



Daffodil
International
University

Internship Report On

**Processing & packaging of Immuno Tea with health benefits of
other products at Pustibid private limited**

Submitted To

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Submission Date: 28.03.2021

Letter of Transmittal

5th March 2021

Dr. Sheikh Mahatabuddin

Associate Professor and Head

Department of Nutrition and Food Engineering

Faculty of Allied Health Science

Daffodil International University

Subject: Submission of internship report

Dear Sir,

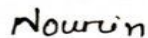
With due respect, I would like to thank you for the advice and support I received from you for my report.

For preparing this report I collected the most relevant information which is reliable. I gave my best effort to achieve the objective of the report and hope that it will reach the purpose. The theoretical, practical knowledge and experience I gathered during internship and report preparation will highly helpful for my rest professional life in future. I would like to request you for excusing me if I made any mistake that may occur in the report despite my high effort.

I would really appreciate if you inspire me with your suggestion. In addition, if you would like to ask me about an aspect of my work, I would be pleased to answer your questions.

Thank you again for your patience.

Yours sincerely,



Nourin Sultana

ID: 171-34-597

Letter of Authorization

5th March 2021

Dr. Sheikh Mahatabuddin

Associate Professor and Head

Department of Nutrition and Food Engineering

Faculty of Allied Health Science

Daffodil International University

Subject: An announcement regarding the validity of the internship report.

Dear Sir,

This is my honest declaration that the 'internship report' I have prepared is not a copy of any report which is previously made by any other student. I also declaring that this is my own and original copy. I am confirming that this internship report has neither been used in past and will not also be used in future by any person.

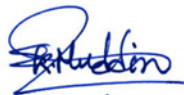
Faithfully yours

Nourin

Nourin Sultana

Approval Certification

On behalf of the university, this is certifying that **Nourin Sultana**, bearing ID: 171-34-597, program B.Sc. in Nutrition & Food Engineering is a regular student , department of Nutrition and Food Engineering , Faculty of Allied health Sciences , Daffodil International University. She has successfully completed her internship program of two months in “**(Pustikor) Pustibid Private Limited**” on nutritional innovative products packaging, development, and quality control. Then she completed this report on November 10, 2021, under my direction. We were aware that **Nourin Sultana** completed her internship report by observing our teacher. In addition, I ensure that her report is worthy of full filling the partial requirements of the NFE program.



06/07/2021

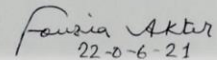
Dr. Sheikh Mahatabuddin

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22-0-6-21

Ms. Fouzia Akter

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Approval Certification

This is certifying that internship report on “(Pustikor) Pustibid Private Limited” submitted by Nourin Sultana, a regular student of B.Sc. in Nutrition and Food Engineering, Faculty of Allied Health Science, Daffodil International University, Student ID: 171-34-597 successfully carried out her report work program two months under my direct supervision and guidance.

I have the confidence about the originality of this data and I am declaring that, this work is up to my satisfaction.



Muhammad Abu Bakr Siddique

Chief Advisor, Pustibid Private Limited

Acknowledgement

All praises to the Almighty Allah the most merciful. None of this world has been possible without blessing of Allah.

First of all, it is my immeasurable pleasure to thanks my honorable teacher **Dr.Sheikh Mahatabuddin, Head of the Department of Nutrition and food engineering.** and **Ms.Fouzia Akter,** Assistant professor Department of **Nutrition and Food Engineering, Faculty of Allied Health Science,** who had given me the opportunity to join the program. Her advice, support, co-operation, giddiness, and her constructive criticism in completion of this treatise. And the most sincere respect, gratitude and obliged **for Abu Bakr Siddique, Nutrition Officer at UNICEF Bangladesh, Founder of Pustibid private limited.** This program help me a lot for choosing a best carrier for future.it is a great pleasure to express my great full thanks to **Prof.Dr. A.K.obaidul Huq, Chairman of the Department of Nutrition Science and Food Technology,, Mawlana Bhasani University of Science and Technology .** My feelings during this internship work were great and I enjoyed very much .Credit goes to all the staffs and members of PPL. They guide me a lot during my learning. My achievement during this internship will help me in my professional filed. I wants to thanks all the employee of PPL for their friendly behavior and for guiding me in the work field.

I am thankful to all my teachers of department of Nutrition and Food Engineering, Daffodil International University for their help which inspire me during my study period.

Summary



This internship report is all about “**pustikor (pustibid private limited)**”. Their working opportunities, working fields, their innovation in the nutrition sector, their great products. Also, they offer medical nutrition therapy by expert and experienced nutritionists and dietitians in **Integrated Nutrition and Health Research Center**, which is sister concerned of Pustibid Private Limited.

The greatness of **PPL** is that they work with natural and organic sources of the earth to develop nutritional facts in the human body. I am grateful that I spend time with them and learn a lot about nutritional products. I had a great opportunity to work with their one of the bestselling products, which is **Immune Boosting Tea**.

