

Nutraceutical products from Indian market - A survey

S.No.	Nutraceuticals	Claims/Benefits
1.	Aloe Vera & Rose petals extracts	Skin cleansing properties
2.	Amla Extract	Anti-aging, Skin, Hair Care
3.	Astaxanthin Oil/Powder	Anti-inflammatory
4.	Bacopa Extract	Memory Support
5.	Bromelain	Used for treatment of Arthritis (osteoarthritis) when used in combination with trypsin and rutin, prevents muscle soreness
6.	Chlorogenic acids from Green coffee bean	Lowers hypertension, Weight Management, Obesity control,
7.	Cinnamon Extract	Anti diabetic, Antioxidant
8.	Curcuminoids	Anti-inflammatory and antioxidant
9.	Docosahexanoic Acid (DHA)	Essential for the growth and functional development of the brain in infants
10.	Eicosapentaenoic (EPA)	Treating depression, healing wounds after surgery, Reducing the risk of heart attack, stroke
11.	Garlic Water Extract	prevention of cardiovascular attacks and broad spectrum Antimicorbial
12.	Glucosamine Salts	Promotion and maintenance of the structure and function of cartilage in the joints of the body
13.	Green Tea Extract	Antioxidant
14.	Hydroxy Citric Acid	Used in weight management
15.	Licorice Extract	Supports digestion
16.	Lutein	used as an ingredient of multivitamins, eye formulas, supplements, personal care products, foods and beverages
17.	Lycopene	Anti-oxidant
18.	Mangosteen Extract/Pulp	Anti-inflammatory
19.	Melatonin	Sleep enhancement
20.	Modified Citrus Pectin	Blood detoxification, cellular health, ridding body of heavy metals
21.	Moringa Extract	Supports Immunes System
22.	Resveratrol	Disease-combating benefits
23.	Rutin	A bioflavanoid with strong antioxidant properties
24.	Squalene	Curing people from a variety of ailments such as wounds, liver disorders and digestive problems

25.	Tannins from Amla	Anti-oxidant, anti-fungal, anti-bacterial
26.	Chia seeds	Omega-3 and protein rich
27.	Pomegranate oil	General health, skin care
28.	Bilberry	Eyesight, heart disease
29.	Tamarind extract	Antibacterial, digestive health
30.	Pumpkin seed oil	Omega-3, prostate health
31.	Cactus fruit extract	Diabetes, hangover, digestion
32.	Dragonfruit	Diabetes, general health
33.	Mulberry	Antioxidant, blood pressure
34.	Agave	Sugar substitute, prebiotic
35.	Sugarbeet fibre	Digestive aid, diabetes
36.	Sugarcane fibre	Digestive aid
37.	Long pepper extract	Nutrient absorption
38.	Grapefruit seed extract	Antibacterial, detoxification
39.	Red yeast rice (fermented)	Heart health
40.	Mangosteen	Anti-inflammatory, heart health
41.	Turmeric oil	Preservative due to antibacterial property of turmerones, anti-inflammatory, anti-arthritis, antioxidant and used in aromatherapy
42.	Tetrahydrocurcumin	Bioprotectant due to antioxidant, anti-inflammatory and chemopreventive actions
43.	Dietary fibre (soluble) from Fenugreek	Reduces the rate of glucose absorption and delay gastric emptying, prevents the rise in blood sugar levels
44.	Hydroxyl methoxy benzaldehyde from Swallow root	Food flavourant with antimicrobial and antioxidant activity
45.	Catechin rich conserve from Green tea	Superior antioxidant, anticarcinogen, anti-inflammatory and anti-radiation

46.	Chlorogenic acid rich conserve from Coffee	Antioxidant, chemical sensitizer against respiratory allergy, reduces weight with prevention of glucose release to blood stream, regulated blood pressure through improvement of blood vessel circulation and regulated blood sugar levels
47.	Carotenoid rich conserve (e.g. Lutein, zeaxanthin) from Marigold	Photo protectant for retina from the damaging effects of free radicals produced by blue light, lowers the risk of cataract development and decreases that risk for eye diseases such as age-related macular degeneration
48.	Carotenoid rich conserve (e.g., bixin, tocotrienols) from Annatto	Antioxidant
49.	Betalins rich conserve from Beetroot	Antioxidant
50.	Anthocyanin rich conserve from Blue grapes	Anti-inflammatory, antioxidant properties, counteract and oxidative damage in brain aging