



Daffodil
International
University

Internship Report On

**Processing and Packaging of the Immuno Tea with Health Benefits
of other Products at the Pustibid Private Limited**

Submitted To

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Date of Submission: 08-04-2021

LETTER OF TRANSMITTAL

8th April 2021

Dr. Sheikh Mahatabuddin

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Daffodil International University, Dhaka.

Subject: Submission of internship report.

Dear Sir,

It is a great pleasure and honor for me to have the opportunity to submit my internship report on Pustibid Private Limited.

I have prepared this report based on the acquired experience and knowledge during my intern Period. This report is based on Pustibid Private Limited internship. I have got the opportunity to work at your University under the supervision of Ms. Fouzia Akter, (Assistant professor).

I, therefore, request and expect that you will appreciate me with any sort of recommendation and valued suggestion and will cordially receive this report for your kind assessment.

Sincerely Yours,



Inum Maria

171-34-603

APPROVAL CERTIFICATION

This is to certify that the dissertation entitled “**Pustibid Private Limited**” submitted by Inum Maria, a regular student of B.Sc. in Nutrition and Food Engineering, Faculty of Allied Health Science, Daffodil International University, student ID: 171-34-603 successfully carried out her internship program two months under Pustibid Private Limited, Muhammadpur- Dhaka.

Then she completed her report writing on the basis of her internship experience in December 2020 under my direction. We are aware that **Inum Maria** completed her report under the observation of her supervisor. In addition, we ensure that her report is worthy of fulfilling the partial requirements of the NFE program.



28/06/2021

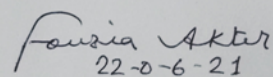
Dr. Sheikh Mahatabuddin

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22-06-21

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LETTER OF AUTHORIZATION

8th April 2021

Dr. Sheikh Mahatabuddin
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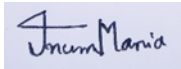
Subject: Announcement regarding the validity of the Internship Report.

Dear sir

This is my truthful declaration that the “Internship Report” that I have prepared is not a copy of any internship report previously makes by any other student.

I also express my forthright confirmation in support of the fact that the said Internship report has neither been used before to fulfill my other courses related nor it will be submitted to any other person in the future.

Faithfully Yours,



Inum Maria
ID No. 171-34-603

Approval Certification

This is certifying that internship report on “processing and packaging of the Immuno Tea with health benefits of other products at the Pustibid Private Limited” submitted by **Inum Maria** (ID: 171-34-603), a regular student of B.Sc. in Nutrition and Food Engineering, Faculty of Allied Health Science, Daffodil International University, has successfully carried out her report work program within two months under my direct supervision and guidance.

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



.....

Muhammad Abu Bakr Siddique

Chief Advisor, Pustibid Private Limited.

Acknowledgments

All praises and gratitude to the almighty of Allah for the good health and wellbeing that were needed to complete this internship work. I would like to thank honorable teacher **Dr. Sheikh Mahatabuddin**, Associate Professor and Head of the Department of Nutrition and Food Engineering, also would like to thank honorable teacher **Ms. Fouzia Akter**, Supervisor, Assistant professor, Department of Nutrition and Food Engineering, for her excellent guidance and patience and for being supportive throughout the period of this internship work. Also, I would like to thank our internship supervisor **Muhammad Abu Bakr Siddique** (Chief Advisor, Pustibid Private Limited) and **Prof. Obaidul Haque** (Mawlana Bhasani University of Science and Technology, Chairman of the Department of Nutrition Science and Food Technology) Without their instruction, this internship could not be possible to conduct. Their encouragement has been a driving force during the study period and their immense knowledge has massively contributed to the successes of this internship. I took this opportunity to express gratitude and veneration to all who helped me to do this report. In the event of report submission, the author sincerely remembers all of them.

I am very thankful to all my teachers of the Department of Nutrition and Food Engineering, Daffodil International University for their help encouragement during the study.

I am extremely grateful to my family members, my friends, for their enthusiastic support.