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1. Introduction



“Pustikor (pustibid private limited) is a combined brand of food & nutrition. One side of PPL works with ready food, food herbs. Another side work with micronutrients. A bonus side of PPL is that they also offer medical treatment for some fixed diseases. I had a chance to spend 2 months with Pustikor as an intern. Time was too short to explore this company. Their strategy is totally

different from other organizations. Either food or beverage, there all products are based on human health, immunity boosting. And the main concern is obesity, kidney, diabetes, etc. Treatment. All the workers on Pustikor belong to medical background. I personally learned from them – eco packaging, products developments, marketing of those products, making process, storing process preserve process, manufacturing process etc. The age of pustikor not more than 3 years, but in this short time they gained huge coverage of trust. Many people invested their time, hard work, research, and knowledge to develop this brand. All the services and products we are getting from them are a result of their innovative thoughts. I am going to discuss all the knowledge I gained from them through this report. ^[1]

2. History

"Pustikor" (pustibid private Limited) is a master planned brand of some great people. The main 4 directors are – Fatima Zaman, Benazir Shams, Farzana Zia, Jannat Ara. The starting year of PPL is 2018. And achieved its product certification, brand name and organization approval in 2020. Pustikor (pustibid private limited) will be registered as a Business Company in joint-stock by 2020. Also, in 2020, it gained trademark under the Ministry of industry. Then it reached us as –Food & Beverage Company. ^[1]

In short, pustikor started to reach people in 2020. Before then, they were researching, developing their products and, after so many tests of their products, BCSIR gave approval in 2020. Their very first product is "nutrileaf" and the last or upcoming product is "processed mustard oil". They also collaborated with "Synergy Nutrition". ^[2] In this short time, they have developed almost seven products. Professor Dr. A.K.Obidul Huq, chairman, dept. of Food Technology & Nutritional science, MBSTU. Scientist at Bangladesh Council of scientific & Industrial Research (BCSIR). Abu Bakr Siddique, Nutrition officer at UNICEF Bangladesh. They are both great people who are leading, controlling monitoring and a huge contribution they made this company to a brand in a short time. All the products of pustikor manufactured by them, analyzed by them. In 2021, they also opened a training center with many nutritionists and physiotherapists named Integrated Nutrition & Health Research Center (INHRC). Which is sister concern of pustikor. Both are located in Mohammadpur, Dhaka. ^[3]

3. Overview

The main agenda of pustikor is to provide healthy and nutritious food and drinks for the people. That food and beverages provide a better healthy life for consumers. Products of PPL help to maintain a healthy weight, helps to decrease diabetics, skin problems, stomach, kidney problems in a way. Their products also help to boost immunity. As we know, 2020 is the year of covid-19.

And the products of PPL ex: immune, nutrileaf, nutrigreen, nutrigella help the victims of covid-19 and also helped general people to boost immunity. Later in this report we will discuss this.^[1]

3. a. Branch

Pustikor organization is a new food and beverage company which gained approval in 2020. In this one year, they developed in so many ways. They develop their products, their employees even develop their working strategy and increase their working field.

By 2020-2021, they will open two branches.

The headquarters of PPL is at 9/11, Iqbal road, Mohammadpur, Dhaka. All kinds of research work, product storing, packaging and shifting, data analysis, quality checking are held here.



Another branch **INHRC** is based on Nutrition Care, Medical care, Physiotherapy, Food consultation, Research & Training which is located near to the headquarter 10/13 Iqbal road, Mohammadpur, Dhaka-1207.^[1]

3. b. Geographical coverage

As we learned, they have two branches of them. So, geographically, PPL is not that well known to all parts of our country. But, with the help of a network, they are now properly capable of delivering their products. But their training center branch is still under monitoring. If it goes well, then the director and founder will go for another location coverage. But the good news is – already

seen that they are searching for locations in so many places to open a few more branches of INHRC. ^[1]

4. Mission and vision



The **mission** of Pustikor is crystal clear, that serving the generation a healthy habit, a healthy life. As much as we are developing as a nation, we focus on proper nutrition and healthy habits because of a busy lifestyle. The mission of pustikor to introduce you to the best and shortcut way to your valuable health and mind by using natural micronutrients as capsules or drinks. Another mission of Pustikor is making the generation knowledgeable about nutrition and healthy food eating.[3]

The **vision** of Pustikor or the aim of the Pustikor team is to serve the whole nation with their great quality full services. Their vision is to develop awareness about health and wellness through natural and nutrition-based products. Their one more vision is developing nutritional sectors in Bangladesh.^[3]

5. Packaging



Pustikor (pustibid Private Limited) is not only aware and works for human health. They are also aware of the safety of the earth. From the beginning of Pustikor they have been working on **eco packaging development**. And their motto was-**Save the planet**.

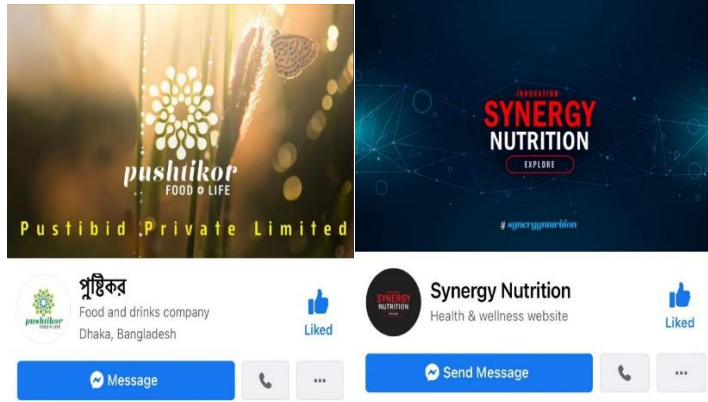
Packaging is a very important part of products and which is not focusable for everyone. Because of this, so many quality products are also ignored by consumers. And lack of packing, the seller cannot attract the buyer.

Pustikor started introducing in every location of our country this paper tube packaging in an attractive way for their products.

As we know, using plastic for food packaging is harmful for the body and it is also very harmful to the environment. You cannot burn it because this will create CO gas which is harmful to the earth and also causes some serious poisons. **Ecothole natural packaging** from pustikor can also be recycled and reuse. Even Pustikor also make this packaging not only for use on their products. They also make these kinds of packaging boxes for other organizations. This can be counted as their part of products for business also. In 2020, this Ecothole natural packaging will also be approved by BCSIR.^[1]

6. Services

Pustikor is a food and Beverage Company which sells their products both ways-in online delivery and pick from place. Online service is more popular than picking up from place/in person. They use the Facebook network for selling their products. So many pages on Facebook sell their products, but the two official pages are the most popular for purchasing their products. One is, "pustikor", another one is "Synergy Nutrition". These two pages are controlled by Pustibid private limited.



