

# Optima™ CONTROL

Food for Special Dietary Use



400g Tin Can

Diabetes Support

Weight Management

Fiber Rich

# Features, Advantages & Benefits

## ❖ Key Features

### Complex Carbohydrate Blend

Rich in Omega 3 and Lignans to help minimize blood sugar spikes after meals.

### High Protein Content

28g protein per 100g to support lean muscle maintenance during weight loss.

### Dual Fiber Blend

Soluble and insoluble fiber blend supports digestive health and bowel regularity.

### Low Caloric Density

0.75 kcal/mL - ideal for weight management and diabetic nutrition support.

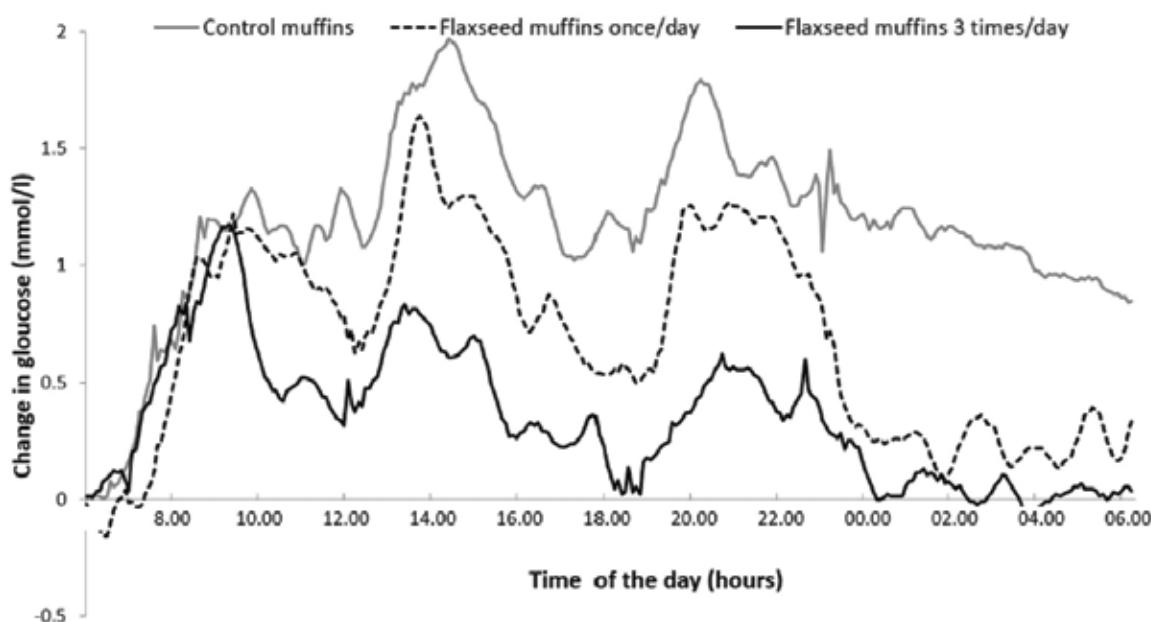
## ⌚ Indications for Use

- ✓ **Type 1 or Type 2 Diabetes Mellitus** - Complete nutrition with glycemic control
- ✓ **Stress-induced Hyperglycemia** - Helps manage elevated blood sugar during illness
- ✓ **Weight Management & Obesity** - Low caloric density for controlled intake
- ✓ **Bowel Irregularity** - Prebiotic fibers promote healthy gut microbiome

## ≡ Key Nutritional Facts (Per 100g)

Nutrient	Amount	% DV	Nutrient	Amount	% DV
Calories	470	-	Dietary Fiber	11g	25%
Total Fat	22g	28%	Total Sugar	17g	-
Protein	28g	56%	Added Sugar	0g	0%
Total Carbs	40g	15%	Calcium	292mg	20%

# Clinical Evidence & Research



## Clinical Study Summary: Effect of Flaxseed on Glycemic Control

**Study Overview:** Published in the *European Journal of Nutrition* (2021), this study investigated how flaxseed timing and portioning affect 24-hour blood glucose levels in healthy individuals. The aim was to compare the effectiveness of a single 30g morning dose versus three 10g portions distributed across meals.

**Methodology:** 15 healthy adults participated in a randomized, cross-over design study. Participants consumed muffins with either 30g flaxseed at breakfast, 10g at each meal (breakfast, lunch, dinner), or no flaxseed (control). Blood glucose was monitored continuously for 24 hours using CGMS.

**Key Findings:** Both flaxseed regimens lowered 24-hour glucose profiles vs. control. Split portions (3×10g) were significantly more effective at reducing 24-hour iAUC. Both regimens significantly reduced night-time (22:00–06:00) blood glucose iAUC, with once-daily consumption also lowering absolute night-time glucose concentration. No significant differences were observed in peak glucose levels or time-to-peak after meals.

**Conclusion:** Flaxseed effectively improves glycaemic response over 24 hours. For optimal blood glucose maintenance throughout the day and overnight, consuming smaller amounts dispersed across three meals is the most effective strategy.

**Reference:** *European Journal of Nutrition* (2021) 60:1363–1373 | DOI: 10.1007/s00394-020-02333-x

# Ready to Experience Optima Control?

Request a free sample today and discover how Optima Control can support your patients' nutritional needs.

## Request a Sample



### Website

[www.nutricaa.com](http://www.nutricaa.com)



### Email

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### Phone

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### Location

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Koltapara, Gouripur, Mymensingh - 2270,  
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## Product Information

FORMAT	FLAVOR	PRODUCT CODE
400g Tin Can	Cardamom	0788792139800
SERVINGS	CALORIC DENSITY	UNITS/CARTON
10 per Container	0.75 kcal/mL	4



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This product is not intended to diagnose, treat, cure, or prevent any disease.