____ Inum Maria

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Executive Summary

This internship report has the study of the Processing and Packaging of the Immuno Tea with Health Benefits of other Products at the Pustikor (Pustibid Private Limited). Pustikor started its journey in 2020. 'Pushtikor', an online shop of nutritious and diet products which helps people to make healthy choices for an improved lifestyle. It's production house locates at 9/A Iqbal Road, Mohammadpur, Dhaka, Bangladesh. The proprietor of this company is an expert nutritionist and dietitian who provides excellent medical nutrition treatment and goods to satisfy patients' particular goals as they relate to various periods of life and medical problems. 'Pushtikor' aims to develop the awareness of nutrition, health, and wellness of the country by providing simple, realistic, and science-based products and solutions. At the same time, it will work to establish a nutrition and wellness product and service business in the country and will create a new field for the Nutritionist & Dietitian service of Bangladesh. Their products are IMMUNO: Immune boosting fusion tea, Nutrigella' capsule, Nutrigreen, Moringa Leaf powder, Nutrileaf, Vitamin C Powder, Ready to Cook Frozen Fish, Mustard oil. About their packaging, they started the introduction of paper tube base eco packaging in Bangladesh for nutritious products. Which is beautiful to look at on the one hand and environmentally friendly on the other.



Pustikor (Pustibid Private Limited)

1.1 Introduction

Pustibid Private Limited is a food and Beverage Company. It is to register in joint-stock. Pustikor started its journey in 2020. In 2020 the Pustikor brand was registered as a trademark by the Ministry of Industry.

Also, they have two-sector, 1. Integrated Nutrition and Health Research Center and 2. “Pora mati”

Integrated Nutrition and Health Research Center: this is the first time in Bangladesh initiative of PPL to ensure nutrition and health services through joint coordination of the doctor, nutritionists, physiotherapists, and food consultants.

“Pora-mati”: Today's people are fancy and health-conscious. They made crock. The “poramati” started its journey in 2020 keeping in mind the health security and heritage.

The goal of “poramati” is to make us aware of the safe use of earthenware products instead of plastics and melamine.

Geographical Coverage

Basically most of the time they provide their service on an online basis. The headquarters of Pustibid private limited is 9/A Iqbal Road, Mohammadpur, Dhaka, Bangladesh.

Directors

There are four directors in this company they are: 1. Fatema Zaman, 2. Benajir Shams, 3. Farzana Zia, 4. Jinnat Ara.

Health benefits of PPL products

Pustibid private limited provided nutritious and healthy food products. This can help you maintain a healthy weight while also lowering your risk of type 2 diabetes, high blood pressure, high cholesterol, heart disease, and some malignancies.

Sells

The company sells products worth one to one and a half lakh taka a month. They provide high-quality products. And they also provide health tips and awareness.

Mission

The mission of Pustibid Private limited is they want to get a disease-free life by using natural products.

Aims

Pushtikor' aims to develop the awareness of nutrition, health, and wellness of the country by providing simple, realistic, and science-based products and solutions. At the same time, it will work to establish a nutrition and wellness product and service business in the country and will create a new field for the Nutritionist & Dietitian service of Bangladesh.

As a result of the pollution around us, various harmful substances are accumulating in our bodies every day. Spirulina is a phytonutrient that helps detoxify these toxic substances accumulated in our bodies. Pustibid Pvt. Ltd., with the technical assistance of BCSIR, has developed an effective formulation called NutriGreen with a combination of spirulina, ginger, black cumin, garlic, etc.

2.1 Job Description

There are six of us from daffodil university and we have completed our internship with Pustibid private Ltd. within two months of the time period. We worked as an intern for two months in Pustibid private Ltd. headquarters is 9/A Iqbal Road, Mohammadpur, Dhaka, Bangladesh. Our main work was with the IMMUNO: Immune boosting fusion tea processing and packaging with health benefits of other products at the Pustibid Private Limited. We packed 30 tea bags in an air tide paper container and also learnt about the health benefits of those products. We also participated with many teachers in their meetings and got an opportunity to learn from their experience. I think these experiences will help me in the next steps of my career.

3.1 Products of Pustikor

Pustibid private limited has 8 products. Those are:

1. IMMUNO: Immune boosting fusion tea,
2. Nutrigella' capsule,
3. Nutrigreen,
4. Moringa Leaf powder,
5. Nutrileaf,
6. Vitamin C Powder,
7. Ready to Cook Frozen Fish,
8. Mustard oil.

