. Remaining 1/3rd discontinued the diet due its administering difficulty.

3. What is Balance Metanutrition KETO?

Balance Metanutrition KETO is a nutritional supplement for the children with intractable epilepsy/seizures. It a ketogenic formula based on high fat, low carbohydrate and adequate protein with 3:1 ratio and makes the ketogenic diet easier to follow. Balance Metanutrition KETO also provides essential vitamins and minerals with other essential nutrients like choline, Inositol, Taurine and carnitine. Because of its ease in feeding, it can be used during travelling.

4. My doctor prescribed Balance Metanutrition KETO for my kid who is 7 years old and get seizures frequently?

Yes, Doctors prescribe Balance Metanutrition KETO for children suffering from seizures since it's a complete ketogenic formula with 3:1 ratio, and provides energy of 1 kcal per ml

5. What is the serving size of Balance Metanutrition KETO?

The serving size of Balance Metanutrition KETO is 15 g in 100 ml water. Kindly consult your health care professional for a customized recommendation

6. What flavours are available in Balance Metanutrition KETO?

The Balance Metanutrition KETO is citrus in flavour

7. How much of protein does Balance Metanutrition KETO provide?

Balance Metanutrition KETO provides 15 g per 100 g

8. When should I serve Balance Metanutrition KETO to my child?

Balance Metanutrition KETO is specialized nutritional supplement for intractable epilepsy or seizures. The health care professionals would suggest the dosage and servings per day depending on the severity of the seizures. Per serving size is 15 g in 100 ml water

9. Is there a risk of gaining weight since it's a high fat formula?

No, Balance Metanutrition KETO is a formula which helps in the treatment of epilepsy or seizures. The dietician will calculate and prescribe the amount of fat required for the child to treat the seizure. And also ensures that ideal body weight is considered

10. How much is the carbohydrate and fat does Balance Metanutrition KETO provide?

The ratio of carbohydrate fat and protein is 3:1. Fat is 10.5 g per serving and 1.2 g of carbs per serving (15 g)

Balance Metanutrition Renal care

1. My father is diagnosed with chronic kidney disease stage 3. He is also now diagnosed with diabetes. Can I give him Balance Metanutrition RENAL CARE?

Balance Metanutrition RENAL CARE is a specially designed nutrition supplement for chronic kidney disease stage 1-4. This supplement is also sugar free hence can be given to people with diabetes.

2. How much is protein does Metanutrition RENAL CARE provide per serving?

Balance Metanutrition RENAL CARE provides 4.8 g of protein per 40 g which is one serving

3. Suggest the direction to use of Balance Metanutrition RENAL CARE?

Balance Metanutrition RENAL CARE is 40 g in 100 ml water.

4. Hi, my father is having CKD since 5 years and is malnourished doctor suggested me to start a nutrition supplement which can help him to bridge the gap of deficiency?

Suboptimal nutritional intake is common in the population of CKD and poses a direct risk for protein malnutrition. Malnutrition is a complication in CKD known to affect Quality of life and prognosis although not often diagnosed. Balance Metanutrition Renal care is a supplement prescribed by the Health care professional for CKD stage 1 to stage 4. It provides all the essential micro and macro nutrients required for the daily needs

5. How much calorie does Balance Metanutrition RENAL CARE provide?

Balance Metanutrition RENAL CARE is an energy dense drink and provides 197 kcal/100 ml (40 g in 100 ml of water)

6. What is the flavour of Balance Metanutrition RENAL CARE?

Balance Metanutrition RENAL CARE is available in citrus flavour

7. It's often seen that people with CKD have low energy does Balance Metanutrition RENAL CARE provide energy?

Balance Metanutrition RENAL CARE is an energy dense formula and provides approx. 2 kcal per ml that is, it provides 197 kcal per 100 ml (40 g per serving)

