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Review



Happy Multivit Gummies: A Comprehensive nutritive Gummy formula with 15 nutrients formulated to meet the demand of modern lifestyle.

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	Abstract
Published on: 10 Apr 2024	<p>Gummy bears (German: <i>Gummibär</i>) are small, fruit gum candies, similar to a jelly baby. The candy is roughly 2 cm (0.8 in) long and shaped in the form of a bear. The present on-the-go lifestyle and high consumption of adulterated food products, it has now become difficult to obtain all the essential micronutrients from food alone. Supplementing with multivitamins may help us to bridge the dietary gaps caused due to unhealthy eating habits the fast-paced world, not only has our work shifted from physical work to more brain work, but also our diets have changed too. Consequently, unhealthy and fast-food diets have increased the demand for multivitamins. Happy Multivit Gummies is a comprehensive nutritive formula with 15 nutrients, especially formulated to meet the demands of modern life and provides support in the areas of health which are of most relevance.</p>
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 <p>Creative Commons Attribution 4.0 International License.</p>	<p>Keywords: Gummy bears, Happy Multivit Gummies.</p>

INTRODUCTION

A balanced eating pattern is a cornerstone of health. Women& men, should enjoy a variety of healthful foods from all of the foods groups, including whole grains, fruits, vegetables, healthy fats, low-fat or fat-free dairy and lean protein. But women also have special nutrient needs, and, during each stage of a woman's life, these needs change.

Eating Right

Nutrient-rich foods provide energy for men & women's busy lives and help to reduce the risk of disease. A healthy eating plan regularly includes:

- At least three ounce-equivalents of whole grains such as whole-grain bread, whole-wheat cereal flakes, whole-wheat pasta, bulgur, quinoa, brown rice or oats.
- Three servings of low-fat or fat-free dairy products including milk, yogurt or cheese; or calcium-fortified soy milk. (Non-dairy sources of calcium for people who do not consume dairy products include calcium-fortified foods and beverages, canned fish and some leafy greens.)
- Five to five-and-a-half ounce-equivalents of protein foods such as lean meat, poultry, seafood, eggs, beans, lentils, tofu, nuts and seeds.
- One-and-a-half to two cups of fruits — fresh, frozen, canned or dried without added sugars.
- Two to two-and-a-half cups of colorful vegetables — fresh, frozen or canned without added salt

Iron-rich Foods

Iron is important to good health, but the amount needed is different depending on a woman's stage of life. For example, iron needs are higher during pregnancy and lower after reaching menopause. Foods that provide iron include red meat, chicken, turkey, pork, fish, kale, spinach, beans, lentils and some fortified ready-to-eat cereals. Plant-based sources of iron are more easily absorbed by your body when eaten with vitamin C-rich foods. To get both these nutrients at the same meal, try fortified cereal with strawberries on top, spinach salad with mandarin orange slices or add tomatoes to lentil soup.

Folate (and Folic Acid) During the Reproductive Years

When women reach childbearing age folate (or folic acid) plays an important role in decreasing the risk of birth defects. The requirement for women who are not pregnant is 400 micrograms (mcg) per day. Including adequate amounts of foods that naturally contain folate, such as oranges, leafy green vegetables, beans and peas, will help increase your intake of this B vitamin. There also are many foods that are fortified with folic acid, such as breakfast cereals, some rice and breads. Eating a variety of foods is recommended to help meet nutrient needs, but a dietary supplement with folic acid also may be necessary. This is especially true for women who are pregnant or breastfeeding, since their daily need for folate is higher, 600 mcg and 500 mcg per day, respectively. Be sure to check with your physician or a registered dietitian nutritionist before starting any new supplements.

Daily Calcium and Vitamin D Requirements

For healthy bones and teeth, men & women need to eat a variety of calcium-rich foods every day. Calcium keeps bones strong and helps to reduce the risk for osteoporosis, a bone disease in which the bones become weak and break easily. Some calcium-rich foods include low-fat or fat-free milk, yogurt and cheese, sardines, tofu (if made with calcium sulfate), soy beans, sesame seeds, green leafy vegetables and calcium-fortified foods and beverages, such as plant-based milk alternatives, juices and cereals. Adequate amounts of vitamin D also are important, and the need for both calcium and vitamin D increases as women get older. Good sources of vitamin D include fatty fish, such as salmon, eggs and fortified foods and beverages, like milk, as well as some plant-based milk alternatives, yogurts and juices.

Guidelines on Added Sugars, Saturated Fats and Alcohol

- The 2020-2025 *Dietary Guidelines for Americans* recommend limiting added sugars to less than 10% of daily calories. Limit added sugars including, sugar sweetened beverages, candy, cookies, pastries and other desserts.
- Focus on sources of unsaturated fats, such as vegetable oils, nuts and seeds, in place of foods high in saturated fat. Opt for low-fat or fat-free dairy products and lean proteins instead of their full-fat counterparts.