4.1 IMMUNO: Immune boosting fusion tea



IMMUNO: Immune boosting fusion tea

There are a total of 30 Tea-bags in each packet.

Making 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. Rich in anti-inflammatory and anti-viral properties, 'Immuno Tea' contains amalki, basil, greens, horseradish leaves, ginger, cloves, black cumin, cinnamon, licorice honey, chamomile. In addition to all these herbs, vitamin C has been added to it which helps in boosting our immunity.

Many of us don't start our day without tea. Tea is very beneficial for us. But when we mix milk with black tea, the tea does not benefit us but harms us. When milk is mixed with tea, the casein of the milk and the catechins of the tea react with each other and the quality of the tea is lost. And tea becomes more acidic. Which causes inflammation in the body. As a result, we have a lot of gas in our stomachs and bloating. In addition, drinking milk tea increases constipation and raises blood pressure. Drinking milk tea increases insomnia which increases stress and acne on the skin.

To solve this problem, we have come up with "Immuno Tea" which contains Amalki, Basil, Green Tea, Horse Leaves, Ginger, Clove, Black Cumin, Cinnamon, Licorice, Chamomile, Vitamin C which will boost your immune system and make your body feel fresh Bring, get rid of the problem of cold cough.

4.2 BCSIR test results of Immune boosting tea

Tests have shown:

Even after extracting tea 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.

Mawlana Bhasani University of Science and Technology, Chairman of the Department of Nutrition Science and Food Technology Prof. Obaidul Haque (Dhaka University INFS alumnus) and nutritionist AB Siddique (Dhaka University INFS alumnus) Synergistic effect through a combination of different herbs and nutrients Have a tea formulation to get.

4.3 Ingredients of immune boosting tea



Ingredients: Amalaki, Basil, green tea, Horseradish leaves, Ginger, Clove, Black Cumin, Cinnamon, Lemon, Licorice, Chamomile, and vitamin c powder.

Amalaki

Amalaki is widely used as a medicinal plant in Ayurveda and traditional medicine in geographic regions. It's called a chic source of nutrients, including water-soluble vitamins, amino acids, pectin, and antioxidant-rich polyphenols like tannins and acid. Amalaki also has healing properties like anti-inflammatory, anti-diabetic, antifungal, antiviral, and antibacterial. ^[1]

Basil

Basil is often used in small quantities, and the only significant nutrient it supplies is vitamin K. Basil contains plant chemicals that add to the scent, taste, and health benefits of the herb. ^[2]

Green tea

Green tea is one of the world's most health-promoting drinks. It's high in antioxidants, which can help with cognitive function, weight loss, cancer prevention, and cardiopathy prevention. There may be many more health advantages to be discovered. ^[3]

Horseradish leaves

Horseradish's high quantities of various nutrients and minerals are typically credited as the basis for its health benefits. It's high in dietary fiber, folate, vitamin C, calcium, potassium, magnesium, and manganese, among other nutrients. It also includes other beneficial organic compounds, oils, and enzymes, such as glucosinolates, which have been linked to cancer prevention. ^[4]

Ginger

Ginger may be found in a variety of forms, including fresh, dried, powdered, paste, and juice. It's a very frequent element in cooking. It's sometimes used in cosmetics and processed meals. Gingerol is also included, which has potent therapeutic qualities. Can helps with weight reduction, osteoarthritis, blood sugar control, heart disease risk factors, chronic dyspepsia, and menstrual pain relief. It also has the potential to decrease cholesterol levels, includes a chemical that may help prevent cancer, enhance brain function and protect against Alzheimer's disease, and aid in the battle against infections. ^[5]

Clove

Clove can aid with toothaches, indigestion, coughing, asthma, headaches, and stress. Its analgesic, antibacterial, antifungal, antiseptic, antiviral, aphrodisiac, and stimulant qualities are frequently cited as benefits. The most common and essential application of this oil is inattention. This oil is a key element in a variety of kinds of toothpaste, mouthwashes, and oral care treatments. ^[6]