8. How many servings does a patient with CKD is advised to take Balance Metanutrition RENAL CARE?

Balance Metanutrition RENAL CARE is a nutritional supplement generally prescribed by the health care professional for chronic Kidney disease from stage 1 to stage 4. The dosage is 40 g per serving in 100 ml water, the number of serving depends on the stage of CKD, consult your doctor/dietician for the recommendation

9. What are the benefits of taking Balance Metanutrition RENAL CARE?

Patients with chronic kidney disease often have low appetite which can lead to malnutrition. Balance Metanutrition RENAL CARE is a formula specially designed to provide adequate energy and optimum amount of protein along with other vitamins and minerals to bridge the gap of malnutrition. Consult your Health care professional for the prescription

10. What is the shelf life of Balance Metanutrition RENAL CARE?

Balance Metanutrition RENAL CARE shelf life is 12 months. However, once the container is opened, use the contents within 3 weeks or before the expiry date (whichever is earlier)

Balance Metanutrition Dialysis Care

1. What is Balance Metanutrition DIALYSIS CARE?

Balance Metanutrition DIALYSIS CARE is a scientifically designed formulation for people with chronic kidney disease stage 5. Or for people who are on dialysis

2. My grandfather is on dialysis and nephrologist suggested Balance Metanutrition DIALYSIS CARE? Does it provide protein as well?

Balance Metanutrition DIALYSIS CARE is often prescribed by Nephrologist for people who are on dialysis. The protein requirement is generally high during dialysis and hence Balance Metanutrition DIALYSIS CARE provides 8.8 g of protein per 40 g (serving)

3. Is Balance Metanutrition DIALYSIS CARE sugar free?

Yes, Metanutrition dialysis care is sugar free and does not contain any artificial sweeteners

4. Is Balance Metanutrition DIALYSIS CARE energy dense?

Yes, Balance Metanutrition DIALYSIS CARE provides 2 kcal per ml (40 g in 100 ml water)

5. What is the flavour of Balance Metanutrition DIALYSIS CARE?

Balance Metanutrition DIALYSIS CARE is available in citrus flavour

6. What are the other nutrients in Balance Metanutrition DIALYSIS CARE?

Balance Metanutrition DIALYSIS CARE is a disease specific formula for people on dialysis. Apart from providing the macro nutrients it is also enriched with Medium chain triglycerides (MCT's) and free amino acids which play a vital role in the managing the condition

7. What is the shelf life of Balance Metanutrition DIALYSIS CARE?

Balance Metanutrition DIALYSIS CARE shelf life is 12 months. However, once the container is opened, use the contents within 3 weeks or before the expiry date (whichever is earlier)

8. How much phosphorus does Balance Metanutrition DIALYSIS CARE provide?

Balance Metanutrition DIALYSIS CARE provides 76.4 mg of phosphorous per 40 g serving

9. How many times can Balance Metanutrition DIALYSIS CARE be given to a dialysis patient?

Balance Metanutrition DIALYSIS CARE is prescribed by the health care professionals, suggested serving is 40 g in 100 ml lukewarm water. The number of servings has to be recommended by your doctor/dietician

10. Does Balance Metanutrition DIALYSIS CARE provide the vitamins?

Yes, Metanutrition dialysis care provides all the essential vitamins to manage the condition

Balance Metanutrition Onco care

1. What is Balance Metanutrition ONCO CARE?

Balance Metanutrition ONCO CARE is a nutritional supplement for people having cancer. Cancer associated nutrition insufficiency is found due to malnutrition and cachexia. Malnutrition maybe driven by anorexia leading to inadequate or nutritionally deficient food intake and metabolic derangements which limits the patient's response to medical treatment. Balance Metanutrition ONCO CARE has all the essential micro and macro nutrients required for the management of the disease

2. How much of protein does Balance Metanutrition ONCO CARE provide?

Balance Metanutrition ONCO CARE is a nutritional supplement designed for people with cancer. The requirement of protein is generally high and Onco care provides 6.25 g of protein per serving (25 g)

