

Nutraceutical products from Indian market - A survey

| S.No. | Nutraceuticals | Claims/Benefits |
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| 1. | Aloe Vera & Rose petals extracts | Skin cleansing properties |
| 2. | Amla Extract | Anti-aging, Skin, Hair Care |
| 3. | Astaxanthin Oil/Powder | Anti-inflammatory |
| 4. | Bacopa Extract | Memory Support |
| 5. | Bromelain | Used for treatment of Arthritis (osteoarthritis) when used in combination with trypsin and rutin, prevents muscle soreness |
| 6. | Chlorogenic acids from Green coffee bean | Lowers hypertension, Weight Management, Obesity control, |
| 7. | Cinnamon Extract | Anti diabetic, Antioxidant |
| 8. | Curcuminoids | Anti-inflammatory and antioxidant |
| 9. | Docosahexanoic Acid (DHA) | Essential for the growth and functional development of the brain in infants |
| 10. | Eicosapentaenoic (EPA) | Treating depression, healing wounds after surgery, Reducing the risk of heart attack, stroke |
| 11. | Garlic Water Extract | prevention of cardiovascular attacks and broad spectrum Antimicorbial |
| 12. | Glucosamine Salts | Promotion and maintenance of the structure and function of cartilage in the joints of the body |
| 13. | Green Tea Extract | Antioxidant |
| 14. | Hydroxy Citric Acid | Used in weight management |
| 15. | Licorice Extract | Supports digestion |
| 16. | Lutein | used as an ingredient of multivitamins, eye formulas, supplements, personal care products, foods and beverages |
| 17. | Lycopene | Anti-oxidant |
| 18. | Mangosteen Extract/Pulp | Anti-inflammatory |
| 19. | Melatonin | Sleep enhancement |
| 20. | Modified Citrus Pectin | Blood detoxification, cellular health, ridding body of heavy metals |
| 21. | Moringa Extract | Supports Immunes System |
| 22. | Resveratrol | Disease-combating benefits |
| 23. | Rutin | A bioflavanoid with strong antioxidant properties |
| 24. | Squalene | Curing people from a variety of ailments such as wounds, liver disorders and digestive problems |

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| 25. | Tannins from Amla | Anti-oxidant, anti-fungal, anti-bacterial |
| 26. | Chia seeds | Omega-3 and protein rich |
| 27. | Pomegranate oil | General health, skin care |
| 28. | Bilberry | Eyesight, heart disease |
| 29. | Tamarind extract | Antibacterial, digestive health |
| 30. | Pumpkin seed oil | Omega-3, prostate health |
| 31. | Cactus fruit extract | Diabetes, hangover, digestion |
| 32. | Dragonfruit | Diabetes, general health |
| 33. | Mulberry | Antioxidant, blood pressure |
| 34. | Agave | Sugar substitute, prebiotic |
| 35. | Sugarbeet fibre | Digestive aid, diabetes |
| 36. | Sugarcane fibre | Digestive aid |
| 37. | Long pepper extract | Nutrient absorption |
| 38. | Grapefruit seed extract | Antibacterial, detoxification |
| 39. | Red yeast rice (fermented) | Heart health |
| 40. | Mangosteen | Anti-inflammatory, heart health |
| 41. | Turmeric oil | Preservative due to antibacterial property of turmerones, anti-inflammatory, anti-arthritis, antioxidant and used in aromatherapy |
| 42. | Tetrahydrocurcumin | Bioprotectant due to antioxidant, anti-inflammatory and chemopreventive actions |
| 43. | Dietary fibre (soluble) from Fenugreek | Reduces the rate of glucose absorption and delay gastric emptying, prevents the rise in blood sugar levels |
| 44. | Hydroxyl methoxy benzaldehyde from Swallow root | Food flavourant with antimicrobial and antioxidant activity |
| 45. | Catechin rich conserve from Green tea | Superior antioxidant, anticarcinogen, anti-inflammatory and anti-radiation |

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| 46. | Chlorogenic acid rich conserve from Coffee | Antioxidant, chemical sensitizer against respiratory allergy, reduces weight with prevention of glucose release to blood stream, regulated blood pressure through improvement of blood vessel circulation and regulated blood sugar levels |
| 47. | Carotenoid rich conserve (e.g. Lutein, zeaxanthin) from Marigold | Photo protectant for retina from the damaging effects of free radicals produced by blue light, lowers the risk of cataract development and decreases that risk for eye diseases such as age-related macular degeneration |
| 48. | Carotenoid rich conserve (e.g., bixin, tocotrienols) from Annatto | Antioxidant |
| 49. | Betalins rich conserve from Beetroot | Antioxidant |
| 50. | Anthocyanin rich conserve from Blue grapes | Anti-inflammatory, antioxidant properties, counteract and oxidative damage in brain aging |