Black Cumin

Nigella sativa is the botanical name for black cumin. Anti-hypertensive, carminative, and anti-parasitic properties of black cumin extract. It is frequently used to treat disorders of the respiratory system, circulatory system, stomach and intestines, kidneys, and even the liver. Parasitic illnesses, asthma, bronchitis, rheumatism, and cold symptoms can all be treated with the seeds. It also aids in the improvement of body tone, the stimulation of the menstrual cycle, the rise of milk production in nursing mothers, and the flow of breast milk. Black cumin comforts the nervous system, relieves colic discomfort, increases urine excretion, aids in the treatment of pertussis, and improves digestion. Black caraway boosts the body's vitality and aids in the recovery of weariness and depression. It is effective in the treatment of allergies, eczema, acne, psoriasis, and boils. ^[7]

Cinnamon

Cinnamon has been utilized in traditional medicine for hundreds of years. Cassia cinnamon is used to treat colds, flatulence, nausea, diarrhea, and uncomfortable menstrual periods in traditional Chinese medicine. It's also said to boost energy, vitality, and circulation, especially in persons who are nervous.

Cinnamon is used in Ayurvedic medicine to treat diabetes, indigestion, and colds, and it may also assist to balance a person's Kapha (physical and emotional energies). It's also a common component of chai and cinnamon teas, both of which are said to aid digestion. ^[8]

Lemon

Lemons are abundant in antioxidants, vitamin C, fiber, and other plant elements that are healthy.

These nutrients are linked to a variety of health advantages. Lemons, too, can help with heart health, weight loss, and digestion.

Immune boosting tea also contains Licorice, Chamomile, and vitamin c powder. So it's visible that in immune-boosting tea containing very much vitamin c. Most of the ingredient's main composition is vitamin c and in this tea, also added extra vitamin c powder. ^[9]

Vitamin C

Vitamin C is essential for the immune system's health and effectiveness. To live and endure the onslaught of viruses and free radicals, white blood cells rely on antioxidants. Vitamin C also functions as an anti-histamine, reducing the inflammation associated with colds, fevers, flu, and allergies. Vitamin C is also necessary for the creation of collagen, the main component of ligaments, bones, discs, tendons, and skin. Burns, cuts, wounds, sprains/strains, and fractured bones have all been found to benefit from a high-dose water-soluble vitamin. Also, it is important for the maintenance of the eyes. ^[10]

5.1 Nutrigella' capsule



Pustikor has brought for the customer the black cumin in the form of capsules called 'Nutrigella', which can easily put on the daily food list without any hassle.

5.2 Benefits of Nutrigella

“'Nutrigella' will helps to reduce excess weight

According to a study published in The Journal of Diabetes and Metabolic Disorders, Black cumin, botanically called Nigella sativa is one of the most effective remedies for diabetes in the world.

Another systematic review and meta-analysis published in 2016 found that taking black cumin 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 (waist circumference).

Helps to Breastfeed

A common problem among many mothers who are breastfeeding is low milk production. Which we commonly refer 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. Nigella sativa 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 increases and it is possible to ensure the smooth growth of the child. 'Nutrigella' is made in the form of capsules. This capsule is made by mixing Black cumin powder and some other food ingredients and all mothers can take it as needed at any time, without any hassle. ^[11]

6.1 Nutrigreen



That being said, the most nutritious food in the world alone is Spirulina. 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. It contains Vitamin D, B, K, Protein, and Marine Mineral Salts in a natural way, you can rely on Spirulina Capsules Nutrigreen.

Each capsule contains 250 mg spirulina, capsules can be taken from 2 to 12 hours a day if desired.

'Nutrigreen' will help to get rid of the sinus. Spirulina is the main ingredient in Nutrigreen. The type of inflammation that causes sinus problems known as allergic rhinitis, 'Spirulina' works against it and helps reduce inflammation.

'Nutrigreen' will help in relieving itchy nose, nasal congestion, runny nose, sneezing.



6.2 'Spirulina' will help control hypertension

'Hypertension is a health condition that increases the risk of many more diseases including heart attack, stroke, chronic kidney disease.