আগামী শ্রবণবর বিকাল ৩ টা হতে সন্ধ্যা ৭ টা পর্যন্ত ঢাকা শহরে এই প্রথম একত্রে বিশেষজ্ঞ পুষ্টিবিদ, ডাক্তার, ফিজিওথেরাপিস্ট এবং ফুড কাউন্সিলরদের যৌথ সমন্বয়ের মাধ্যমে অনলাইন জুম লিংক এর মাধ্যমে পুষ্টি ও স্বাস্থ্য চিকিৎসা সেবা প্রদান করা হবে।

সমন্বিত উদ্যোগের সেবাসমূহ :-

১. ডায়াবেটিস, হার্ট ডিজিজ, হাইপারটেনশন
২. অসিটোপেরোসিস, অসিটোআর্থরাইটিস ও হাড় - জয়েন্টের চিকিৎসা
৩. করোনা প্রতিরোধে নিউট্রিশন এবং ফুড ম্যানেজমেন্ট
৪. করোনা আক্রান্তদের জুম লিংক এর মাধ্যমে সার্বক্ষণিক নিউট্রিশন, মেডিকেল এবং ফিজিক্যাল ফিটনেস থেরাপি এবং মনিটরিং সেবা
৫. শিশুদের স্বাস্থ্য সমস্যা নিয়ে সমন্বিত ব্যবস্থাপনা
৬. ক্যানসার প্রতিরোধে নিউট্রিশন ম্যানেজমেন্ট
৭. ভেজালমুক্ত, নিরাপদ খাদ্যের উৎস ও পরামর্শ সেবা

আয়োজনে: সমন্বিত পুষ্টি ও স্বাস্থ্য গবেষণা সেবা
(পুষ্টিবিদ প্রাইভেট লিমিটেড এর প্রতিষ্ঠান)

রোগীর সিরিয়াল: (মোবাইলে নেওয়া হয়)
01311062855; 01717651555

১০/১৩ ইকবাল রোড, মোহাম্মদপুর, ঢাকা-১২০৭
Email Address: info@inhrc.org Mobile No: 01311062855
www.inhrc.org

Services from INHRC, which is a sister concern of PPL, mostly give their service **in person**. Services which are given by INHRC are-

→Medical care→Nutrition care →physiotherapy→Food consolation→Research→Training.

Due to covid-19, INHRC serves their consumers virtually too. They offered general people's awareness about social distance during covid-19. They are still working to serve the service to Nutritionists to make them prepare for the nation.^{[2] [1] [4]}

7. Work opportunity

Though pustibid private limited a brand new company, but still have lots of opportunities to work with them.

I am going to elaborate individually their two branches with **qualification requirements** for them

In Headquarters,

- innovative product designer
- Researcher
- quality control
- Data collection
- product Marketing

(Here all work is based on nutritious food sources and their development)

Qualification requirement – if you are a student and you have the courage to develop an innovative product of your own, then this place is for you. Who are working for PPL, most of them are last year students like us. ^[4]

In INHRC,

- If you are belonging to a nutrition background, then you can join as a nutritionist here. Almost 25 to 30 nutritionists are working for INHRC.
- You can also join there as physiotherapists.
- You can also go there as a food consolation.
- If you are a doctor and want to open own chamber, they have also vacancy for this. ^[4]

Qualification requirement –

- a. MBBS Doctor.
- b. B.Sc. graduated in Nutrition and food.
- c. Diploma in Nutrition.
- d. If you have done course or studied in Physiotherapy.

8. Health benefits of Products from Pustibid private limited



8.1 .processing and packaging of Immuno Tea with health benefits

ইমিউবো

রোগ প্রতিরোধ ক্ষমতা বৃদ্ধির ফিউশন টি



৩৮ টি ব্যাগ প্রতিটি টি ব্যাগ আছে

৬০ মিলিগ্রাম ভিটামিন সি



উপকরণ
আমলকি, ভুলসি, শিন টি, সজিনা পাতা, আদা, নবঙ্গ, কালাজিরা, দারুচিনি, লেবু, যষ্টিমধু, ক্যামোমিল, ভিটামিন সি পাউডার

পুষ্টিবিদ প্রাইভেট লিমিটেড এর একটি পণ্য

The nutrition team of **Pustikor** spends most of their time on R & D. They are always working on how to improve their signature product, IMMUNO. So the team has been working for quite some time to enhance its flavor and taste. IMMUNO boosting tea in a more advanced formula made from a combination of different herbs, functional foods and vitamin C. immuno boosting fusion tea contains at least 60 mg of vitamin C per tea bag. This tea is made with amla, moringa leaf,

basil leaf, green tea, ginger, cloves, black cumin, cinnamon, lemon, licorice, chamomile, and vitamins which will boost your immune system.^[1]

Worried about seasonal flu? Suffering from cold, cough, asthma?

Immuno boosting fusion tea will help you fight with seasonal flu. This tea is made from a combination of 10 different types of natural herbs and vitamin C powder, which will increase our body's immunity and protect against seasonal flu colds, coughs, and respiratory complications. With this herbal tea in your daily routine, you can increase your immunity, you do not have to compromise on taste.^[1]

Pustikor has received the BCSIR test result of IMMUNO boosting fusion tea in 2020.Result of the tests –

TEA after extracting in hot water, 69 mg of vitamin C per cup of tea remains intact.