3. How much of sugar does Balance Metanutrition ONCO CARE has?

Balance Metanutrition ONCO CARE has 1.3 g of sugar per serving (25 g)

4. What is the source of protein in Balance Metanutrition ONCO CARE?

The source of protein is whey protein concentrate

5. What are the flavours available in Balance Metanutrition ONCO CARE?

Balance Metanutrition ONCO CARE is available in citrus flavour

6. How much energy does 1 serving of Balance Metanutrition ONCO CARE provide?

Balance Metanutrition ONCO CARE is energy dense formula and provides 102.5 kcal per serving (25 g). It provides 1.4 kcal per ml

7. What is the shelf life of Balance Metanutrition ONCO CARE?

Balance Metanutrition ONCO CARE shelf life is 12 months. However, once the container is opened, use the contents within 3 weeks or before the expiry date (whichever is earlier)

8. What is the serving size of Balance Metanutrition ONCO CARE?

Balance Metanutrition ONCO CARE is 25 g in 70 ml water. Your health care professional would recommended the number of servings

9. Who can take Balance Metanutrition ONCO CARE?

Balance Metanutrition ONCO CARE is for the dietary management of adults with Cancer related nutrition insufficiency

10. What are the benefits of having Balance Metanutrition ONCO CARE?

Balance Metanutrition ONCO CARE is a scientifically designed nutritional supplement for adults with cancer and related nutrition insufficiency. Balance Metanutrition ONCO CARE provides 1.4 kcal of energy per ml along with protein 6.25 g per serving. It is also enriched with nutrients like choline, taurine, leucine and carnitine. Leucine is 6 g per 100 g

Balance Metanutrition B12 Plus

1. Hi, I am 27 year old female working. I was recently diagnosed with B12 deficiency. I am a vegetarian how do I overcome this?

Vitamin B12 is a water soluble vitamin with a key role in the normal functioning of the brain, nervous system and for the formation of blood. **B12 is not present in vegetables.** Main dietary sources are meat products (especially liver), fish, egg, dairy products and fortified cereals. Vitamin B12 can be synthesized by microbes only. These microbes are present in the gut normally. You can also consult your doctor for the prescription of Metanutrition B12 plus

2. Is Balance Metanutrition B12 plus vegetarian?

Yes, Balance Metanutrition B12 plus is vegetarian

3. My doctor had recommended Balance Metanutrition B12 plus 1 sachet per day? Is that enough?

Balance Metanutrition B12 plus 1 sachet (5g) per day provides 100% RDA (Recommended Dietary allowance).

4. Can Balance Metanutrition B12 plus be given to the elderly if they have deficiency?

Balance Metanutrition B12 plus is a supplement and can be taken by the elderly. For a customised prescription consult your doctor

5. How should one take Balance Metanutrition B12 plus?

Balance Metanutrition B12 plus 1 sachet (5 g) in a glass of water

6. Does Balance Metanutrition B12 plus has sugar?

No, it does not have any sugar or artificial sweeteners

7. My grandmother who is 80 was diagnosed with osteoporosis and doctor had prescribed Balance Metanutrition B12 plus?

Studies have shown that vitamin B12 deficiency reduces osteoblastic activity and indirectly stimulates osteoclastic activity mediated by elevated levels of homocysteine and methyl malonic acid. Hence supplement Balance Metanutrition B12 plus will decrease the chance of osteoporosis and fractures

8. How many sachets are there in a box of Balance Metanutrition B12 plus?

Balance Metanutrition B12 plus is available in a box with 30 sachets. Each sachet is 5 g and for single use only

9. How much energy does Balance Metanutrition B12 plus provide?

1 sachet (5 g) in a glass of water provides 20 kcal

10. What is the recommendation of B12?

Group	Vitamin B12 G (mcg/day)
Men	1
Women (NPNL)	1
Pregnant women	1.2
Lactating women	1.5
Infancy	0.2
Children 1-9 years	0.2- 1
Adolescents 10-12 years	0.2- 1
Adolescents 13-17 years	0.2- 1