Due to the antihypertensive effect of phycocyanin present in spirulina, it helps in reducing hypertension. It also helps the blood vessels to relax by increasing nitric oxide production in the body. As a result, blood pressure remains normal.

If you have problems with hypertension, you need to take 2 grams of spirulina daily. If you take less than this, there is not much difference.' [12]

'Spirulina' in Immune Support

Various studies have shown that Spirulina increases the body's immune cells, antibodies, infection-fighting protein.

As a result, it helps to get rid of chronic illness and other infections like cancer. This anti-cancer effect is mainly due to the 'Chlorophyll' present in it.

'Spirulina' will reduce the risk of stroke

The results of various studies have shown that taking spirulina as a regular supplement has increased the size of the aorta surface. That is, it is able to prevent atherosclerosis and stroke by keeping blood circulation normal. In PPL they have spirulina powder in capsule form called

'Nutrigrreen'. Being in capsule form, that can take in daily food list without any hassle and take it at any time as required.

7.1 Moringa Leaf Powder



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, moringa 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 its nutritional properties are lost. So, for your convenience, they have come up with the powder of dried moringa in a different way so that all the nutritional properties are intact.

If someone has Often depressed or Is there a lot of mood swings or Feeling depressed Moringa powder will help them to get out of these. Being a good source of the amino acid tryptophan, it helps in neurotransmitter function. Moringa also helps in the production of a hormone called serotonin which is also called 'feel good' hormone. Brings a fresh feeling.

Fresh and specially dried good quality moringa leaf powder is available in PPL.

7.2 Moringa leaves can prevent rapid aging of the skin

Moringa leaves contain a cytokinin or vegetable hormone called Zeatin which helps to retain 'youth' for a long time. This Zeatin is also called 'fountain of youth'. It is also possible to control and get rid of many other diseases like hypertension, diabetes, anemia, control of blood glucose level, malnutrition treatment of pregnant mothers, prevention of cancer by taking moringa leaves regularly.

8.1 Nutrileaf



8.2 'Nutrileaf' will help to lose weight

As the amount of fiber in moringa leaves is high, it keeps the stomach full for a long time. That is, it takes more time to get hungry.

Sajan leaves also contain a type of antioxidant called 'chlorogenic acid' which acts as a natural fat burner.

8.3 Controls blood sugar

Another quality of it is that it controls the blood sugar level which is related to 'metabolism'. So taking 'nutrileaf' with proper diet and lifestyle will help you to lose excess weight.

NutriLeaf

Moringa + Capsules



9.1 Vitamin C Powder



‘Vitamin C powder, this product made by collaboration with PPL and Synergy Nutrition. Is it possible to get the required amount of vitamin C from food? Yes, it is possible. Now if you need 10 grams of vitamin C a day and you want to get it from food, then you need to eat about two and a half kg of amalaki juice every day. Not to mention oranges, lemons or malt, they have a much lower amount of vitamin C. If anyone can eat at least two and a half kg of amalaki juice a day like this, we welcome him. But for most people this is not possible. Therefore, the simplest solution is ascorbic acid. If to take equal to the spoon given with our pack, then will get 1.5 grams of vitamin C in 1 teaspoon of powder. Many people are unnecessarily scared of nutrition supplements. The salt you eat at home with rice is technically a supplement. But salt is not without side effects like vitamin C powder. Playing more increases, the pressure. Eating more vitamin C powder maintains the balance of blood pressure.’^[11]

9.2 Relationship between white blood cells and vitamin c

White Blood cell called the guardian of our body If they do not work properly, who will protect us from the plague?

These guards can become paralyzed in many parts if adequate amounts of vitamin C are not taken. As a result, we may soon develop a cold cough or seasonal flu. So the need to eat at least 3 grams of vitamin C every day to protect from the common cold.

9.3 Vitamin C will control hypertension or blood pressure

we already know a lot about the effectiveness of vitamin C. Even, vitamin C also helps to control high blood pressure.

Basically Vitamin C acts as a diuretic in our body. This means that vitamin C helps our kidneys absorb the excess sodium in our body. Which relaxes our arteries or blood vessels and helps control our blood pressure.

