Mana

(Smart Vitamin Drink Mix)

ECE 445 Design Document

Team # 68

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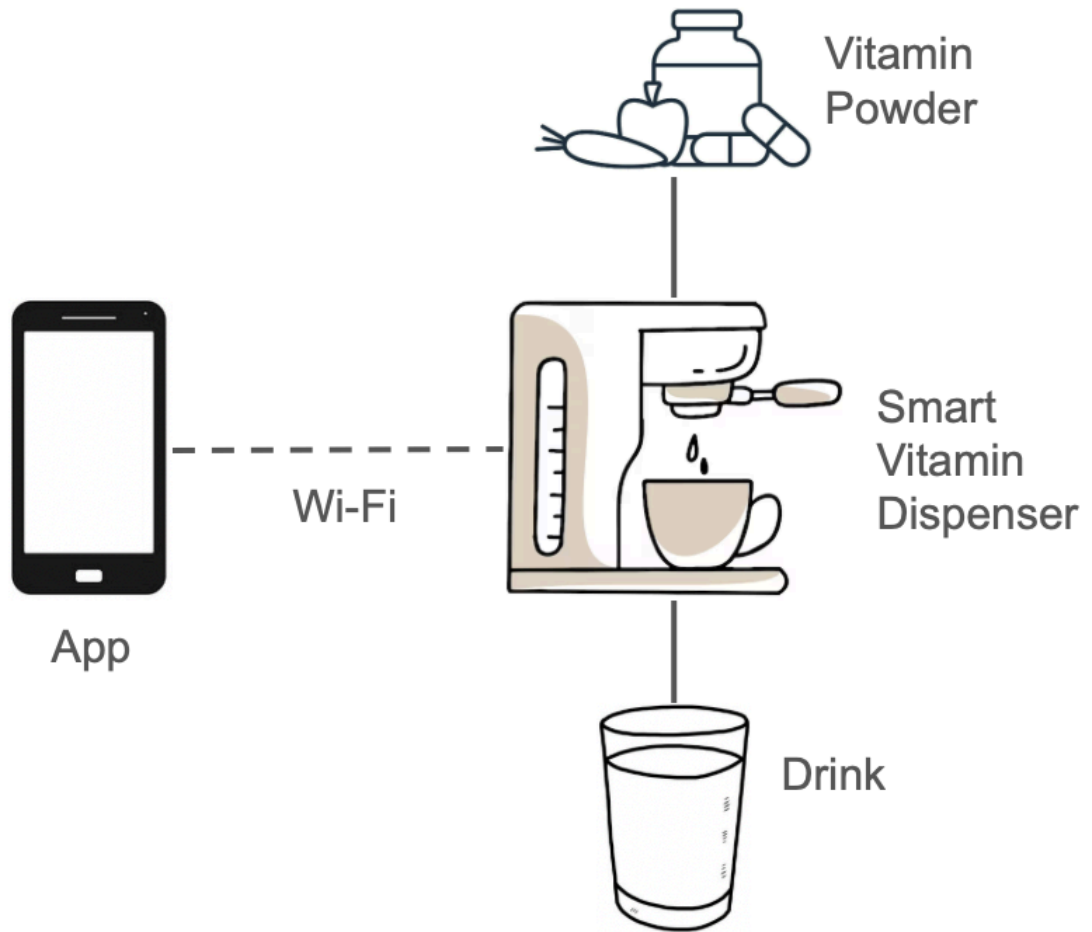Nikhil Arora

1. Introduction

1.1. Problem

There are many people who, on a day to day basis, simply aren't getting the correct amount of nutrients such as vitamins as they should due to trivial matters such as diet and not going out in the sun, amongst many others. Deficiencies in these important nutrients can lead to decrease in performance both physically and mentally and if too extreme can lead to further complications.

