

Conference Abstract

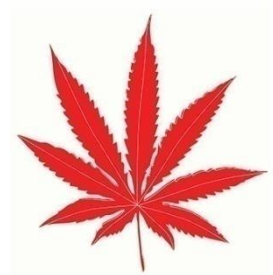
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9th Pak Pharma Healthcare Expo

1ST Pakistan Food –Nutrition International Summit 2019

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Conference Abstract

EXHILARATING FUNCTIONAL DRINK FOR PROPER ASSIMILATION

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Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Key word: Refreshing, carminative, Detoxifier, Gastrointestinal system.

ABSTRACT

This study was designed to prepare a functional drink with fennel seed (*Foeniculum vulgare*) is plenty of refreshing compounds like fennel seed, mint, lemon etc. by the process of infusion. It provides a complete freshness and hydration to the body. As it is rich in antioxidants and have property of relieving gas in alimentary canal while the drink contains high level of minerals like copper, iron, calcium, potassium, manganese, selenium, zinc, and magnesium. In the union of lemon and mint which serves as a natural detoxifier. They help to purify the body by rinsing off toxins and make the immune system strong with efficient digestion. Mint contributes in providing a sweet taste without the use of sugar. The infusion of these beneficial ingredients is very supportive for dehydrated body, aids healthy digestion, bloating, help the smooth muscles of the gastrointestinal system relax and reduce gas.

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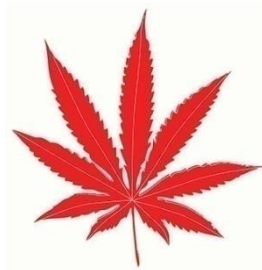
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Competing Interests:

The authors declare no competing interests.

Additional information is available at the end of the article.



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