9.4 Benefits of vitamin C powder



Prevents cancer

The antioxidants in vitamin C protect the body's cells and DNA from damage.

Moreover, this vitamin enhances the body's ability to fight cancer by maintaining a good immune system and helps prevent cancer.

This vitamin reduces the risk of almost all types of cancer.

Vitamin C, according to experts, does not directly affect cancer cells. Rather, it aids in the battle against cancer by boosting the body's immune system.

Keeps bones well

Vitamin C helps reduce the risk of bone loss or brittleness. Moreover, women who take more vitamin C in the post-menopausal period have stronger bones than others.

Keeps the eyes well

The antioxidants in vitamin C help keep the eyes healthy by keeping the blood circulation normal.

Reduces weight gain

It is possible to reduce 25 to 30 percent fat from the body by taking an adequate amount of vitamin C. In this case, vitamin C coordinates the amino acid L-carnitine and helps digest fat and convert it into energy.

10.1 Ready to Cook Fish



Pustibid private Limited's another product is ready to cook frozen fish. They collected fish from the river.

Benefits of ready to cook frozen food

1. Don't need to go the market for checking and buying fish.
2. Do not need the hassles to cut fish.
3. Do not need the hassles to wash fish.
4. It takes less time to cook.

The available fish have PPL the following fish:

1. Shrimp and kachu loot
2. Hilsa fish belly and pile (mustard hilsa)
3. Shrimp (medium size)
4. Dopeyaja of shoal fish
5. Hilsa fish head (mustard hilsa)
6. Pabda fish
7. Gulsha / Tangra fish
8. Small fish

11.1 Mustard Oil



This is the upcoming product of PPL

11.2 History of Mustard Oil

‘Many of us think that regular consumption of mustard oil can cause damage to the body, especially the heart. Why do we think so? One of the reasons behind this is a fatty acid present in mustard, which is called erucic acid.

There were several studies on rats with mustard oil from 1940 to 1950, and it was found that eating mustard oil caused cholesterol to accumulate in the adrenal glands of rats, as well as to accumulate fat in the heart and to injure its muscles. Erosic acid in mustard oil was then blamed for this. This led to a worldwide campaign to make mustard oil unsafe for humans.

Other oils, such as soybean, olive, almond, and sunflower oil, were later tested on rats, and the same results were obtained. Scientists have finally come to the conclusion that rats may not be able to metabolize excess fat and that any excess fat is harmful to them. It is not correct to blame erosic acid in mustard for this.

Researchers then came to the conclusion in 1979 that science would never agree that mustard oil was harmful to humans based on research findings on rats. But what will happen if you say that, by then people all over the world have known that mustard oil is bad. And we also kept pace

with him and said goodbye to the oil in our house and brought home the foreign guest soybean oil.’ [11]

11.3 Oil processing in traditional way

The difference between Healer and Manufacturer is that a business thinks about the health and wellness of the people. The other is just business. In PPLs opinion, the type of edible oil used in our daily diet is largely responsible for various diseases of the present time. That’s why we’ve been working for quite some time on how to produce a healthy edible oil. We have already built a wooden grinder with which delicate oil can be produced at very low heat. In this process maximum 20% oil is obtained from mustard. The rest is about 10-15% more oil. This time we are building another machine to extract this oil so that the iron does not come in direct contact while breaking the oil.

11.4 Benefits of mustard oil

Natural sunscreen

Mustard oil is extremely thick and contains high levels of fat-soluble vitamins. Mustard oil can be protecting our skin from ultraviolet rays and other contaminants. So it can even prevent carcinoma. Also helps in removing wrinkles and age marks. So you'll be able to use this mustard oil like sunscreen lotion. However, since this oil is thick, it should be rubbed well after applying on the skin, so excess oil doesn't stick. Otherwise, excess dust can accumulate and make the skin worse than good.

Helps in hair growth

Mustard oil is beneficial to hair growth. Prevents hair from graying prematurely and prevents hair loss. Vitamins and minerals abound in mustard oil. It has a really greater ratio of beta carotene. To aid hair development, beta carotene is transformed into an antiophthalmic factor. Iron, calcium, fatty acids, and magnesium are also present, all of which aid hair development.