1.2. Solution

Our solution is a device that can make a powder mix of different supplements based off of the user's nutrients consumed during the day. The way the amount that would need to be supplemented would be calculated would be by inputting information regarding the user (such as how long they were outside, what types of food they had, etc.) into the app on the phone / laptop. There would be calculations made based on the information inputted and then depending on the calculations, a certain mix "recipe" will be sent over to the mix maker to make. After receiving the recipe, the mix maker would turn to align the whichever ingredient's compartment directly above the cup the user has placed. It will then proceed to measure and dispense the required amount of powder for that respective supplement. The mixer will repeat this step until all the required powders with their correct measure have been deposited into the cup. With this, the user can intake their custom mix of supplements for the day, thus solving our problem caused by deficiencies of these nutrients.
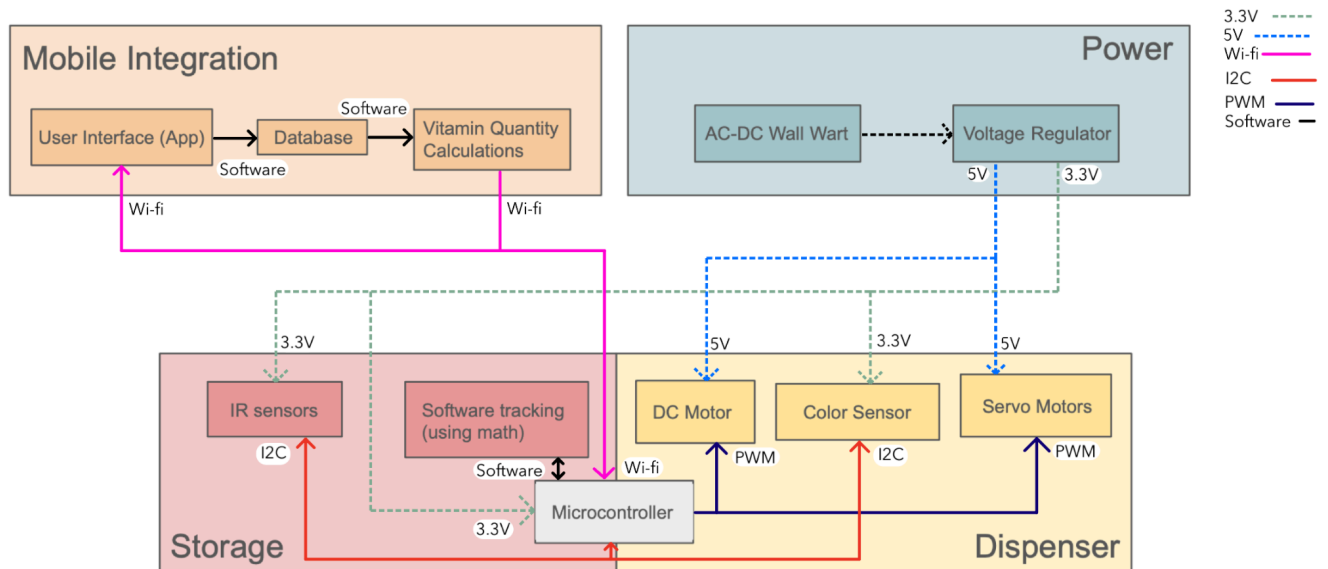
1.3. Visual Aid

1.4. High-Level Requirements

- The supplement mix maker should be able to make the correct mix with a 15 mg margin for each ingredient.
- The mix maker should be able to wirelessly interface with applications on other devices and should receive the correct mix recipes 80% recipes.
- The user will be notified when any storage compartment is below 15% of capacity.

2. Design

2.1. Block Diagram

Mobile Integration
Represents the IOS mobile application and serves as an interface for the user to use the service. Provides recommendations to the user, takes input data, publishes control signals to Dispenser via wifi, and subscribes to storage metrics from Storage.

Storage
Stores and tracks all of the supplements within the hardware. Publishes capacity levels of each container and interacts with Dispenser when a control signal is published by Mobile Integration.
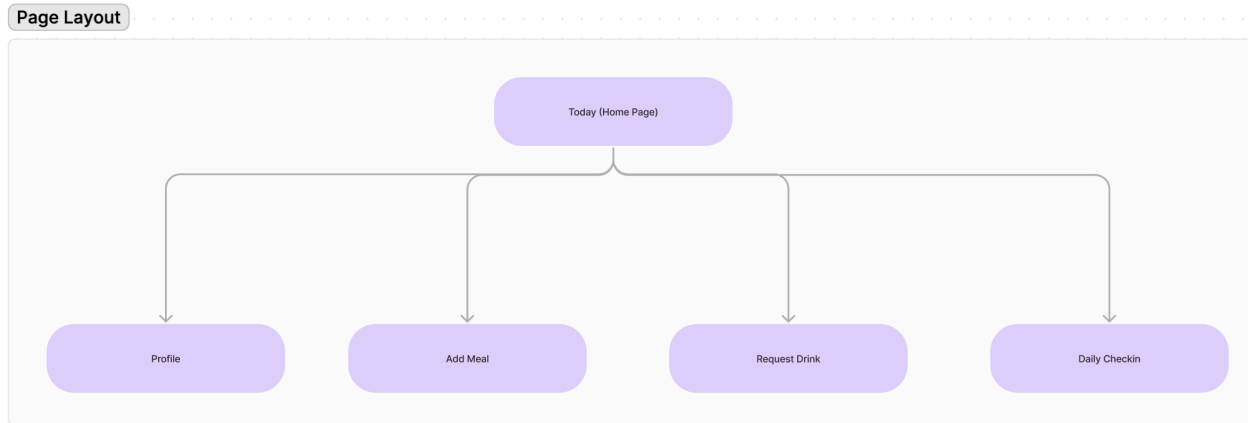
Dispenser
Accurately dispenses supplements from Storage using motors. Selects the correct container using a color sensor.

