



Why are vitamins and minerals important?

Vitamins and minerals are micronutrients, with an essential role in regulating the body's systems, supporting body functions and immunity. Ensuring the daily requirement of vitamins and minerals is achieved through a diversified and balanced diet.

How do we do the calculations?

In order to accurately transmit the vitamins, minerals, macronutrients and kcal needed by each user, we use calculations taking into account the data entered in the profile, culinary preferences, target and chosen food style. The next step involves the application of algorithms based on official international recommendations on micronutrients and macronutrients.

Evolution monitoring

The Allview ERA Health Nutrition Assistant will continuously monitor the information related to food consumption, physical activity performed, body parameters, micronutrient analysis and will constantly adjust the culinary recommendations for the user to enjoy the best results.