



AvitD

Providing 100% Daily Vitamin D for
your Family



Known Sources of

Vitamin **A**

Vitamin **B**

Vitamin **C**

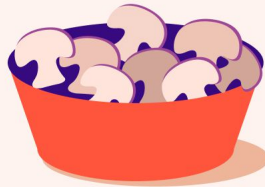


**But do you
know your
dietary
source of
Vitamin D?**

Natural sources of vitamin D

RDA = Recommended daily allowance

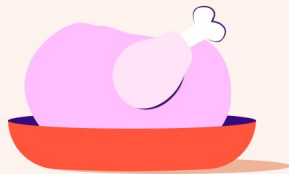
Most nutrient-rich food sources do not have enough vitamin D content to fulfil your RDA requirement. **The following shows the food quantity to be consumed to get 600 IU.**



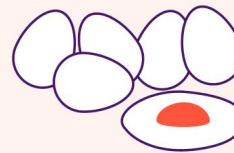
Mushroom
1 kg = 70 IU
8 kgs



Fish
1 pc = 200 IU
3 pcs



Chicken
1 kg = 20 IU
30 kgs



Eggs
1 pc = 41 IU
15 pcs

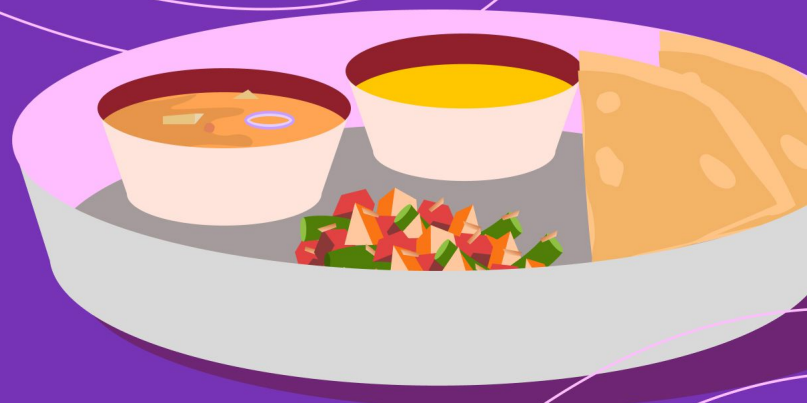
DID YOU KNOW?

A single teaspoon of AvitD in your meal gives you 600 IU.



Why use synthetic when you have a natural solution?

Choose to be natural with AvitD!





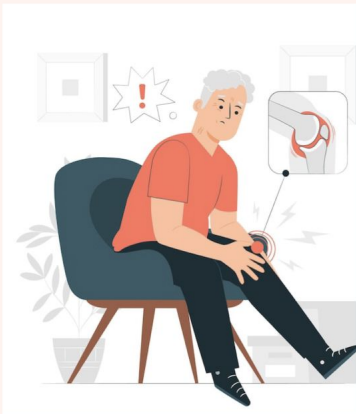
3 out of 4 people have vitamin D deficiency.

Despite abundant sunshine 80–90%* of Indians suffer from vitamin D deficiency. Here are some of the symptoms of vitamin D deficiency:

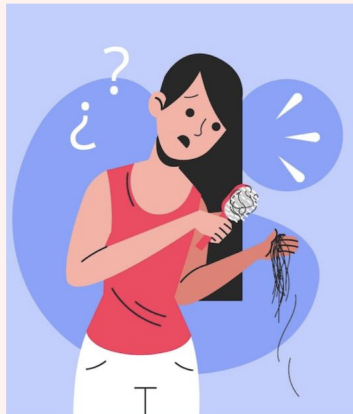
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6060930/>

What about you?

Symptoms of vitamin D deficiency



Joint pain



Hairfall



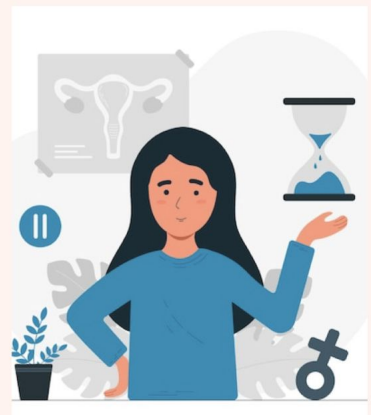
Back pain



Stress & hypertension



Fracture



Hormonal imbalance

Our Solution

2 grams of AvitD!

2 grams = 1 teaspoon



The vegan food ingredient to help you reach your Vitamin D goals!
AvitD is a dry, tasteless powder which ensures your dishes retain their delicious flavour while fortifying your everyday meals.

Our Process

01

Sourcing natural ingredients



Through sustainable sourcing, AvitD is made of edible mushroom cells and grains like wheat, maize, also millets.

02

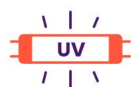
Natural fermentation



The ingredients are naturally fermented in a sterile environment. This guarantees a pure ingredient.

03

Vitamin D enhancement



To enhance natural Vitamin D, the fermented grains are exposed to UV light under meticulously standardized conditions.

04

Ensuring quality & precision



AvitD is tested using high end technologies to ensure quality and consistency.

What sets AvitD apart?

An ingredient that is first of its kind.

01

Chemical-free & Natural with no Extraction

Created in a way that is chemical-free and natural. The preparation of AvitD does not use any chemical extraction and is a holistic product .