Experiments on rats have shown that this tea is completely safe and does not cause any toxicity.

Maulana Bashani University of Science and Technology, Department of Nutrition Science and Food Technology, Chairman, Obaidul haque (Dhaka University INFS alumnus) and nutritionist Abu Bakr Siddique (Dhaka University INFS alumnus) synergistic effects through a combination of different herbs and nutrients have a tea formulation to get. This tea uses all the herbs that have anti-inflammatory and anti-viral properties. In addition to this, another step has been taken to help increase the immunity of the product by adding vitamin C.^[3]

Processing of Immune Tea:

AMLA: it's a very good aid for joint pain, obesity, diabetes, and diarrhea, high blood pressure, high cholesterol etc.^[5]

TULSI: immunity booster , reduce fever, reduce cold , cough, anti-cancer, reduce stress, blood pressure, healthy skin, reduce diabetes, healthy heart etc.^[6]

GREEN TEA: cancer prevention, heart healthy, weight loss, lower risk of stock, diabetes.^[7]

BLACK TEA: improve metabolism, reduce tiredness.^[8]

GINGER: help to reduce gastric ulcer, lower cholesterol, increase sweating, lower blood sugar.^[9]

BLACK PAPER: high in anti-oxidant, useful for brain, control blood sugar, low the cholesterol level.^[10]

ELAISI: its content cancer fighting agent, help with digestive problem, reduce bad breath and also prevent cavities.^[11]

CLOVES: it is very helpful to kill bacteria, good anti-cancer agent, reduce mouth smell, and promote body bone health.^[12]

LICORICE: reduce depression and stress, control cholesterol, help to reduce skin disorder, keep liver healthy, boost immunity, and help to lose weight, sharp your voice.^[13]

Packaging of Immune Tea: A very easy and sanitized method they have been using for this tea packaging. After the examination from BCSIR, they made a foil package for per tea bag and pour the tea into this tea bag. a limited tea is required for every package. Then the transfer all the tea bag into their ecothole packaging box. All the process they done by hand to hand with very carefully. In every box they pour 15 bags of tea.^[1]

8.2. Vitamin C mega dose



Vitamin C mega dose originally combination product of **synergy nutrition & pustibid private limited company**.^[2]

Other combined supplements they introduce to us - Goli, Magnesium citrate, Boron, Glucosamine & chondroitin, Biotin, Neocell Marine collagen etc.^[2]

Vitamin C is the most consumed supplement in 2020 because of Covid-19. Vitamin C megados is a magical resistance to coronavirus. Vitamin C is a carbon cycle based compound, its cycle is called the **FURAN CYCLE**. The chemical name for vitamin C is **Ascorbic Acid**. Vitamin C is an essential element of the human body's **immune system**. Although it's main function is to control the bonding, transport and coordination between the connective tissues of the organism. Apart from this, it also acts as a stress management, free radical elimination, anti-viral, anti-bacterial, anti-oxidant and anti-inflammatory compound our body. [2]

If a part of the body of a diabetic patient is cut or burnt, it may take a long time to heal. This can be a matter of great concern .vitamin C will act as a helpful nutrient in such cases. Your wound will heal quickly without any side effects.

What is the safe maximum limit for vitamin C intake?

There is a safe maximum limit for your vitamin intake which is 1.5/kg body weight. Now find out the safe maximum limit of your vitamin C intake by 1.5 times your weight. Hopefully, after knowing this information, you will no longer have any fear of taking megados vitamin C. [14]

Why do you take vitamin C mega dose during pregnancy?

- To strengthen the bones, teeth and joints of mother and child.
- To prevent gestational diabetes.
- To increase the chances of giving birth in a natural way.
- To protect yourself from the harmful effects of severe physical and mental stress during motherhood.
- To dry the wounds of childbirth quickly.
- To prevent preeclampsia, a terrible disease for pregnant mothers.
- To build a strong immune system for yourself and your child.
- To protect against osteoporosis during pregnancy.
- To prevent jaundice in children.
- To help in the proper development of the child's brain.

Vitamin C is very important for every mother and baby, especially during 3-10 months of pregnancy and 6 months after delivery. [15]

Some common questions about vitamin C and its answer –

1. Why do you take vitamin C repeatedly? What is the problem with taking large doses together?

Answer: Vitamin C has not been stored in our body for a long time. Within a half hour to six hours of eating, it is either used by the body or excreted in the urine. Therefore, it is recommended to take vitamin C frequently in small doses so that the level of vitamin C in the blood is always high. [14]

2. What amount of vitamin C do smokers eat?

Answer: Vitamin C in the body is oxidized very quickly due to the toxic chemicals in tobacco when you smoke. Smokers need to take at least 20% more vitamin C than their normal dose.^[16]

3. Can diabetes patients take vitamin C powder?

Answer: of cause they can eat it. If the sugar level is low, you need to take less amount. If the sugar level is high, you should eat more vitamin C powder. This is because sugar and ascorbic acid often enter and exit into the cell using the same chemical ion pump.^[17]

4. How to take vitamin C mega dose in case of a cold?

Answer: Take 1 gram of vitamin C powder per dose mixed with 100ml of normal temperature water and drink it 6 times at least in 12 hours. If the cold doesn't subside on the first day, continue to take 2 grams of vitamin C powder and 200ml of water in place of 1 gram of vitamin C and 100 ml of water. The cold will get better with in a minimum 12 hours or a maximum 72 hours. In patients with coronavirus, the dose may be increased individually.^[18]

5. Having loose stool after eating vitamin C, what should I do?

Answer: when you first start taking 2-3 grams of vitamin powder, many people may experience loose stool or thin stools. This is mainly due to the laxative properties of vitamin C. but there is nothing to worry about. If loose stool occurs, do not eat 2-3 grams a day at first and continue to 500mg-1gram a day. Take zinc in the morning and at night. By doing this, the dose of vitamin C in your body will be adjusted gradually. And after that, you can take 2-3 grams or as needed every day.^[19]

Caution –

- It's better for diabetes patients to take sugar free vitamin C powder that civet. Otherwise, glucose control can become difficult.
- Those who have gastric problems need to mix a pinch of salt with water while taking vitamin C powder.

