DietsPremium

Nutrition OS • Growth, Market Scale & Global Traction Report

PUBLIC TRACTION REPORT

Edition: EN • Date: 2026-11-01

4,536,545
WEBSITE VISITS
Verified global platform traffic logged in recent months

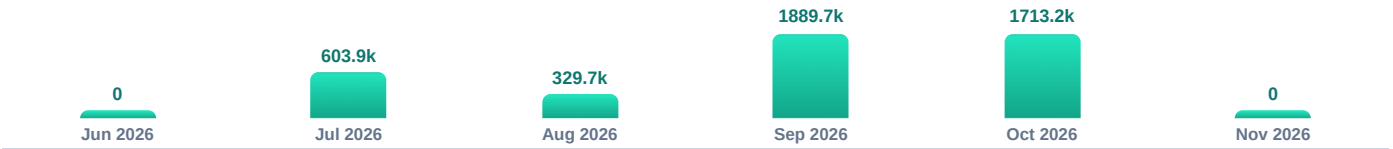
179,613
B2B CLINICS & PARTNERS
Registered healthcare providers and wellness clinics

106,060
MEDICATIONS & SUPPLEMENTS
Clinical pharmaceuticals, active substances and supplements

3,474
FOODS, RECIPES & NUTRIENTS
Calibrated nutritional foods, recipes and micronutrients

Website Access Volume (Last 6 Months)

Aggregated Traffic Logs (Jun 2026 – Nov 2026)



Total Access Volume: 4,536,545 Verified Visits

Peak Monthly Traffic: 1,889,740 Visits (Sep 2026)

Top 10 Access Countries

Real Geographic Distribution

1. Singapore	**978,906** (21.6%)
2. United States	**749,005** (16.5%)
3. China	**556,636** (12.3%)
4. Brazil	**361,977** (8%)
5. Vietnam	**143,293** (3.2%)
6. Bangladesh	**92,052** (2%)
7. Argentina	**90,458** (2%)
8. United Kingdom	**83,158** (1.8%)
9. France	**78,729** (1.7%)
10. Mexico	**66,685** (1.5%)

Categorized Content Views

Verified Page Engagements

CONTENT CATEGORY	VERIFIED VIEWS
Medications & Active Substances	**132,775**
B2B Clinics & Partner Entities	**118,641**
Clinical & Scientific Articles	**4,342,054**
Food & Micronutrients Database	**3,463,607**
Exercise & Workout Database	**2,010,828**
Healthy Diet Meal Recipes	**1,368,589**
Clinical Diet Templates	**71,113**
Dietitian & Trainer Profiles	**38,873**
Total Platform Engagements	**11,546,480**

Platform Data Assets

Real Database Catalog Assets (297,959 Total)

B2B Clinics & Partner Companies	179,613	Medications & Active Substances	56,024
Clinical & Scientific Articles	6,039	Exercises & Workout Catalog	2,513
Foods & Raw Ingredients	2,194	Healthy Diet Meal Recipes	978
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.

Dedicated Clinical Tools, Women's Health & Diagnostics

Interactive applications for healthcare & clinical prevention

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

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

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

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

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

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/

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 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/

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

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

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

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)