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# Water Loss Feature in Nutritionist Pro™ NexGen Online application

To apply moisture or water loss for your recipes see steps below ---

1. Make sure your ingredients contain moisture as a nutrient so when you apply loss at the recipe level the recipe nutrient data can be adjusted.
2. To add moisture to your custom ingredients, go to the main nutrient screen of the ingredient section and add the water content of the ingredient here. If you are not sure what the water content is, please check your manufacturer/supplier spec sheet for this information.

Figure 1 add water value to ingredients

**NUTRIENTS PROFILE** TEST INGREDIENT\_20AUG

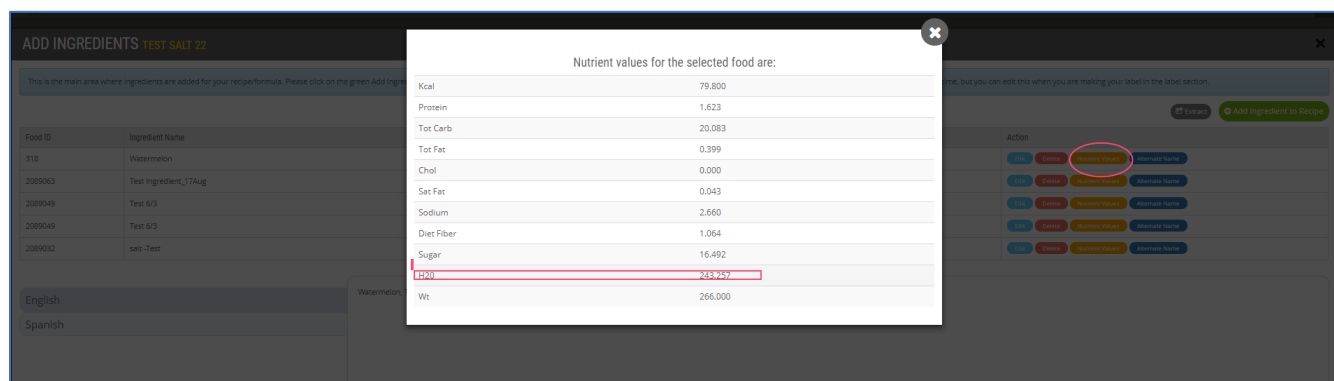
Use your product spec sheet or product package and enter the nutrient information here. You do not need to fill in all the values only fill in the values provided by the supplier. Please note if some values are provided in % use the option Enter Nutrients in percentages on this screen a box to type a value in then the application will calculate that for you.

Nutrient Displayed are for the typical portion entered.  Enter Nutrients in percentages

Aspartic acid	<input type="text"/>	milligram(s)
Isoleucine	<input type="text"/>	milligram(s)
Leucine	<input type="text"/>	milligram(s)
Lysine	<input type="text"/>	milligram(s)
Methionine	<input type="text"/>	milligram(s)
Phenylalanine	<input type="text"/>	milligram(s)
Proline	<input type="text"/>	milligram(s)
Serine	<input type="text"/>	milligram(s)
Taurine	<input type="text"/>	milligram(s)
Threonine	<input type="text"/>	milligram(s)
Tryptophan	<input type="text"/>	milligram(s)
Tyrosine	<input type="text"/>	milligram(s)
Valine	<input type="text"/>	milligram(s)
Ash	<input type="text"/>	gram(s)
Caffeine	<input type="text"/>	milligram(s)
Choline	<input type="text"/>	milligram(s)
Moisture	<input type="text"/>	gram(s)

3. Recipe water loss -- As you are making your recipe on the *Add Ingredient Screen* use the orange Nutrient Values button to see if your main ingredients contain a water value.

Figure 2 see if ingredients contain any water value \*\* please note if any of Axxya's ingredients used in the recipe do not contain water and if it is an ingredient that would contribute a water value to your recipe then we suggest that you add a custom ingredient to the application and use that in your recipe. Since we compile the data from many different sources, some sources do not provide the moisture data to our team.



- Next finish the recipe and add the water loss on the last screen as a % loss. Here you might need to do some before and after cooking tests to determine the % loss based on your item.