Vitamin C is bringing many more changes to the global medical system in the days ahead. Vitamin C re-enable the alveoli of lungs, which are paralyzed by the coronavirus, to transport oxygen to the blood. Vitamin C saves the patient's life by stopping cytokine storms. With the right dose of vitamin C at the right time, thousands of lives have been saved in Bangladesh so far during the coronavirus. So, collect vitamin C powder before it's too late, save the life of the corona victim next to you.^[19]

Vitamin C

কোভিড-১৯ প্রতিরোধ এবং চিকিৎসায় কিভাবে অ্যাসকরবিক এসিড (ভিটামিন-সি) ব্যবহার করবেন

রোগ প্রতিরোধের জন্য দিনে ৩ বেল ১ গ্রাম করে দিনে ৩ গ্রাম ভিটামিন সি খান। যাদের বয়স ১২ বছরের
কম তাদের জন্য ৫০০ মিলিগ্রাম করে ৩ বেল ১.৫ গ্রাম

কোভিড-১৯ রোগীর চিকিৎসায় কিভাবে ব্যবহার করবেন

১২ বছরের বয়সের বেশী রোগীদের জন্য (প্রাপ্ত বয়স্কদের জন্য)

- প্রথমে ৩ গ্রামের একটি ডোজ নিন এবং পরবর্তী প্রতি ঘন্টায় ১ গ্রাম অ্যাসকরবিক এসিডের নিতে হবে।
এভাবে প্রতি ৮ ঘন্টায় মোট ১১ গ্রাম ভিটামিন সি গ্রহণ করুন।
- যদি অবস্থার উন্নতি না হয় তাহলে আবার ৮ ঘন্টার এই চক্রের পুনরাবৃত্তি করতে থাকুন যতক্ষণ না
আপনি সম্পূর্ণ উপসর্গ মুক্ত হন।
- এরপর উপসর্গ মুক্ত হলে শুধু মাত্র প্রতি ঘন্টায় ১ গ্রামের ডোজ বজায় রাখুন এবং প্রতিদিনের জন্য
আট ঘন্টায় সর্বমোট ৮ গ্রাম খান।
- পুনরায় যদি কখনও আবার নিশ্বাসের স্বল্পতা ফিরে আসে, তবে সাথে সাথে ৩ গ্রাম অ্যাসকরবিক
এসিডের আবার একটি ডোজ নিন।

কিভাবে ভিটামিন সি এর দ্রবণ বানাবেন

১ গ্রাম ভিটামিন সি পাউডার আধা কাপ নরমাল পানিতে ভালভাবে মিশিয়ে সাথে সাথে খেয়ে নিন।

কিভাবে ভিটামিন সি সংরক্ষণ করবেন

জিপারে দেয়া ভিটামিন-সি এর পেকেট টিকে কোন একটি মুখ বন্ধ কোঁটায় সংরক্ষণ করুন যাতে আলো
এবং বাতাসের সংস্পর্শ না পায়।

8.3. Nutrileaf



Pustikor has developed a formulation called “nutrileaf” with the technical assistance of BCSIR by adding other ingredients including carrot to enhance the synergetic effect while concentrating its nutrients so that everyone can easily take this super food all the time. Each packet of Nutrileaf has a total of 120 capsules, with a retail price of Tk 350. (60 capsules TK 200). Nutrileaf is a powder made by keeping the natural properties of moringa intact. It contains iron, zinc, vitamin-A, vitamin-C, calcium^[1]

Are there a lot of **mood swing**? Feeling **depressed**?

Nutrileaf – powder of Moringa leaves will help you to get out of these. Being a good source of the amino acid tryptophan, its helps in **neurotransmitter** function. Moringa also helps in the production of a hormone called “**Serotonin** “hormone.

People who have **diabetes** or someone in the family who has diabetes know how much to be aware of blood glucose levels and insulin levels. **Moringa leaf powder** will help you to get rid of this worry. According to a study in the **International journal of Food Science Technology**, Sajina leaves are able to control blood glucose and insulin levels. It also acts as a natural preventative for diabetes. When the leaves are dried in the heat of the sun, many of their nutritional properties are lost. So, **pustibd private limited** come up with the powder of dried sajina in a different way so that all nutritional properties are intact.^[1]

Stomach ulcers, liver disease, kidney damage, kidney stones, digestive problems have become very familiar to us nowadays. Due to the fact that we are always dependent on different medicines

for one or the other of these problems, we are not getting relief from all these problems, but due to various side effects, the body is turning into the end of the diseases. ^[1]

Did you know that Sajina (Moringa) leaves can prevent **rapid aging** of the skin?