Power
Supplies power to components via the 3.3V and 5V rails.

2.2. Subsystem Overview
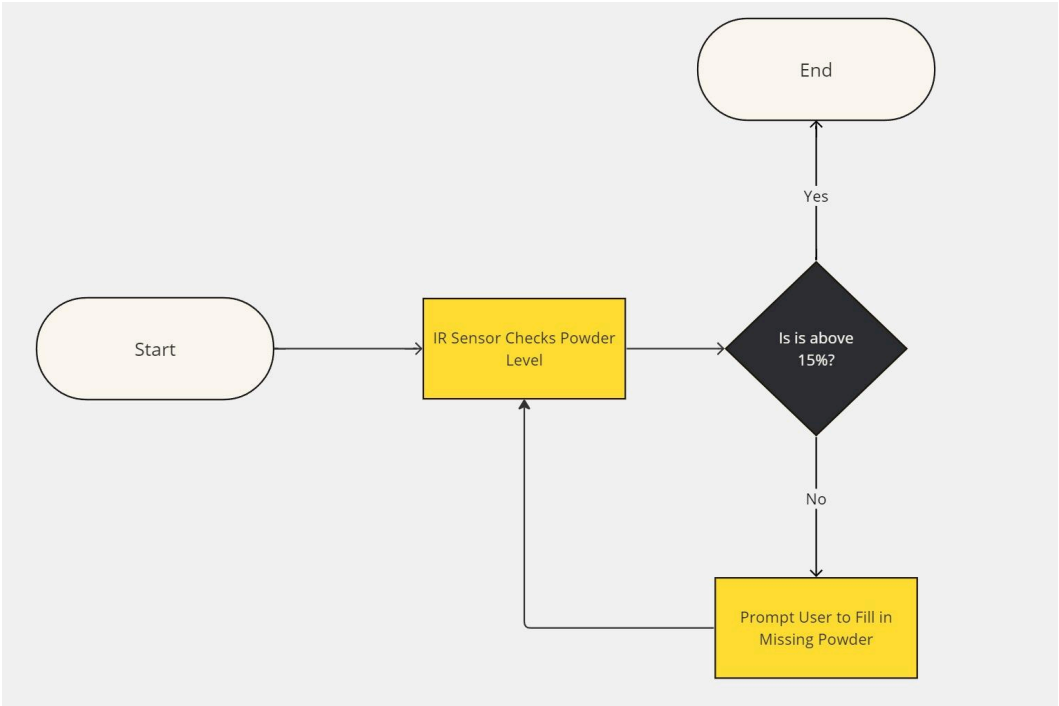
2.2.1. Mobile Integration

Mobile Integration flowchart

The mobile app enables users to provide input data for our system, including capturing photos of their meals and completing surveys on how their body feels. This data, along with the user's personal information, is securely stored in the database. Additionally, the database holds nutrition facts for a wide range of common foods.

Using this input data and the stored nutrition information, the backend system generates a customized plan to address the specific nutritional gaps of each user. The plan takes into account the user's dietary input, health profile, and any deficiencies identified. This personalized plan aims to provide precise supplementation tailored to the user's unique needs.

