

3,837,328

WEBSITE VISITS

Verified global platform traffic logged in recent months

161,274

B2B CLINICS & PARTNERS

Registered healthcare providers and wellness clinics

103,754

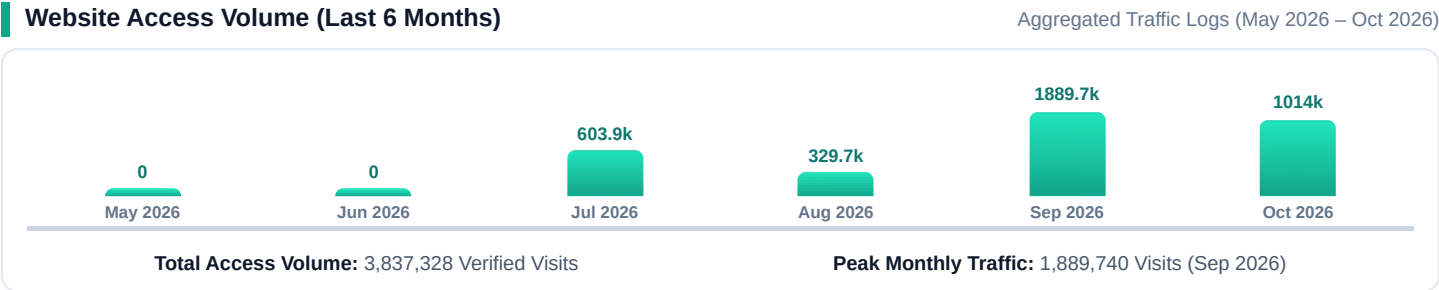
MEDICATIONS & SUPPLEMENTS

Clinical pharmaceuticals, active substances and supplements

3,390

FOODS, RECIPES & NUTRIENTS

Calibrated nutritional foods, recipes and micronutrients



Top 10 Access Countries		Real Geographic Distribution		Categorized Content Views		Verified Page Engagements	
1. Singapore		779,600	(20.3%)	CONTENT CATEGORY		VERIFIED VIEWS	
2. China		525,186	(13.7%)	Medications & Active Substances		8,959,603	
3. United States		492,543	(12.8%)	B2B Clinics & Partner Entities		50,401	
4. Brazil		327,727	(8.5%)	Clinical & Scientific Articles		4,232,335	
5. Vietnam		138,287	(3.6%)	Food & Micronutrients Database		3,321,574	
6. Bangladesh		88,558	(2.3%)	Exercise & Workout Database		3,097,656	
7. Argentina		86,501	(2.3%)	Healthy Diet Meal Recipes		1,302,063	
8. United Kingdom		65,050	(1.7%)	Clinical Diet Templates		66,078	
9. Mexico		62,316	(1.6%)	Dietitian & Trainer Profiles		37,373	
10. Pakistan		60,532	(1.6%)	Total Platform Engagements		21,067,083	

Platform Data Assets		Real Database Catalog Assets (289,263 Total)	
B2B Clinics & Partner Companies	161,274	Medications & Active Substances	53,718
Clinical & Scientific Articles	6,039	Exercises & Workout Catalog	14,546
Foods & Raw Ingredients	2,182	Healthy Diet Meal Recipes	906
Nutritional Elements & Vitamins	302	Allergens & Intolerances	239
Dietary Supplements	50,036	Automated Clinical Diet Templates	18
Dietitians & Personal Trainers	2	E-Books & Publications	1

Advanced Clinical Tools & Medical Knowledge Base in One Ecosystem

Next-generation integrated nutrition and clinical platform combining professional dietitian tools, patient wellness modules, and verified medical knowledge bases.

6 Strategic Product Pillars

Core Platform Architecture

01

B2B PROFESSIONAL

B2B SaaS For Dietitians & Personal Trainers
Digital clinical practice: instant clinical meal plan creation, automated anamnesis interviews, biometrics CRM, and client communication.
<https://www.dietspremium.org/en/for-specialists>

02

B2C PERSONAL DIET

B2C Personalized Diet For Trainees
Clinically calibrated meal plans, body fat reduction, lean muscle gain, and custom lifestyle personalization aligned with body biometrics.
<https://www.dietspremium.org/en/for-trainees>

03

CLINICAL DIETS

Clinical Diet Catalog & Medical Protocols
Database of 84 medically verified diet templates: DASH, Low FODMAP, Ketogenic, Type 2 Diabetes, Hashimoto's, and renal care.
<https://www.dietspremium.org/en/diets/>

04

DIET GENERATOR

Smart Diet Plan Generator
Automated meal plan engine constructing tailored 7-day nutritional plans with micronutrient equilibrium and dynamic grocery lists.
<https://www.dietspremium.org/en/diet-generator/step-1>

05

WORKOUT PLANS

Training Templates & Exercise Atlas
Comprehensive directory of 2,000+ exercises with anatomical execution instructions and pre-designed routines for gym and home.
<https://www.dietspremium.org/en/training-plans/>

06

WORKOUT GENERATOR

Workout Plan Generator
Interactive builder synthesizing individualized workout routines aligned with user equipment, fitness level, and schedule.
<https://www.dietspremium.org/en/workout-generator/step-1>

B2B Ecosystem & Medical Knowledge Bases

Integrated pharmacological databases and healthcare network

B2B ECOSYSTEM

173k B2B Healthcare Partners & Clinic Network
Directory of dietary clinics, metabolic medical centers, health practices, and fitness studios.
<https://www.dietspremium.org/en/companies/>