Moringa leaf contains a cytokine or vegetable hormone called **Zeatin** which helps to retain ‘Youth’ for a long time. This Zeatin is also called the fountain of youth. It is also possible to control and get off many other diseases like **hypertension, anemia, and control of blood glucose level, malnutrition treatment of pregnant mothers, and prevention of cancer** by taking moringa leaf powder regularly. The natural way of getting rid of all these diseases or physical conditions is **Moringa**. Studies have shown that due to the anti-inflammatory properties of moringa leaves. It can be used as a remedy for stomach ulcers, liver disease, kidney disease, infection, kidney stones, constipation and many more. Pustikor team wrote in an article that, it is difficult to find time to dry and grind and keep all the qualities of sajina leaves intact. So, keeping all these aspects in mind, **nutrileaf** has been made in the form of a capsule, so that anyone can take it easily. ^[2]

“**Nutrileaf**” will help you lose weight. As the amount of fiber in sajina leaves is high, it keeps the stomach full for a long time. That is, it takes more time to get hungry. sajina leaves also contain a type of antioxidant called **chlorogenic acid** which acts as a natural fat burner . It also controls blood sugar levels, which is related to metabolism. So taking **nutrileaf** with a proper diet and lifestyle will help to lose excess weight. ^[3]

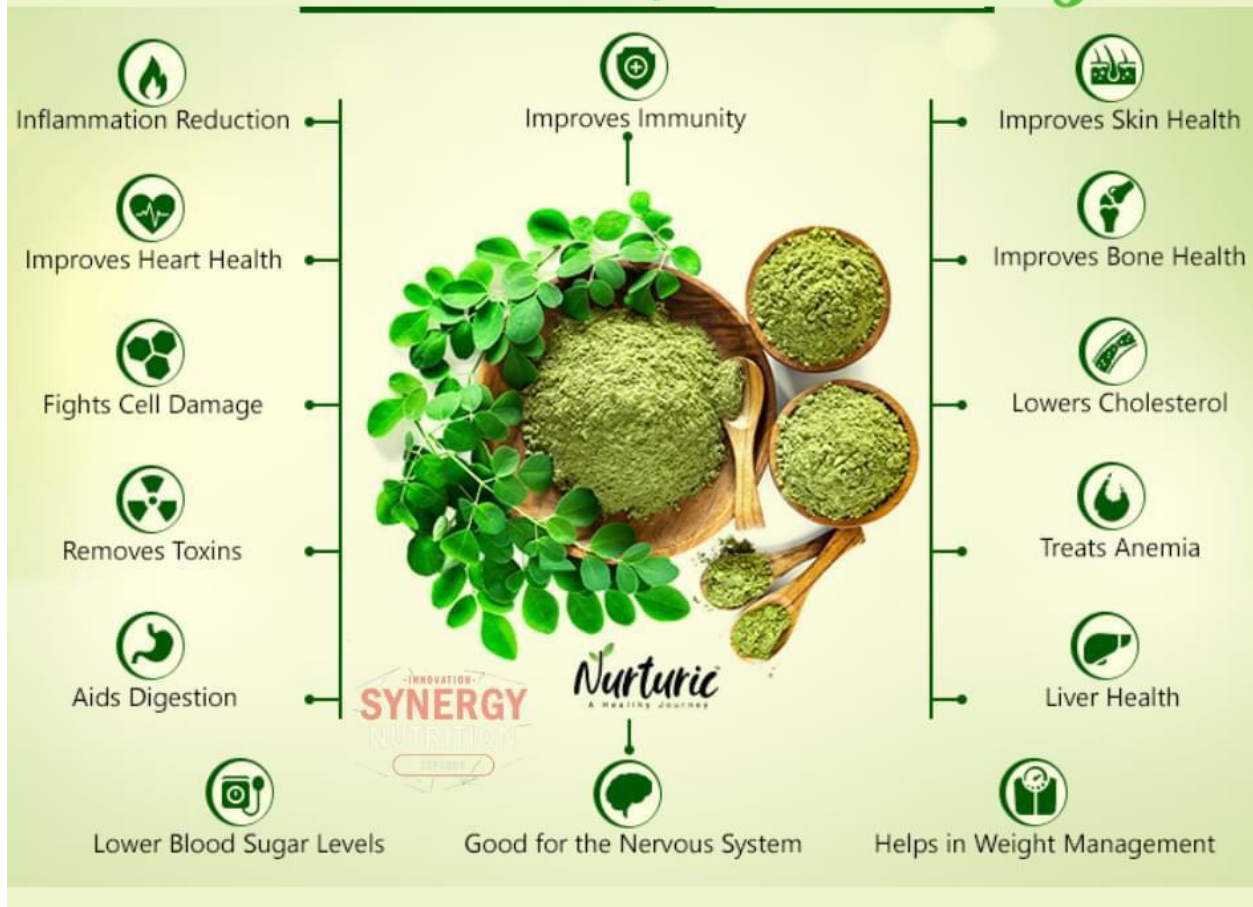
Regular consumption of anti-inflammatory properties of sajina leaves to reduce the inflammation. As a result, the risk of suffering from any incurable disease in the future is also reduced. A nutrileaf capsule is made by preserving all the qualities of natural sajina leaves, which will easily meet the body’s need for nutrients as a multi-vitamin and multi-mineral. ^[1]

Moringa cures anemia. Many pregnant women have been studied with moringa leaves. As a result, taking amount of moringa leaf or its powder with daily meals has been shown to increase the level of hemoglobin in their blood, number of red blood cells, hematocrit and total iron. That means their anemia has been removed. ^[1]

(NOT APPLICABLE for the first 3 months of pregnancy)

So, we can conclude with that, **Nutrileaf** can help us nutritional needs in this busy life. ^[1]

Miracle of Moringa



8.4. Nutrigella



২৫০ মিলিগ্রাম
১২০ টি ক্যাপসুল
৬০ টি ক্যাপসুল

nutrigella
NIGELLA CAPSULES

GROUND NIGELLA
কালিজিরায় মৃত্যু ব্যতীত সকল প্রকার
রোগের উপশম আছে। (মুসলিম, হাদিস : ৫৬৫৯)
পুষ্টিবিদ প্রাইভেট লিমিটেড এর একটি পণ্য

পুষ্টিবিদ
খাদ্য + জীবন

Nutrigella will help reduce excess weight.