Figure 3 add water loss % to the recipe



- Before making the label check the nutrient profile of the recipe. This way you can update the recipe if needed before moving to the label stage. The 2 options we suggest are – Reports and Nutrient Profile Screen.
  - To see all the reports offered for recipe click on Save and Generate Reports then pick the report you would like to see.
  - To see a longer list of nutrient data click Save and see Nutrient Profile and a pop up window will display the nutrient data for this recipe.

Figure 4 recipe reports

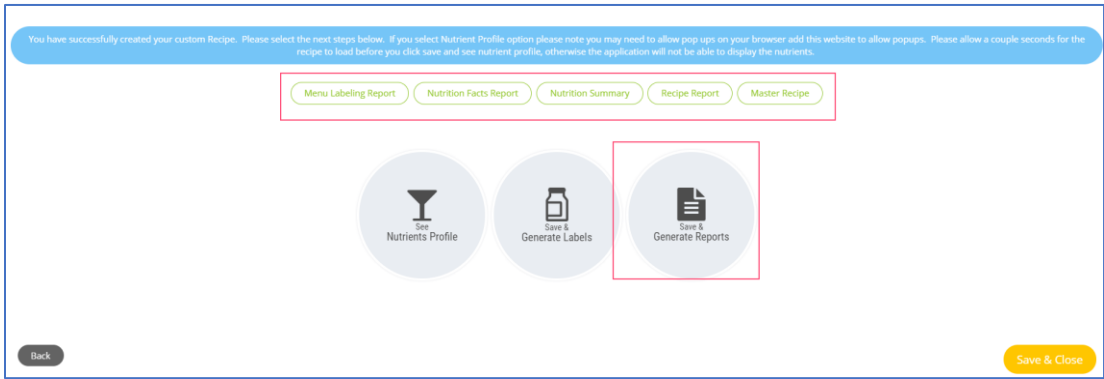
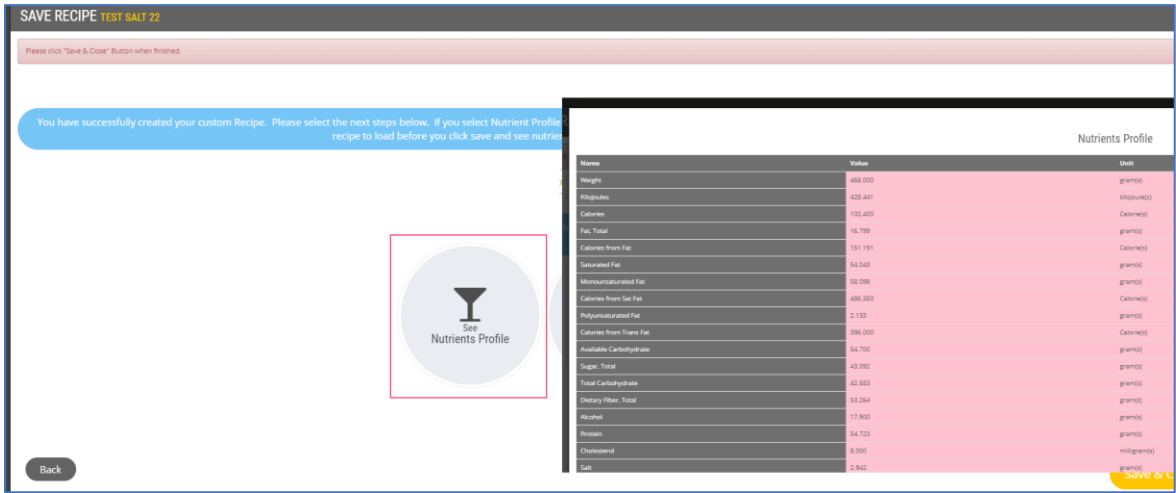


Figure 5 See Nutrient Profile Screen for a pop up screen with nutrient data for the recipe



6. **REMEMBER** if you created your recipe and label and then edited the recipe again please make sure to refresh your label so the new data can be pushed to the label section. To refresh a label, click on Edit Label Button on the main home screen and then once you find your label click the refresh button to push new data from the recipe to the label section.

Figure 6 Refresh label with new recipe data if needed.

