

## Multi Nutrient Instant Mushroom Garlic Soup Mix

### Balance Your Metabolism and Shape Up Naturally

#### HEALTH BENEFITS\*

*Each serving of Optimeal Multi Nutrient Instant Mushroom Garlic Soup simmers with several nutrients that are highly beneficial to health. It contains high CLA, Omega 3, proteins and dietary fiber. It helps in weight loss, build muscle and strengthen it.*

#### MAIN PRODUCT FEATURES

Optimeal mushroom garlic soup is a unique blend of protein, CLA and dietary fibers.

- **CLA:** Increases the Basal Metabolic Rate, Decreases fat deposition especially on abdominal lipocytes cells, Lowers the Cholesterol; Triglycerides suppress appetite and enhances muscle growth, Increases Immunity.
- **Protein:** Great sources of BCAA, Bioactive components including  $\beta$ -Lactoglobulin,  $\alpha$ -lactalbumin, Ig and lactoferrin. One of whey's major effects is its apparent ability to raise glutathione (GSH). GSH is required for the proper function of the immune system
- **Dietary Fiber:** It alleviates constipation and discomfort associated with digestive disorders, Enhances the gut micro flora and nutrient absorption.
- **Mushroom blend:** The bioactive compounds produced by the mushrooms, includes polysaccharides &  $\beta$ -glucans and they enhance the activity of antibodies. It detoxifies the accumulated toxins and improves the body's resistance to stress and infections.
- **Spices & Condiments:**  
Black pepper- Anti-inflammatory, carminative, anti-flatulent properties.

Garlic and Clove - Medicinal values are fever, asthma, hypertension, constipation, skin diseases & treat toothache, nausea, flatulence and indigestion respectively.



#### KEY INGREDIENT(S)

Mushroom blend powder (Agaricus bisporus, Shiitake, Ganoderma lucidum), Whey powder, Conjugated Linoleic Acid, Spices & Condiments (Garlic, clove & Black Pepper)

#### LIKELY USERS

People under a lot of stress; People who suffer stress - related eating; people with negative effects of stress such as abdominal obesity, over eating and low energy levels, diabetics, heart attack etc.

Highly suitable for people with busy lifestyle to gain complete nutrition along with exotic taste.

#### SUGGESTED USE

Mix one sachet (15g) of powder with 120 ml of warm water. May take 2-3 times in a day.

#### OTHER IMPORTANT ISSUES

The Fibers present in the mix act as prebiotics there by maintaining the gut flora and maintains probiotic balance in our system. It is free from soy and MSG.