PHARMACOLOGY

53k Pharmaceuticals & Drug-Nutrient Interactions
Active pharmaceutical substance catalog cross-referenced against negative nutritional interactions.
<https://www.dietspremium.org/en/medications/>

ALLERGEN SAFETY

239 Allergens & Food Intolerance Safety Filter
Elimination engine for cross-allergens, gluten, lactose, histamines, and fermentable oligosaccharides.
<https://www.dietspremium.org/en/allergens/>

MEDICAL KNOWLEDGE

Clinical Knowledge Base & Scientific Articles
Over 6,000 peer-reviewed articles covering clinical dietotherapy, nutritional biochemistry, and prevention.
<https://www.dietspremium.org/en/articles/>

Women's Health, Diagnostic Tools & Clinical Knowledge Base

Dedicated maternal healthcare, interactive metabolic calculators, pregnancy food safety checker, and blood glucose curve simulations.

PORTAL

WOMEN'S HEALTH

Women's Health Dashboard & Preventive Care

Holistic female health center: hormonal monitoring, micronutrient requirements, weight trajectory, and clinical prevention.

<https://www.dietspremium.org/en/woman-dashboard>

GUIDE

PREGNANCY

Pregnancy Trimester Guide & Maternal Nutrition

Medically verified trimester diet protocols, IOM gestational weight monitoring, and clinical perinatal supplementation guidelines.

<https://www.dietspremium.org/en/women/pregnancy>

TOOL

FAMILY & BABY

Baby Names Directory & Trend Explorer

Baby name selector with linguistic etymology, meaning, historical national popularity rankings, and longitudinal charts.

<https://www.dietspremium.org/en/women/baby-names-selection>

SIMULATOR

GLYCEMIC

Blood Glucose Curve App & Glycemic Simulator

Dynamic glycemic response simulator: modeling carbohydrate clearance, insulin surge dynamics, and postprandial glucose stability.

<https://www.dietspremium.org/en/bio-analysis/recipe/berry-oatmeal>

CLINICAL

FERTILITY & CYCLE

Fertility Calendar & Cycle Tracker

Engineered on ESHRE standards: menstrual cycle phases, fertility window calculation, ovulation estimation, and period forecasting.

<https://www.dietspremium.org/en/women/fertility-calendar>

KNOWLEDGE BASE

FOOD SAFETY

Pregnancy Food Safety Checker

Instant verification of dietary safety for pregnant mothers: checking cheese types, fish, herbs, raw foods, and potential teratogens.

<https://www.dietspremium.org/en/women/food-safety>

CALCULATORS

DIAGNOSTICS

Suite of 20+ Clinical Metabolic Calculators

BMR (Harris-Benedict, Mifflin-St Jeor), TDEE, BMI, Navy Tape body fat calculation, hydration, and macronutrient ratio planner.

<https://www.dietspremium.org/en/calculators/>

CLINICAL DB

PHARMACOLOGY

53k Medications & 239 Allergen Cross-Filter

Exhaustive pharmacological database with 108,000 nutrient associations and automated prevention of adverse drug-nutrient interactions.

<https://www.dietspremium.org/en/medications/>

Interactive applications for healthcare & clinical prevention

SOLUTIONS ECOSYSTEM & MODULAR ARCHITECTURE

Integrated Nutrition-OS modules

B2C Consumer & Lifestyle Applications

B2C APPS

Smart Diet Generator: Automated caloric meal plan generator tailored to body biometrics

Workout Plan Builder: Gym and home workout routine generator aligned with training goals

Diet & Recipe Catalog Browser: Explorer for 84 clinical diet templates and 788 balanced recipes

Macro & Hydration Calculator: Precise computation of BMR, TDEE, water intake, and micronutrients

Precision Medicine & Clinical Health Modules

CLINICAL HEALTH

Medical Disorder Diets: Dietotherapy protocols for Type 2 Diabetes, Hashimoto's, IBS, and Hypertension

Maternal Food Safety Checker: Verification of food and herbs safety during pregnancy and lactation

Drug-Nutrient Interaction Checker: 53k pharmaceutical database verifying negative food-medication interactions

239 Allergen Safety Filter: Automated elimination of gluten, lactose, histamines, and cross-allergens

B2B SaaS Solutions for Clinics & Specialists

B2B SAAS

Dietitian & Trainer Portal: Digital clinical practice for patient charts, anamnesis, and appointments

Biometrics & Progress CRM: Longitudinal tracking of body weight, fat percentage, and girth metrics

Clinical Meal Plan Builder: Fast dietary prescription with automated verification against 239 allergens

Clinic Profile & Lead Engine: Visibility across an ecosystem of 173k healthcare partner entities

Core Nutrition-OS & Integration Infrastructure

CORE OS

Model Context Protocol (MCP) Server: Native MCP integration for AI agents and clinical research systems

High-Performance REST API: Secured developer API for third-party medical integrations and mobile apps

9-Language Multi-Lingual Engine: Zero-latency localization across PL, EN, DE, FR, NL, CZ, AT, CH, LU

Schema.org Medical Structures: Semantic JSON-LD medical ontology and Generative Engine Optimization (GEO)

DietsPremium • Global Nutrition OS • Powered by Symphony 8.1 & Gutenberg Engine

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