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		<b>4)Bobbala Prasanna</b> Address of Applicant :Dept of MBA Malla Reddy Engineering College, Maisammaguda (Post. Via. Kompally), Mechal- Malkajgiri-500100. Maisammaguda
		<ul> <li>5)Ganesh Patnaik</li> <li>Address of Applicant :Dept of MBA. Malla Reddy Engineering College, Maisammaguda (Post. Via. Kompally), Mechal- Malkajgiri-500100. Maisammaguda</li> <li>6)Talari Kiran</li> </ul>
		Address of Applicant :Dept of MBA. Malla Reddy Engineering College, Maisammaguda (Post. Via. Kompally), Mechal- Malkajgiri-500100. Maisammaguda <b>7)Nampelly Vineeth</b>
(57) Abstract		Address of Applicant :Dept of MBA. Malla Reddy Engineering College, Maisammaguda (Post. Via. Kompally), Mechal- Malkajgiri-500100. Maisammaguda

## (57) Abstract :

The product Coco Spark is a extract of coconut liquid, tropical beverage whose popularity has been there from many years among the Indians but has sturdily decreased due to the surge of other sugary carbonated drinks which are unhealthy. But again due to the people's awareness about how unhealthy sugary beverages can be, coconut drinks in the national and international market has been continuously increasing in recent years. Besides its various traditional uses, this refreshing liquid extracted from the coconut fruit has recently been described as a sport beverage and has drawn the attention of manufacturers as a natural functional drink. Many authors have cited medicinal uses or growth-promoting activities. Coconut water contains 94% water and very little fat. It should not be confused with coconut milk, which is made by adding water to grated coconut meat. Coconut milk contains about 50% water and is quite high in fat. In a study from 2015, rats with diabetes that were treated with coconut water maintained better blood sugar levels than the control group. The same study also found that the rats given coconut water had lower levels of hemoglobin A1c, indicating better long-term blood sugar control.

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