POWER SUPPLY : FAQs

What age can people eat Nhlayisa Power Supply from?

People can eat Power Supply from one year old. The recommended quantities for ages are given in the table below.

Age	Quantity
1 to 3 years	20g of porridge
3 to 6 years	30g of porridge
6 to 9 years	50g of porridge
9 – 12 years	60g of porridge
12 years and up	80g of porridge

With regards to the Vitamin A content: Is this safe to eat during pregnancy and at what levels might this be toxic to pregnant women (or more specifically to the fetus) and or children?

Yes Power Supply is safe to eat during pregnancy. Vitamin A becomes toxic only at more than 5X the RDA. Power Supply only contains 1X the RDA for vitamin A.

Why are the nutrient loads so far in excess of the Recommended Daily Allowances (RDAs)?

The Recommneded Daily Allowance or RDA is deemed to be the amount of specific nutrients required for health. People have been led to believe that as long as they eat the RDAs for the major nutrients then their nutritional needs will be satisfied. Against this, increasing numbers of scientists and nutritionists claim that the RDAs are set far too low, and that generally much higher doses of vitamins and minerals are required to maintain optimum well-being. So, does eating nutrients in excess of the RDAs really offer tangible health benefits, or do our bodies simply expel them?

The RDAs represent the level of nutrients needed to prevent what is known as deficiency diseases. For instance, scurvy can be prevented with just 60 mg of vitamin C each day,

while a daily dose of just 1 mg of vitamin B1 can prevent the condition beri-beri. However, while an RDA represents the **absolute** minimum amount of a nutrient needed to prevent an obvious deficiency, **it does not necessarily reflect the dose required to prevent important conditions such as heart disease and cancer**. There is a world of difference between the level of a nutrient needed for basic health, and the dose required to ensure optimum health. For instance shows that taking 100 international units (IU) of vitamin E per day seems to reduce the risk of heart attack by a third. 400-800 IU of vitamin E per day offered substantial benefits for individuals with heart disease. In the light of these findings, it does seems that taking vitamin E at the RDA level of just 14 IU is unlikely to be effective in preventing and treating Britain's number one killer.

Another example of a nutrient for which there exists an obvious disparity between its RDA and optimal intake is vitamin C. High intakes of this vitamin have been correlated with a **reduced risk of heart disease and cancer**, and there is good evidence that supplementing with vitamin C can increase longevity too. More and more evidence suggests that for optimum health, each of us should be consuming **at least 200 mg of vitamin C each day**. What is more, during infections such as colds and flu, doses around a **hundred times the RDA** of 60 mg may be required to speed recovery and restore health.

While the RDAs for certain nutrients do indeed appear to be set too low, for many nutrients, no RDA exists at all. It is known that we require about 50 different nutrients to sustain life. Looking more closely at the nutrients with no official RDA level, it does seem as though there has been some glaring omissions. A good example is the antioxidant mineral selenium. **A study published in the New England Journal of Medicine in 1996 showed that supplementing with selenium at a dose of 200 mcg per day effectively halved an individual's risk of dying from cancer**. And yet, to this day, no RDA for selenium exists.

One of the things which causes resistance to taking nutrients in doses which exceed the RDAs is a feeling that doing so may lead to problems with overdose and toxicity. For the most part, this is simply not the case. The RDAs are not intended to reflect the safe levels of nutrients at all. There is now a wealth of scientific literature designed to determine the levels of nutrients safe for human consumption. Generally, what we find is that the safe daily intake for a nutrient is many times the RDA. For instance, while the RDA for vitamin B6 is just 2 mg, there is good evidence that suggests its upper safe limit is at least 200 mg. Disappointingly, and despite good evidence science to the contrary, the European Union body responsible for determining safe levels of nutrients (the Scientific Committee on Food) has recently recommended that vitamin B6 be subject to an upper safe limit of 25 mg per day.

There seems little doubt that the RDAs are outdated, inappropriate, and well overdue for review. More emphasis should be placed on the real doses of nutrients required for optimum health. There is now a wealth of scientific and anecdotal evidence which supports the idea that taking nutrients in excess of the RDA can be a safe and effective way to enhance health and prevent illness.

Modified from: Recommended Dietary Allowances – Are they useful? By Doctor John Briffa, 19/10/2000.

Why the need for high nutrient porridge?

Poor people in cities and rural areas are not eating what they need.

People are not receiving the nutrients that they need to perform at optimal levels. Children are going to school often having eaten a breakfast of white bread, sugary tea, and no fruit and very little water. This means that they cannot concentrate at school because they have no energy.

Adults are struggling to do physically demanding jobs while dealing with the stresses and strains of life in South Africa. People need to eat correctly for their bodies to cope with the stress of raising families and working hard. South Africans generally eat a diet of refined carbohydrates and fatty meat with little in the way of fruit and vegetables.

The Solution

In this day and age, it is hard to prepare the correct foods for our nutrition. It is expensive (and often impossible) to buy nutrient dense fresh fruits and vegetables, prepare them correctly and then eat the correct number of portions of these foods. This is even more the case in areas where good green grocers are hard to find and adults are working long hours and are unable to spend the time selecting good foods in the shops and then preparing them. What better solution than a great tasting instant food to be eaten any time of the day that will provide the bodies of children and adults with all the nutrients they need for optimal survival? This is what Nhlayisa Power Supply is – a quick, easy, tasty, affordable way to fill the bodies of children and adults with all the nutrients they need to reach and maintain their mental and physical potential.

Why can't we get enough nutrients from the food that we eat?

The fresh food that we buy in the shops is just not as nutrient dense as you think it is. It is grown in soils that have been denuded of nutrients through repeated cultivation and chemical, rather than biological, replenishment. It is often frozen on picking so that it is simply not fresh picked by the time it reaches you. This is the reason so much of the fresh produce that we buy is tasteless and watery.

Would the immune compromising qualities of sugar not be undoing some of the good you are trying to achieve with the vitamins?

It is as usual, all about balance. Sugar is a good source of energy and provided eating it in **moderate quantities**; it will have no effect on the immune system. However, the American diet for instance includes 2-3 pounds of sugar a week. This will certainly have an effect on the immune system. See also attached information. Sugar content in Nhlayisa porridge portion of 80g is 15g sucrose. This should not be of any concern!

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It is, as usual, all about balance. Sugar is a good source of energy. Provided it is eaten in moderate quantities, it will have no effect on the immune system. The average American diet for instance includes 1 – 1.5 kilograms of sugar a week. This will certainly have an effect on the immune system. See also attached information. Sugar content in Nhlayisa Power Supply of 80g is less three teaspoons.