According to a study published in the journal of diabetes and metabolic disorders, **Nigella** is one of the most effective remedies for **diabetes** in the world.

Another systematic review and meta-analysis published in 2018 found that taking nigellas as a supplement helps reduce excess body weight.

The anti-obesity effects of the active ingredient thymoquinone have been shown to reduce BMI (body mass index) and waist circumference as a result of taking nigellas as a supplement. No side

effects have been reported. Pustikor brought for you the nigellas in the form of capsules called **nutrigella**, which you can easily put on the daily food list without any hassle ^[1]

With the technical assistance of **BCSIR**, in 2020 pustikor have made a **nigella capsule**. Now we can get the benefits of nigellas in a certain dose every day by taking nutrigella if you want.

Do you know that nigellas can fight diseases like cancer?

Due to the phytochemical and antioxidant properties of nigellas, it can be used naturally in the treatment of cancer. An animal model study by **Croatian scientists** found that the two phytochemicals thymoquinone and thymohydroquinone present in nigellas reduce the number of cancer cells by up to 52%. ^[2]

Nutrigella protects the liver, when side effects due to abdominal medication, excessive alcohol consumption or any other reason, when the condition of the liver deteriorates, we can rely on nigellas to cure it.

Studies have shown that the damage to the liver due to various reasons, the liver due can recover very quickly if you take regular nigellas. It is also increases liver function.

Nigella powder is now available under the name of **nutrigella** for the convenience of taking it daily without any hassle. Which will save your time as it is in **capsule**. ^[3]

A common problem among many mothers who are breastfeeding is low milk production. Which is commonly referred to as “**baby does not get milk**”. Although there are several medications currently available on the market to increase breast milk, these can have some unpleasant side effects for both mother and baby. Side effects we need to look back at **nature to freely increase breast milk**. Nigellas contains some active compounds that increase breast milk, which interact with the body’s dopamine receptors to increase the secretion of a hormone called prolactin. As a result the supply of breast milk increase and it is possible to ensure the smooth growth of the child. ^[2]

The Nutrigella product of pustikor is made in the form of a capsule so that mothers get the right amount and the required amount of nigellas and other ingredients easily.

8.5. Nutrigreen



২৫০ মিলিগ্রাম
১২০ টি ক্যাপসুল
৬০ টি ক্যাপসুল

nutrigreen
SPIRULINA + CAPSULES

SPIRULINA
প্রাকৃতিক মাল্টিভিটামিন ও মাল্টি মিনারেলস
সুস্টিবিদ প্রাইভেট লিমিটেড এর একটি পণ্য

পুষ্টিকর
খাদ্য + জীবন

History being said, the most nutritious food in the world alone is **SPIRULINA**.

Every day, thousands of contaminants are logged into our body due to exposure to the polluted environment. **Is there a way to get rid of this body pollution?** ^[2]

There are ways. And that is **spirulina**. **Spirulina** basically combines with toxic substances (heavy metal and other elements) in the body like ‘chelating agents ‘to help expel them from the body. That is causes ‘detoxification ‘of the body. As a result, it is impossible to get rid of all the physical abnormalities caused by theses toxic substances. In 2020, with the help of technical assistance of **BCSIR, pustibid private limited** has developed an effective formulation called **Nutrigreen** with a combination of spirulina, ginger, garlic, nigella etc. Each 60 capsules costs 250Tk. The price of each 120 capsules is 400 Taka. ^[1]

Spirulina is the abode of vitamin D, vitamin B complex, Vitamin K, with plenty of protein and melatonin. There is also copper, magnesium and manganese. It also acts as a good antioxidant. If you want to get vitamin D, B, K, protein and mineral salts in a natural way, you can rely on spirulina capsules **NUTRIGREEN**. For you conveniences, we have come up with spirulina powder in a capsule form called nutrigreen. Being in capsule form, you can keep it on your daily food list without any hassle and take it at any time. Each capsule contains 250mg of spirulina, capsule can be taken twice in a day. “Spirulina” in immune support various studies have shown that spirulina increases the body’s immune cells, antibody, and infection-fighting protein. As a result, it helps to get rid of chronic illnesses and other infections like cancer. This anti-cancer effect is mainly due to the **chlorophyll** present in it. ^[1]

Spirulina will reduce the risk of stroke. The result of various studies have shown that taking spirulina as a regular supplement has increased the size of the **aorta surface**. It is able to prevent atherosclerosis and stroke by keeping blood circulation normal.

Nowadays most of people are suffering from **sinus problems**. Nutrigreen will help you to get rid of sinus .Spirulina is the main ingredient in Nutrigreen. Spirulina acts as an allergic rhinitis against the type of inflammation that causes sinus problems and works to reduce inflammation. Nutrigreen will help in relieving itchy nose, nasal congestion, runny nose, sneezing.

The natural remedy for high blood pressure is spirulina at your fingertips. Since high blood pressure or hypertension can cause heart attack, stroke, heart failure, kidney failure, vision loss, peripheral artery disease and many more. Studies have shown that regular spirulina helps control blood pressure.as the result, complications caused by hypertension can be prevented. ^[1]

8.6. Ready to cook fish



A side product of pustibid private limited is **ready to cook frozen fish**.

After immunity boosting tea in 2020, the pustikor team tried to make it easier for their customer's lives with the new product of fish, which is a huge source of protein. Because during coronavirus it is difficult to go into a shop and buy food. So they prepared it for make all the process easier. Going to the fish market, buying good fish, cutting, washing, marinating all these troublesome days are over. Now I just need to open the packet and cook immediately. ^[1]

Pustikor serving the following fishes –

1. Shrimp and kachu loti.
2. Ilesha fish belly and pile (mustard Ilesha)
3. Shrimp (medium size)
4. Dopey Aja of shoal fish
5. Ilesha fish head (mustard Ilesha)
6. Padma fish
7. Gulsha/tangra fish.
8. Small fish.

