

## Immunity Boosting Mixes for Fighting Pandemics: A Patent Based Review

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### Abstract

Health drink mixes are the granulated or powdered beverages which require little efforts to reconstitute before utilization. They have been used for a long time as flavour enhancers in beverages. From traditional drink mixes to the latest; their ingredients have been served clearly in this article. The changing ingredients focus on the fact that now they are not seen as only taste enhancers because researches have brought them to a new level. A literature study revealed that along with the use of nutritious ingredients, efforts have been made to reduce artificial sweeteners, preservatives, colours, and flavours in them. But many more improvements are yet to be done. The aim of this systematic review is a detailed study of the composition of health drink mixes and giving ideas about advancement in health drink mixes for health freaks that need to be sound through wholesome products especially from Immunity boosting.

A Beverage is any sort of fluid for human consumption that satisfies thirst. Beverages are generally separated into alcoholic and non-alcoholic beverages. Alcoholic beverages are beverages that contain ethyl alcohol for example beer, wine, cider, whiskey, etc. While beverages without ethyl alcohol are called non-alcoholic beverages for example water, milk, tea, coffee, juice, and soft drinks that can be carbonated or non-carbonated.

Milk is a nutrient-rich natural beverage. It is the primary nourishment for warm-blooded animals. It contains 87.7% water, 4.9% carbohydrates, 3.3% protein, 3.4% fat, 0.7% vitamins and minerals. All 20 essential minerals are present in it at some extent. It plays an important role in the human diet because of its extraordinary health benefits. Calcium, phosphorous, and Vitamin D present in it helps to build and maintain healthy bones. Protein helps to build or repair muscle tissue. Potassium maintains blood pressure. Vitamin B12 strengthens our immune system. From the growth years of kids to the old age of the elderly, milk has been considered as an easy means of nutrition. This is the reason it is also considered as "Complete food". But despite all these health benefits, Milk is not a favourite drink of growing children because many of them don't find it tasty or they don't like its smell. Its fat content may be a concern for some diet conscious adults. There is nothing more satisfying than turning milk into a nutrient-packed, healthy, yet still delicious beverage option. That way, drink mixes may have a significant task to carry out. There are some drink mixes already available in the market for example Horlicks, Bournvita, Boost,

Complan, Amul pro, and so on. These are malt-based beverage mixes. These drink mixes make milk more appealing. But now, just making milk more appealing will not work. Because, due to a hectic lifestyle these days, people are unable to find time to take essential nutrients. This leads to poor immune system and health. So, they are looking for the options that meet the need of the body while saving their time. This vigilance forces organizations to encourage these types of discoveries. Many efforts have been made to make drink mixes more health enhancer without affecting its taste. Some natural products such as dietary fibers, polyphenols, vitamins, minerals, fatty acids, protein, and peptides are incorporated as powder mixes into beverages to enhance their nutritional value nowadays. Some fruit-, vegetable-based, whey-based, cocoa-based, malt, or cereal-based drink mixes are also in the market. Fruits and vegetables are fundamental segments of the human diet. They are phenomenal wellspring of basic nutrients and minerals. They are high in fiber and antioxidants which protect us from many diseases. Phytochemicals present in fruits and vegetables are exceptionally beneficial for the heart, skin, lungs, and different body parts. Fruits or vegetable-based health drink mixes offer booze and nutrition at the same time. Avocado powdered drink mix containing maltodextrin and milk solids are likewise appealing option of customary wellbeing drinks. Flavonoids extracted from citrus peel is mixed with Fructo oligosaccharides is also an attractive option as a drink. Drink prepared using orange peel and green tea extract is also a new and interesting beverage with health benefits. Honey powder drink mix is a completely natural beverage with medicinal properties.

Besides fruits and vegetables, plants also give us beans and grains. Plant-based drink mixes are in high demand because they are nutrient-packed. Cocoa is a powder made by grinding dried cocoa beans. It is one of the favourite ingredients of drink mixes because of its aroma. It is rich in polyphenols, Flavonols, antioxidants, calcium, zinc, and iron. These bioactive components helped humans in dietary lacks as well as hack, cold, respiratory issues, and depression. But Cocoa is bitter, so sweeteners play a major role in cocoa-based beverages. Sugar also improves the solubility of cocoa powder in water or hot milk. Natural sugars are a more advantageous choice than conventionally prepared sugars because of obvious healthcare benefits. Carob is mildly sweet so it is a good cocoa substitute. Roasted carob based health drink mix is highly acceptable because of low sugar and fat content. Just like beans, grains and cereals also deliver a variety of medical advantages. Cereals such as wheat, maize, barley, millet, buckwheat, oats, red rice are rich in dietary fibre, phenolic content, vitamin B, iron, magnesium, and selenium. These drink mixes encourage digestion. Sorghum is a cereal grain also called Indian millet. Sorghum flour, skimmed milk, cocoa powder and xanthan gum powder drink mix is also a healthy option. These health drink mixes are a helpful bridge

to connect the nutrition gap. They are satisfying, refreshing, and invigorating. People are becoming aware of their health. So, the interest for health-conscious and eco-friendly drink option is arriving at a pinnacle. Research done in this direction is part of this article. This paper reviews the recent issued patents on health drink mixes and gives collective information of ingredients used in their production.