## Nutracuetical Quercetin Bar (Q-DIP)

Inadequate oxygen availability at high altitude regions causes increased oxidative stress and inflammation leading to fluid accumulation in lungs and brain. This leads to decrease in the performance of soldiers at high altitude and if adequate precautions are not taken, this might leads to severe incidences like acute mountain sickness (AMS) or may leads to fatal conditions like high altitude pulmonary edema (HAPE) and high altitude cerebral edema (HACE) or may be either individually or in combinations. Always Prevention is better than cure. Therefore these conditions can be better prevented by prophylaxis with Quercetin- A potent antioxidant and anti-inflammatory molecule. Q-DIP is a plant based flavonol may facilitate to reduce or prevent the incidence of AMS and other high altitude problems.

## **Key features:**

- 1. Quercetin bar is a square shaped nutraceutical bar weighing 10 gm.
- 2. Easily consumed having highly relish and pleasant- tasting.
- 3. Devoid of any pesticides or microbial contamination (Certificate of Analysis (COA) obtained by NABL accredited lab- FICCI research and analysis center, Delhi-77).
- 4. Made up of natural ingredients.
- 5. Q-DIP consists of carbohydrates, fats, proteins and dietary fiber with quercetin as active principal molecule.
- 6. Quercetin is a potent antioxidant and anti-inflammatory phyto flavonol.
- 7. It is non-toxic and devoid of any side effects (Toxicity evaluation by NIPER, Punjab).
- 8. It is a product of DIPAS, developed by DFRL.
- 9. Q-DIP is a natural food based performance enhancer and immunity booster with benefits of natural antioxidant.

## **Potential Applications:**

- 1. Ready to eat Nutraceutical Bar
- 2. Reduces inflammation and oxidative stress
- 3. Boosts immunity
- 4. Assists prevent vascular leakage
- 5. Increases alveolar fluid clearance
- 6. Helps protect hypoxia induced lung, brain injury.
- 7. Safeguards from cardiac problems.
- 8. Provides protection against memory dysfunction.
- 9. Improves performance both at high altitude and sea level.



**QUERCETIN BAR (Q-DIP)** 

Q-DIP is very helpful prophylaxis for soldiers going to and also posted at high altitude as it works against high altitude illnesses (AMS, HAPE and HACE etc) and can also be used at sea level too.

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