The mobile app and the hardware component work in synergy to create a holistic user experience. The mobile app communicates with the hardware device over a Wi-Fi connection to send control signals for dispensing the user's daily supplements accurately and efficiently. This integration ensures that the users receive their required supplements conveniently and in a way that aligns with their supplement plan.
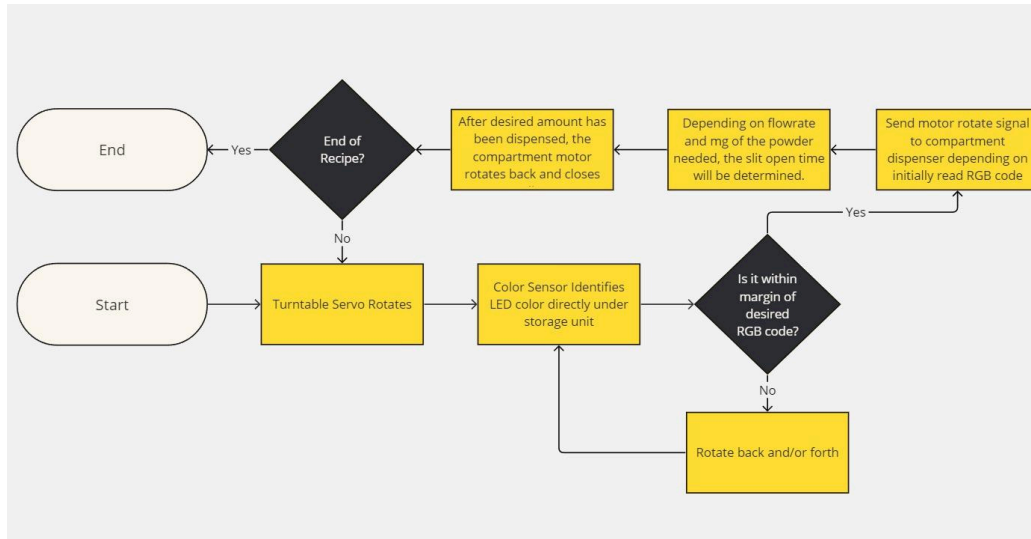
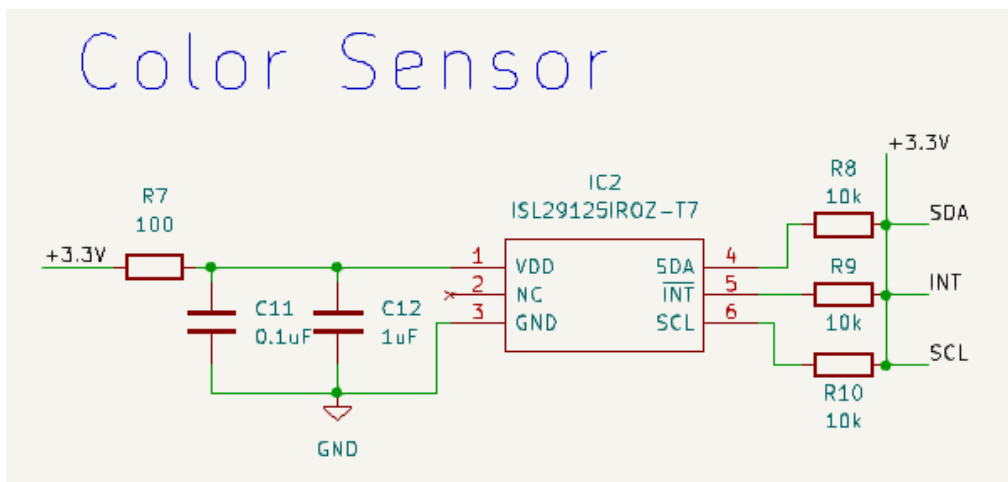## 2.2.2.   Storage