02

Gluten-free and millet options available

With options like a corn based gluten-free variable and a millet based option. You will always be able to find the AvitD for you!

03

A solution for your family

Simply add a single spoonful of AvitD into any one of your meals to fulfil your daily Vitamin D needs. Only 2 gm/person/day

04

A safe dosage

AvitD contains only the required daily amount of 600 IU of Vitamin D. This is 100 times less than the amount of 60,000 IU of Vitamin D that could lead to toxicity.

05

An accessible source of vegan Vitamin D

No matter your background or diet, AvitD is accessible and caters to all palates. It is affordable and vegan.

06

No allergy-causing mushroom spores

Made from mushroom mycelium. There are no spores in the process and no allergens or sexual spores in the product.



Vegan
Friendly



Sugar
Free



Made
in India



Patent
Approved



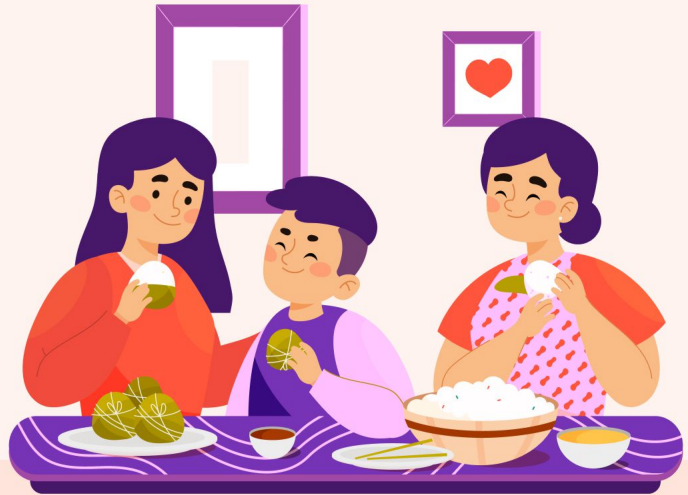
Zero
Trans Fat



No
Waste

How to use

The Vitamin D solution for your whole family.



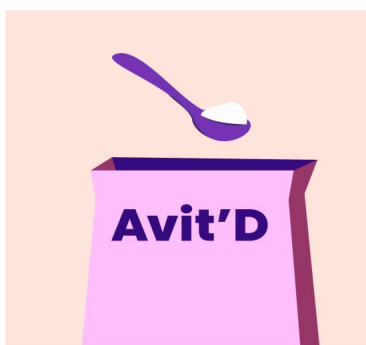
2 gms of AvitD per person daily to be consumed raw on salads, soups, smoothies or blended in flours, dough, batters or any other food form to get 600IU of vitamin D.

A family of four just needs 4 teaspoons of AvitD for a vitamin D fortified meal.

3 simple steps to a fortified meal

1

**Take 2 grams
of AvitD**



Take 1 teaspoon (2g) of AvitD powder.

2

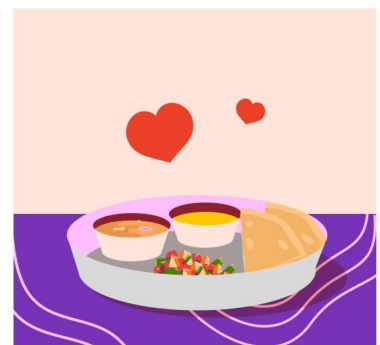
**Add to batter,
dough or drink**



AvitD can be added to your rotis, sabzi, dosa batters, cookies & more!

3

**Enjoy
your meal!**



Give yourself a Vitamin D boost with no impact on taste and odour.

Frequently Asked Questions

How does AvitD compare to traditional Vitamin D supplements?

AvitD is a whole product and not an extract. It is prepared using vegetative cells of mushroom and hence vegetarian and vegan friendly. The process don't use any chemicals. The product is tested extensively for safety and purity.

How do I check my current status of Vitamin D?

Diagnostic labs can test blood samples to check for Vitamin D concentration. Any level below 30 mol/L is considered to be deficient.

What does AvitD look like?

AvitD comes in a powder form which can be added to your meals without impacting its texture and consistency.

Who requires AvitD and how much do they need?

Everybody needs to consume vitamin D. According to the National Institutes of Health, the daily recommended Vitamin D limits are listed below by age group :

Birth - 12 months : 400 IU

1 year-70 years : 600 IU

71 years and older : 800 IU

Pregnant and breast-feeding women : 600 IU

Can I use AvitD while using other supplements or medications?

It is generally safe to take AvitD alongside most other supplements or medications. However, if you are still unsure about how AvitD may interact with your current supplementary intakes, it would be best to seek further guidance from a healthcare provider.

What sizes is AvitD available in?

AvitD is available in 250 gms, 500 gms & 1 kg.



Our mission

To offer a practical, innovative and cost-effective solution to overcome the Vitamin D deficiencies

We pride ourselves on developing an ingredient which is indigenous, affordable, and accessible to every individual and household. Low Vitamin D levels are a problem which affects Indians from all walks of life. **AvitD seeks to deliver the ultimate remedy to Vitamin D deficiency.**

**For any further assistance,
contact us at**

Address:
Idam Ventures Pvt. Ltd.

Email:
xyz@XYZ.com

Phone:
0000000000