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(57) Abstract :

The present invention relates to a gluten-free, plant-based, ready-to-eat multi-grain flour enriched with lysine, methionine, and L-carnitine for therapeutic benefits. The flour is derived from natural, plant-based ingredients such as raw bananas, millets, mung beans, kala chana, and amla, processed using a combination of chopping, sieving, sprouting, grinding, and drying. This flour offers a sustainable, easily digestible, and bioavailable alternative to synthetic L-carnitine supplements, promoting improved metabolic functions and weight management. The invention provides enhanced nutrient absorption, rich antioxidant content, and is free from preservatives or additives, offering a safe, cost-effective solution for individuals with gluten sensitivities or those seeking natural nutritional support.

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