Acts as a stimulant

Mustard oil stimulates digestion, blood circulation, and, as a result, the excretory system. In addition to eating, rubbing the body externally boosts the body's blood circulation and sweat glands, lowering vital signs.

Reduces the chance of cancer

Mustard oil carries glucosinolate, a chemical that has been identified as an anticarcinogenic component. As a result, it benefits in the prevention of cancer tumor growth. It also protects against colorectal and gastrointestinal malignancies because of its phytonutrients.

To prevent hair aging

Mustard oil contains nutrients, vitamins, and minerals to forestall premature hair loss. Massage this oil into the hair and scalp nightly before visiting bed at nighttime which is able to prevent your hair from maturing.^[13]

Mustard oil removes tan and blemishes on the skin and can brighten the skin naturally. For this needs to apply the mixture on your skin by combining besan, curd, mustard oil, and a few drops of lemon juice. Rinse with cold water after 10-15 minutes. It is recommended that you use it three times each week to have the best benefits.

12.1 Packaging

This is a very important issue for packaging products. Which many do not notice. As a result, even many good products cannot attract the attention of the buyer. They started the introduction of paper tube base eco packaging in Bangladesh for nutritious products. Which is beautiful to look at on the one hand and environmentally friendly on the other.



Paper packaging is commonly utilized by manufacturers because it provides customers with convenient storage and practical packaging that is attractive and simple to grasp. Furthermore, because it is made from recycled materials and comes in a variety of forms and sizes, this type of packaging is extremely environmentally friendly.

12.2 Benefits of paper packaging

Paper-based packaging, often known as paper containers, is more extensively used and accepted than plastic containers for a variety of reasons. It's because of the benefits it provides to both the end-user and the environment.

Eco Friendly

Natural resources such as paper and paperboard are used to make paper containers with specific environmental sustainability characteristics. Its manufacturing needs are met by wood, derived from sustainably managed forests, and easily recyclable and biodegradable

Multi-purpose uses

Paper packaging is repurposed for a variety of applications, including paper, fiberboard, and paper bags. Plastic bags, on the other hand, can only be recycled into new plastic bags. Furthermore, enhanced paper bags prevent dry items from spoilage, preserving both the food and the shelf.

High Durability

Paper packaging is both eco-friendly and long-lasting. Cardboard boxes, in particular, can withstand enormous weights while remaining upright. In addition, progressive paper packing will keep the contents fresh. Paper can keep odors consistent while keeping pests out, making it an excellent option for sealing flour and spices. ^[14]

13.1 Conclusion

Pustibid Private Limited is a new food and beverage company. They are different from other commercial companies. They always try to work with nature-friendly and organic products. They want to make a disease-free life for people. Their vision is to make a better and healthy life by boosting our immune system with many kinds of organic herbs. Such as immune-tea which contains Amalaki, Basil, Green Tea, Horse Leaves, Ginger, Clove, Black Cumin, Cinnamon, Licorice, Chamomile, Vitamin C which will boost your immune system and make your body feel fresh. Bring, get rid of the problem of cold cough. Making this tea uses all the herbs that have anti-inflammatory and anti-viral properties. Additionally, to the present, another step has been taken to assist increase the immunity of the merchandise by adding vitamin C.

Food +plant - we need foods to live but sometimes for many reasons these foods became the reason for our sickness. Although natural foods can help us to be safe and protected from many diseases. For this, we need to know about healthy food and the right quantity of that food to consume. Pustibid private Ltd. helps us to know about a healthy way to consume food. The products Nutrileaf, Immuno, Nutrigella, Nutrigreen, vitamin C powder all are very beneficial for our body.

They are trying to bring back our traditional heritage. As a result, they have a sector name parmati and they work with mustard oil that processed in the traditional way.

Their packaging reflects how they always work in eco-friendly ways. They used paper packaging that eco-friendly and not harmful like plastic.

In this modern era, we are destroying the environments for many of our comforts but we often forget that nature is our one and only asset. To protect the environment and ensure our healthy life in a natural way is Pustibid private Ltd.'s main moto.

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