Balancing Calories with Activity

Since women typically have less muscle, more body fat and are smaller than men, they need fewer calories to maintain a healthy body weight and activity level. Women who are more physically active may require more calories. Physical activity is an important part of a woman's health. Regular physical activity helps with muscle strength, balance, flexibility and stress management. Women tend to lose more micronutrients at the same age when compared with men. Lack of multivitamins and minerals may lead to fatigue and lack of energy in women. The present on-the-go lifestyle and high consumption of adulterated food products, it has now become difficult to obtain all the essential micronutrients from food alone. Supplementing with multivitamins may help us to bridge the dietary gaps caused due to unhealthy eating habits the fast-paced world, not only has our work shifted from physical work to more

brain work, but also our diets have changed too. Consequently, unhealthy and fast-food diets have increased the demand for multivitamins for women.

Happy Multivit Gummies is a comprehensive nutritive formula with 15 nutrients, especially formulated to meet the demands of modern life and provides support in the areas of health which are of most relevance.

Taking multivitamin capsules are advantageous. And there is not just a single advantage but many. It has been medically proven by several researchers that few vitamins help in building the bones, few help in making red blood cells (RBCs) in the blood, and a lot of other areas of body functioning. They are specially helpful for women who are pregnant as the nourishment requirements increase highly during pregnancy.

Women who are Vegetarian or those under dietary restrictions are also prone to nutritional deficiencies. **Happy Multivit Gummies** are best Multivitamin for Women which contains Vitamin A along with VitaminB6, B12 to combat deficiencies and related health issues.

Pharmacological Action of each Ingredients

VITAMIN A

Vitamin A is good for bone maintenance and growth. It also helps to promote eye health and makes skin radiant and clean.

VITAMIN B3 (NICOTINAMIDE)

Nicotinamide helps in various conditions like increasing good HDL and lowers LDL and helps to boost brain function.

VITAMIN B5 (PANTOTHENIC ACID)

Vitamin B5 is crucial for the blood cells development. It helps your body to convert proteins, carbohydrates, and fats into forms that can actually be utilized. Thus keeping you energetic

VITAMIN B6 (PYRODOXINE)

Helps to maintain normal levels of homocysteine in the body, helps for stronger immune system, and helps better brain function.

VITAMIN B9 (FOLIC ACID)

Folic acid is mainly known for prevention of several birth defects. Women above 30 often develop several birth defects. Lactonova Multivit Gummies for women can help in not just prevention but also treating if the condition has already developed.

VITAMINB12 (CYANOCOBALAMINE)

It supports the normal functioning of nerve cells and also required for RBC formation and synthesis of DNA.

VITAMIN E AND VITAMIN C

Vitamin E and vitamin C, these are also known as antioxidants. These vitamins help in reduction of dark spots, excessive dryness and wrinkles.

VITAMIN D

Vitamin D supplements are often suggested by the doctors along with calcium tablets as they together help in building of teeth and bones Vitamin D helps to support the immune and nervous system. In several cases of certain neural disorders, the patient body lacks Vitamin D. Taking Vitamin D supplements aids that you prevent yourself from these conditions

Biotin

Biotin boosts the health of the nails and hair, supports to healthy pregnancy, and helps in managing blood sugar levels. It helps the body in converting food to energy and plays various other essential roles in health.

Iodine

Iodine is important for the proper growth and functioning of the thyroid glands. Iodine is required for the thyroid hormone Formation

Inositol

Helps to reduce anxiety and aids blood sugar levels by improving insulin sensitivity and reduces symptoms of depression.

So why gummies, why not capsules?

Gummies are jelly like substances which are easy to chew and swallow. And it doesn't feel like you are gulping a bitter capsules and do not require water to take. Each gummy is packed separately making it easy to carry them in your bag while travelling or while leaving for work and gummies can be easily eaten as they are fun shaped and has a great orange flavor which are tasty and delicious so everyone can enjoy eating these beneficial gummies whereas capsules are bitter and mostly resisted to take.

Why happi gummies? free off gluten, soy, sugar, dairy, tree nut, and gelatin

Most gummies in the market are based on gelatin, which hinders the use of the supplement for long time. Each gummy of LACTONOVA is Free off Gluten, Soy, Sugar, Dairy, Tree Nut, and Gelatin. We meticulously develop our delightful gummies so they can be cherished by everyone.

Different flavours and delicious

Unlike most health supplements, these gummies are tasty with different flavors and healthy

Easy to carry

Each gummy is packed in pillow pack making it easily to carry in bag while leaving for work or during a travel.

Vegetarian

These gummies are made from vegetarian sources and therefore suitable for everyone. These health supplement aid to meet the nutrition requirements of wellness seekers from a vegetarian background.

No pills or harsh tasting liquid

Lactonova Happi gummies are formulated not only to aids you with the health advantages, but they also taste delicious!

High quality and safe

We at Lactonovas take your safety critically, and we make sure to produce only the highest quality, Products while following the industry's highest standards

Recommended usage

1-2 gummies for adult or dosage prescribed by your health care practitioner

What if you have more than two gummies a day?

As happi gummies are tasty and delicious we understand that you can't stop eating more than two .but still try to limit yourself with two if possible or you can have one to two gummies extra per week. Excess of gummies than recommended dosage may lead to bloating or stomach upset.

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