

Date and Lentil Powder: A Comprehensive Dietary Supplement

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Abstract

This natural and innovative supplement, meticulously crafted from a synergistic blend of finely ground date and lentil powder, stands as an exceptional source of sustained energy and a broad spectrum of essential nutrients. Designed for convenient oral consumption, this potent combination works effectively to bridge potential nutritional gaps within one's diet. It is readily available in a variety of user-friendly forms, including precisely dosed tablets, easy-to-swallow capsules, and palatable chewable gummies, offering flexibility for diverse preferences and needs. The lentil component of this supplement is a powerhouse of high-quality, plant-based protein. This makes it an invaluable asset for individuals aiming to support muscle growth and repair, particularly athletes or those engaged in regular physical activity. Furthermore, the significant protein content contributes substantially to increased satiety, helping individuals feel fuller for longer periods. The amino acid profile found in lentils complements various dietary patterns, ensuring a more complete nutritional intake. Dates, the other pivotal ingredient, offer a readily available and naturally derived source of quick energy. This energy primarily stems from their inherent natural sugar, which are easily assimilated by the body for immediate fuel. Dates are also rich in dietary fiber, a crucial element for maintaining healthy digestive function and promoting regular bowel movements. The fiber content further aids in blood sugar regulation, preventing sharp spikes and crashes. Moreover, dates are packed with an impressive array of essential minerals. They are particularly noteworthy for their high potassium content, which plays a vital role in maintaining proper fluid balance, nerve function, and muscle contractions. Magnesium, another abundant mineral in dates, is integral for countless biochemical reactions in the body, including energy production and muscle and nerve function. Lastly, dates provide a significant amount of iron, a key mineral for red blood cell formation and oxygen transport throughout the body, making this supplement particularly beneficial for those at risk of iron deficiency. The combined nutritional profile of dates contributes not only to immediate vitality but also to long-term well-being and cellular health.

Key Words: Dates, Lentil, Biochemical analyses, Sensorial analys, Dietary Supplement.