

## **Growfence PL**

Protein is particularly useful because it helps to form new cells and build the body of the fetus. Protein helps to build up your baby's soft tissue, the placenta and mother's red blood cells. It also helps to form hair, nails, bones and organs. As per latest research, protein intake was directly related to birth weight. That means pregnant woman supplemented with enough amount of protein have had baby with healthy weight. Low birth weight can lead to a variety of problems, including increased infection risk, jaundice and respiratory distress syndrome etc. Growfence PL specially designed for pregnant and lactating woman. Growfence PL content Stevia which is natural sweetener and provides delicious taste to woman without harms of sugar and minimized the risk of pregnancy related weight gain. Sugar free testy content provides balanced calorie supplement of protein and helps to maintain healthy weight of woman and fetus. Bromelin helps in better digestion of protein and makes most available form of protein. In addition to this, multivitamins and minerals in Growfence PL will provide complete nourishment to women and facilitate milk formation in lactating women. 20 grams of Growfence PL provides 08 grams of protein, which is highest in compare to all available protein powders in market. Growfence PL is most recommended and trusted brand of protein for pregnant and lactating woman by doctors.

## **FOR THE DEVELOPMENT OF EMBRYOS**

It is important to get enough protein during pregnancy. The developing fetus needs a protein that will make up all the cells in its body. The baby growing in the womb is getting the necessary protein from the mother's diet, so if a pregnant woman lacks protein, her baby may suffer because the baby grows more rapidly in the second and third trimester.

Protein levels are more important than ever in fetal development in late pregnancy. During the final trimester, the mother's protein intake supports the brain's development of the fetus, so not getting enough protein during this period cagrn affect a child's mental functioning. Pregnant women should consume an average of 65-70 grams of protein a day.

## **Why Protein ?**

For complete growth of fetus, Protein is a very important ingredient in all forms of life. They are one of the four building blocks of life; the other three are carbohydrates (sugars), lipids (fats), and nucleic acids (DNA and RNA).

Proteins make up about 15% of body weight. They can be part of the structural elements in a cell on a small scale, or be part of the fibers that make up your muscles.

### **Functions:**

Strengthen, develop and repair the muscles, bones, hair, nails, etc. of the body. Contains the constituents of blood components. The blood cells contain a protein called hemoglobin, which gives the cells their color. The fluid part of the blood is called plasma. It contains a protein called fibrinogen, which is involved in the blood clotting process. Blood clots are very important when there is an injury to the body.

Proteins contribute to the formation of elements such as immunoglobulin and interferon, which protects the body's immune system. Proteins are important in our immune system, which fight infection. For example, blood contains antibodies, a white blood-forming protein called a B lymphocyte or a B cell. Antibodies fight against invaders like bacteria and viruses.

Protein is essential in most biochemical processes occurring in the body. The body's metabolism is regulated by hormones. Many true hormones are proteins, such as insulin. Insulin is extremely important in maintaining blood glucose levels.

Protein is also an important component in fetal structure and in breast milk production.

### **What amount should I take?**

The amount of protein in the Indian diet is very low. The DRI (Dietary Reference Intake) value of protein is 0.8 g per kilogram of body weight.

That means each person should consume 0.8 grams of protein per kilogram of their body weight. For example, if you weigh 60 kilograms you should consume  $60 * 0.8 = 48$  grams of protein daily.

Due to the modern and busy lifestyle, people are choosing fast food in food. This causes a protein and vitamin deficiency in both men and women. In everyday life, eliminating essential protein deficiencies is extremely important. This deficiency can be avoided by taking any good protein supplement with water or milk with low fat.

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# **The importance of protein in all stages of life**

## **ADOLESCENTS**

In this situation, a nutritious diet is necessary for the adolescent to look his or her best, whether in the classroom or the play area. A balanced diet with the amount of protein you need, will help your child maintain strength throughout the day. Protein is required for the development and repair of muscles and tissues and for the production of enzymes and hormones. This is especially important for adolescents as they experience rapid changes in development. Kids ages 14 to 18 need 0.85 grams of protein per kilogram of weight. In practical terms, this means that people between the ages of 14 and 18 and weighing 61 kilograms need 52 grams of protein per day.

*A Protein Supplement with Multi Vitamins & Minerals*

## **IN ADULTHOOD**

This is exactly what adults need for protein. Protein is essential in the formation of many hormones. Protein plays an important role in maintaining bone strength. Protein is also essential for the physical development of women and men in adulthood. The need for amino acids during pregnancy is high.

Fetal and uterine growth also places a demand for protein on pregnant women. Pregnant women have a special need for fetal and uterine growth. Thus, the maintenance of a successful pregnancy requires additional protein.

## **IN OLD AGE**

Nutrition plays an essential role in the health and function of older adults. Inadequate nutrition can contribute to the development of both sarcopenia (obesity) and obesity. As life expectancy increases, following the advice on optimal nutrition can lead to better health. Several studies have concluded that protein is the best for older adults. A higher amount of protein than the recommended dose can increase muscle health, and prevent sarcopenia in the elderly. In addition, the body needs vital energy, controlling weight, and improving the functioning of the heart and blood vessels.

Thus, protein is an essential ingredient in all stages of life. The benefits of protein are numerous but it is difficult to discuss in detail. Therefore, an attempt has been made to publish this information as it is understood by the general public.