Appendix A: Source log

#	Claim	Source	Tier	Status
1	GRASA Millets & Foods Pvt. Ltd., New Delhi; three products and prices (sourdough 400 g Rs 199; khapli atta 1 kg Rs 269; fermented choco cookies 360 g Rs 399)	grasamillets.com, fetched 22 Oct 2026	Company	Company-stated; prices to be rechecked at freeze
2	Programme: 3-month and 6-month plans, Delhi NCR delivery on Mon, Wed, Fri, nutritionist guidance, week-6 review; 12-question screener "not a medical diagnosis"; free 20-minute call with a GRASA doctor; eligibility 25+, not currently for pregnant, dialysis or cancer; "never asks users to change medicines"	grasamillets.com, 22 Oct 2026	Company	Company-stated. Plan prices not found on the pages we read; check
3	500+ people helped in Delhi NCR	GRASA website and paid press release (The Daily Guardian, ANI notice, 5-6 Jun 2026)	Company	Self-reported; printed as "the company says". Not subscribers or revenue
4	GRASA described as a food-led metabolic recovery system; precision nutrition arm of MediCAPS; incubated by IDC India; Ms Deepti Anand named Director and Co-Founder	Paid press release, The Daily Guardian, 5-6 Jun 2026 (carries a notice that it is a paid release)	Company PR	Related-party. Editor to confirm her role and the disclosure wording

#	Claim	Source	Tier	Status
5	Rashtriya Ratna Samman 2026, "Emerging Health Tech & Nutrition Innovation Startup of the Year"	Same paid press release; GRASA site	Company PR	Awarding body not independently established. Printed as the company's claim, standing not assessed
6	IDCIJST Vol 1 Issue 2 (22 Sep 2026): (a) "Profiling Self-Reported Metabolic Symptom Patterns...": N=94, descriptive and psychometric study of the 12-item screener, no causal or diagnostic claims, calls for biochemical validation, authors declare a material conflict of interest, secondary-use approval granted internally; (b) "Impact of Late Evening Eating...": 430 analysed, cross-sectional, association only, material conflict declared, labelled a protocol yet reports results	idcijst.com paper pages, fetched 22 Oct 2026	Journal of the same group	Not independent evidence. Neither paper tests the GRASA programme. The IDCIJST highlights page (57) must stay consistent with this
7	India millet production 2024-25 about 18.02 million tonnes (+0.44 Mt on the year); exports 89,164.96 tonnes worth $37 million; PLI for millet-based products Rs 800 crore outlay, Rs 793.27 crore approved for 29 companies	PIB document dated 8 Aug 2025	1	Government source. Ministry of origin of the production figure not named on the page; confirm

#	Claim	Source	Tier	Status
8	Exports are under 1% of production by weight: 89,164.96 / 18,020,000 = 0.49%	Our arithmetic from row 7	n/a	Production figure is for a fiscal year; export figure for the same year
9	FSSAI (Advertising and Claims) Regulations 2018: Reg 10 prohibits suggesting a food prevents, relieves, treats or cures a disease or condition; Reg 8 disease-risk-reduction claims limited to approved wording (Schedule III) unless approved	FSSAI Digest, fssai-digest.fssai.gov.in (claims page)	1	Regulator's own page. Open: read the regulation text; get ASCI/FSSAI view if any claim is printed
10	FSSAI licence number shown on the site	grasamillets.com	Company	Not printed. Verify on the FSSAI licence portal before the back-cover ad runs