

Formulation and Evaluation of Herbal Weight Gain Gummies

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Abstract: *This work centers around the development and assessment of herbal weight gain gummies from proven, safe, and other health-promoting natural ingredients historically used for weight gain, focusing on herbs that help with digestion, appetite stimulation and improving strength, and vitality; incorporating ingredients including: ashwagandha, shavtari, mulethi, safed musli and vidarikand sweeteners with other gelling agents like honey and gelatin.*

The aim of this was to create a safe, effective, and more palatable alternative for synthetic weight gain supplements, particularly for low appetite and undernutrition individuals. The process included decoction, concentration, and molding the herbal blend into a chewable gummy. The final evaluation criteria included taste, texture, appearance, stability, and acceptability.

Observations and participant feedback indicate that the herbal gummies are well tolerated, easy to consume, and likely could stimulate appetite and energy if taken regularly. These outcomes present the opportunity for herbal-based nutraceuticals to support weight gain, and more generally for individuals who wish to avoid chemical delivery approaches to wellness..

Keywords: healthy body weight

