



FOOD AND NUTRITION ARE FUNDAMENTAL TO ANY ARMY WORLDWIDE. Lighter, compact, more nutrient-dense, and ready-to-eat food items are a matter of considerable concern for the military personnel responsible for the food supply in the warzone. The importance of military nutrition has evolved over time. In modern warfare a combatant's body is exposed to enormous physical and neuropsychological stress which means that they cannot get all relevant nutritional elements from the traditional food ration, thus proper nutritional support is of utmost importance for the normal functioning and wellbeing of the soldier.



WHEN COMPARING THE MILITARY FOOD RATIONS OF THE SERVICEMEN OF THE ARMED FORCES FROM UKRAINE WITH OTHER COUNTRIES, we have noticed that for example in New Zealand, Estonia and France ration packs include an isotonic drink; in USA and Canada ration packs include protein shakes; in Italy, Spain, and the Netherlands ration packs include vitamins.



With the support of our partners
USAVEUKRAINE,
FITOBIOTECHNOLOGY has developed
the military food supplements ration
pack for the Armed Forces of Ukraine.
This pack includes a range of products
which help Ukrainian servicemen and
women to maintain good health and
enhance their endurance.

EACH PACK CONTAINS:

1. PROTEIN-CARBOHYDRATE DRINK;

2. VITAMINIZED ISOTONIC DRINK;

3. VITAMINS, MINERALS, AND AMINO ACIDS COMPLEX.



PROTEIN-CARBOHYDRATE DRINK

The drink is developed on the basis of whey protein concentrate, milk powder, digestible enzymes. The drink has high energy and biological activity, and provides a source of proteins and carbohydrates in the optimal ratio for the human body. This product helps to support normal functioning of the servicemen muscles during the intense physical activity and to increase body endurance at heavy exertion.



Nutritional value per one serving (35 g): proteins — 17.0 g, fats — 2.03 g, carbohydrates — 8.18 g.

Energy value (caloric) per one serving (35 g): 117.35 kcal / 491.13 kJ.

Suggested Use: mix one serving with 300-400 ml of water, milk, or juice. Drink once a day.

VITAMINIZED ISOTONIC DRINK

The main purpose of an isotonic drink is to maintain the normal levels hydration and water-salt balance in the body. It maintains fluid balance, provides energy to the body, increases endurance and prevents muscle cramps and spasms.

KEY INGREDIENTS OF THE DRINK

CARBOHYDRATES provide energy. **SODIUM** restores the lost salts, promotes better absorption of water and carbohydrates. **GROUP B VITAMINS** participate in the conversion of nutrients into energy and help the organism to fight off tiredness. **POTASSIUM** is essential for heart function. **MAGNESIUM** helps to reduce fatigue, prevents muscle cramps and spasms. **ANTIOXIDANTS** protect the body from free radicals formed as a result of cell activity.



Nutritional value per one serving (7 g): proteins — 0 g, fats — 0 g, carbohydrates — 3.6 g.

Energy value (caloric) per one serving (7 g): 13.68 kcal / 57.25 kJ.

Suggested Use: mix one serving with 200-300 ml of water. Mix thoroughly, and drink one serving once a day, or as needed.

VITAMINS, MINERALS, AND AMINO ACIDS COMPLEX

Suggested Use: take one serving once a day during or after the main meal.

COMPLEX CONTAINS FOUR CAPSULES.



1. IMMUNE COMPLEX

This complex is beneficial for overall strengthening of the body, increases the immunity and resistance of the body to infection during the cold season. It includes natural plant extracts that possess antiviral effect, and are efficient in treatment of symptoms of common cold.

Scullcap Herb Root (Scutellaria Galericulata) has anti-inflammatory, antispasmodic, antibacterial, general strengthening, and immunostimulant properties.

Amur Velvet (Phellodendron Amurense) is used as an astringent, antipyretic, wound-healing, antiviral agent.

Sophora Japonica fruit contain biologically active substances that possess anti-inflammatory, antimicrobial and trophic effect, tighten the walls of blood vessels and reduce their fragility.

Comfrey (Symphytum Officinale) has the following properties: anti-inflammatory, astringent, restorative, hemostatic, antimicrobial, expectorant, hypotensive, enveloping.

Meadowsweet Herb (Filipéndula) is used as an anti-inflammatory, immunostimulant, antioxidant, adaptogenic and antihypoxic agent.

2. MULTIVITAMIN COMPLEX

This complex contains vitamins that are essential for the normal functioning of the human body on the daily basis. It helps to meet the nutritional needs during high physical and neuropsychological stress; increases body resistance to infectious diseases, supports general wellbeing, especially in the autumn-winter season.

Vitamin A, C, E, D, and Citrus Bioflavonoids protect the body at the cellular level from the action of harmful substances and free radicals.

Group B Vitamins are important components of the enzymatic systems that ensure normal metabolism of proteins, fats and carbohydrates. They take part in biochemical and physiological processes, which are closely related. Deficit or an increased need for one of the B vitamins usually is accompanied by a lack of other vitamins of this group, therefore it is recommended to take them in combination.

Reishi is a natural antioxidant that is beneficial in regulating the work of cardiovascular, nervous and respiratory systems.

3. MINERALS COMPLEX

This complex includes all the trace elements which are essential for the normal functioning of the human body. The complex helps to avoid the minerals deficiency, to optimize metabolic processes as well as to strengthen the immunity.

Magnesium prevents convulsions, **Iron** is effective for the normal formation of red blood cells and hemoglobin, normalization of oxygen transport in the body, **Zinc** is beneficial for the body's resistance to infections and promotes faster recovery from colds, **Manganese** increases immunity, **Copper** and **Selenium** are antioxidants. **Chromium** regulates the level of glucose in the blood, **Iodine** prevents accumulation of radioactive iodine in the thyroid gland and supports the protection of the gland from the exposure to radiation.

4. AMINO ACIDS COMPLEX

The amino acids complex contains **L-leucine, Isoleucine, L-arginine, L-methionine, L-phenylalanine, L-carnitine, Tryptophan, L-valine, L-lysine**. The complex helps to maintain the healthy metabolism; accelerates recovery of the body after heavy the heavy physical activity or stress, improves general health and wellbeing.