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## Life Force Nutraceutical Meal In One **e'Pap™**

### **High Energy Vitamin & Mineral Enriched Food Supplement**

#### **Background**

The search for an African solution to Africa's food and nutrition crisis promoted the development of a nutraceutical porridge called **e'Pap**. Key to this concept is the belief that balanced nutrition is the primary weapon in the war against malnutrition, poverty and the onset of opportunistic diseases in people living with a compromised immune system.

#### Problem Identification

- People living on or below the poverty line consuming a diet consisting mainly of refined maize meal do not obtain adequate amounts of fat, vitamins or minerals as these are removed during the refining process.
- Protein is required in order to balance the diet, however in the case of malnourished people, too high a protein content results in stomach problems.
- Food sourced ex-Africa does not always suit cultural requirements.

#### Product Development Strategy

- Affordable
- Culturally acceptable
- Highest possible nutritional density
- Priority given to vitamins and minerals that may enhance the immune system.
- Pre-cooked status to ensure ease of preparation in any conditions and to maintain the vitamin content.
- To offer a filling and tasty meal.
- Suitable for use by a broad age range.

#### Product Content

Based on the above criteria, the **e'Pap** porridge has been developed using pre-cooked maize into which Soya protein has been dry-blended as a protein source and a cocktail of vitamins and minerals and optional flavours.

#### Product Uses

To supplement, at an affordable price, the diet of those who are malnourished, do not have access to a balanced diet or whose immune systems are compromised.

#### Product Users

People in the following types of communities and organizations currently benefit from the use of the product: Shelters, Schools, Boarding Schools, Crèches, Day Care Mothers, Clinics, Hospitals, Defence Force, Correctional Services, Feeding Schemes, Canteens and primarily to assist with famine and disaster situations.

*The product is safe for use by infants from the age of six months upwards.*

### Product Usage

- It is recommended that the porridge be consumed at a rate of 100 grams per day or 8 tablespoons per day.
- The powder can also be taken in two meals of 50 grams each or 4 tablespoons per day.
- No cooking is required – the product is simply mixed with water to the desired consistency. It can also be mixed with milk or yoghurt.
- Children’s portions are half that of the adult portion.
- The porridge may be diluted to a shake format in cases where solid food cannot be consumed.
- The recommended intake of 100g per day ensures that the full RDA of vitamins and minerals is met.

### Packaging

**e’Pap** is available in dry powder format in pre-sealed and labeled 500g or 1kg packets. The pre-packed plastic packets are then packed into 20kg plastic bales to ensure better stock control. Also in 3kg boxes containing 60 x 50g sachets i.e. 12 strips of 5 sachets.

### Flavouring

The product is currently available in Vanilla, Strawberry and Banana.

VITAMINS	Unit	RDA for adults and children older than 10yrs	Quantity added to 100g of porridge	Quantity added to 50g of porridge	Quantity added to 25g of porridge	% of the RDA per 100g porridge based on RDA for adults and children older than 10yrs	RDA for children between 7-10yrs	% of the RDA per 100g porridge based on RDA for children between 7-10yrs
		1000	1000	500	250	100%	700	142%
Vitamin A	RE	1000	1000	500	250	100%	700	142%
Vitamin B1	Mg	1.4	1.4	0.7	0.35	100%	1.2	116%
Vitamin B2	Mg	1.6	0.8	0.4	0.2	50%	1.4	57%
Vitamin B3	Mg	18	2.7	1.35	0.675	15%	16	16%
Vitamin B5	Mg	6	0.9	0.45	0.225	15%	5	18%
Vitamin B6	Mg	2	2	1	0.5	100%	1.6	125%
Vitamin B12	Mcg	1	1	0.5	0.25	100%	3	33%
Vitamin C	Mg	60	60	30	15	100%	45	133%
Vitamin D	Mcg	5	1	0.5	0.25	20%	10	10%
Vitamin E	Mg	10	10	5	2.5	100%	7	142%
Folic Acid	Mcg	400	200	100	50	50%	300	66%
Biotin	Mcg	100	15	7.5	3.75	15%	120	12%
<b>MINERALS</b>								
Calcium	Mg	800	120	60	30	15%	800	15%
Chromium	Mcg	-	30	15	7.5	-	200	15%
Copper	Mg	-	0.3	0.15	0.075	-	2.5	12%
Iodine	Mcg	150	23	11.5	5.75	15%	120	19%
Iron*	Mg	14	14	7	3.5	100%	10	140%
Magnesium	Mg	300	45	22.5	11.25	15%	250	18%
Manganese	Mg	-	.045	0.225	0.1125	-	3	15%
Molybdenum	Mcg	-	30	15	7.5	-	300	10%
Selenium	Mcg	-	200	100	50	-	200	100%
Zinc	Mg	15	15	7.5	3.75	100%	10	150%

Added amino acid chelated minerals: Iron Ferrochel™ and Zinc Taste Free AAC

	Units	Per 100 grams
<b>Energy (Theoretical)</b>	KJ	1800
<b>Protein</b>	grms	11.56
<b>Moisture</b>	grms	7.00
<b>Carbohydrates</b>	grms	73.55
<b>Total Fat</b>	grms	5.27
<b>Total Dietary Fibre</b>	grms	19.2
<b>Potassium</b>	%	0.46
<b>Sodium</b>	%	0.50