The price of 250grams of fish is 300 Taka. The price of Ilesha fish is 250 grams 400 taka. (With delivery charge ^[1])

8.7. Mustard oil (upcoming)

শীঘ্রই আসছে
কাঠের ঘানিতে ভাঙা
কোল্ড প্রেস
দেশী সরিষা থেকে প্রস্তুত
সরিষার তেল

FOOD + LIFE
www.facebook.com/pushtikor

পুষ্টিকর
সরিষার তেল

আসুক ফিরে পুরানো দিন

পুষ্টিবিদ প্রাইভেট লিমিটেড

www.pushtikor.com

SINCE 2020
Pustibid
NUTRITION COMPANY

On 16th December 2020, the team of pustikor declared their one more new product to make the day more memorable, after 6-7 months of experimentation, research and so many ups and downs, they started officially the production of **mustard oil** in their own **modern wooden mill**. The specialty of this mustard oil is there is no use of oil making digital machines. It's all made by a traditional process by maintaining all the nutritional factors. The Pustikor team is still working on developing the quality of mustard oil. Within 2 to 3 months, they will launch this product on the market publicly after some basic tests of its quality. ^[3]

9. a. Learning

The place where I did my internship, I had a great time with the organization. The learning I achieved from them is totally out of the box. “**Pustibid private limited**” is a brand, where there is no place for text books, sheets and all. ^[1]

This is place where employees work with all innovative products. The main strength of PPL is that all the employees are **nutritionists**. I personally faced the reality of knowledge life here. This is true that they work like “**OUT OF TEXT BOOK**”, but they are experts at linking up our brains with the knowledge which I gained from my previous education life. Though the” **pustibid private limited**” is too new, if I go with the popularity, it's quite good. I am really thankful to the PPL team for making me a part of them and for giving me the chance to work with them. To be honest, before joining PPL I never knew MORINGA leaf could be used like a **Capsule!** Even vitamin C can be modified as tea with many micronutrients! The Journey of these two months, made me a fan of “**organic, healthy, natural**” sources. Trust me, if you can believe in earth, earth will give you every cure of illness by its natural sources which are full of sources of micronutrients^[1]

9. b. Key activities

The motto of “**pustibid private Limited**” is working with micronutrients and natural herbs. They convert natural food sources onto cure agents for health.

Some major micronutrients are - Vitamin A, B complex, C, D, K, Ca, Mg, iron, zinc etc.

Natural herbs which are used widely for making capsule are – Moringa, spirulina, nigella, garlic, amla, holy basil, cloves, cinnamon, licorice, etc.

- The key activity is making food elements as **capsules** and coverage the lack of proper nutrition in human body.
- Also they are working with **therapeutic diet plan**.
- PPL have a special corner on their activity part which is for **research study**.

- PPL is very promising to deliver **immune boosting** treatment through their wonderful products. ^[1]

10. a. Discussion

Pustikor is under development and a very new food and Beverage Company which is only known for their great products and their unique products which are all made to maintain their quality and nutrition. The team is successful in giving the same product they promised that they would give the nation. If I show my point of view for this company, I say they are not in any 7 days/10 days challenge for healthy skin life. They are trying to give the best for developing from inside, even if it takes time. All products are too expensive to contain micronutrients. I felt that they were following a pure marketing strategy which is **concentrate on nature and nutrition**. In my full working period, I saw them working on their products, attended their meetings. They even gave me a chance to discuss my opinion on their products and I even suggested to them that I am willing to develop a new product which is made of jackfruit leaf and mango leaf. They listened and appreciated me for my thinking. They always welcome unique ideas. I personally want to join Pustikor to learn more. They are so creative. Their thinking is unbeatable. I am thankful to **Abu Bakr Siddique sir, A.K.Obaidul haque sir, Mohammad Sajal sir** for ignoring my faults during my work time and trusting me that I can even be a better nutritionist someday. ^{[2][1][3]}

10. b. Review

As a consumer, I just loved their **immune-immune boosting fusion tea**. I surveyed on Google, Facebook and some other sites, everyone is satisfied with products of pustikor. Still no complaint is not caught by my eyes. I am going to try **Nutrileaf, Nutrigen, Nutrigellas** from this month.

I found a review from a very close person of mine – who said, her father always feels weak in the morning and he is a diabetes patient. But when he started taking "**immuno**" every morning... he feels absolutely fresh in the morning.


Another friend of mine, who has mood swing issue and I suggested her the **Moringa capsule**. She tried it for 15 days and is still taking it. I asked her about feedback. She said, I feel relief in my brain. I guess this is because of taking the capsule.

But review of their **ready to cook frozen fish** is quite low. Some people are complaining about the prices, which are a little high. But I think if they are giving you all the processing and you just need to open and cook, then it's quite okay with the current price. ^[3]

11. Conclusion

Pustikor is a team of nutritionists who jointly created a company named Pustibid private limited. They have 7 products which are made by them and 5 to 10 products which are collected from different countries. The team got approval for all their products in 2020. They are still working on all their products to maintain quality. We all know that, for a healthy better life, we need to intake iron, calcium, vitamins and all in our everyday routine. If unhealthy food consumption can destroy the properties of your body, then healthy supplements can recover your properties too. But we all should be more careful about what we eat, what we are promoting, what we are selling. After all of this, we can develop a nation where disease will never be caused by taking foods^[3]

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