Flow diagram for storage functions

Storage compartment IR sensor interaction

The storage subsystem should be able to track the quantity of powder remaining in each of the containers. From there, it will report back to the app if the quantity of powder is low, and the user will be notified of this. We plan to preload a set amount of powder in each container. From there, we will track how much powder has been dispensed and subsequently subtract it from the original amount. This data will be sent back to the app to be kept in a database. We also plan to implement a hardware failsafe where we will use IR break beam sensors to detect when the container has reached critically low levels. In this subsystem, the IR break beam sensors will be powered continuously as they take very little power and it is essential that they are powered continuously as they function as a fail safe.
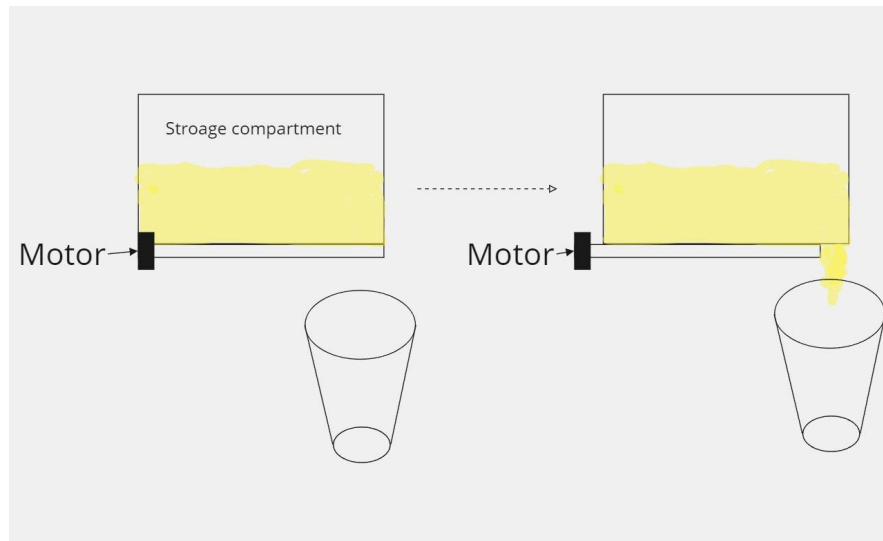
2.2.3. Dispenser

Flow diagram for Dispenser functions

Schematic diagram for Color Sensor

Physical Design Dispenser 1

Physical Design Dispenser 2

The dispenser subsystem is what controls how much powder is dispensed into the drink. The first step of the process involves the color sensor. On each compartment, there will be a LED which a color sensor will detect. Vitamin A, as an example, will be mapped to the color red on the microcontroller. When the app sends data to the microcontroller about the

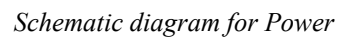vitamin that is needed, the servo motor for the turning mechanism will turn until the color sensor detects that it has hit teh color red. From there, it will stop moving and then move onto the next step. There will be a servo motor which will snap the cover off the dispenser, allowing powder to be dispensed for a certain amount of time. This amount of time will be determined beforehand by measuring the rate of flow of the specific powder out of the container. After one compartment is done dispensing, the system will move on to the next one if necessary and the process will repeat again until finished. The color sensor will be constantly powered due to its low power consumption, however the servo motor will only be powered when necessary. There is no risk in drawing more power than the system can supply due to servo motors not having to be powered simultaneously.

2.2.4. Power

Schematic diagram for Power

The power subsystem is going to be used to power the hardware side of the device. Since this device is designed to be used stationary at home, we will be using a simple 12VDC 'Wall Wart' power adapter. We will be utilizing 2 power rails: one for 5V and one for 3.3V applications. The servo motors will be requiring 5V of power and therefore we will use a linear regulator to construct the step down as it is able to stay within thermal limits, while being able to reduce part count. For the other components, we will utilize a buck converter to step the voltage down to 3.3v. The reasoning behind this is due to thermal limitations with the linear regulator chip. Therefore to optimize the design, we will be using both a linear regulator as well as a buck converter for our power needs.

2.3. Subsystem Requirements

2.3.1. Mobile Integration

Requirements	Verification
1. When prompted with an input food item, the database must return: 1 JSON File *Micronutrients Present (units in IU and mg) - Vitamin C - Vitamin B3 - Vitamin B6 Macronutrients Present - Protein (grams) - Carbohydrates (grams) - Fat (grams) - Calories (kCals) With a success rate of 90% *Specific micronutrients chosen for MVP for higher daily upper limits	1. Using the mobile app, submit a meal (i.e. pasta, chicken, etc.) 2. Verify that the app returns the macro and micronutrients of the meal 3. Repeat for all foods stored in the database 4. Verify that 90% of the foods requested returned a valid JSON file
2. When prompted to make a drink, the system must be able to accurately recommend a list of supplements based on what the user is lacking in their diet with an 80% success rate.	1. Using the mobile app, submit 2 sample meals 2. Request today's drink mix 3. Verify that the app analyzes today's meals and returns the vitamins and minerals that weren't present in today's meals 4. Verify that the app returns a blend that supplement what the user was lacking 5. Repeat 10 times and verify that step 4 held true 8 out of the 10 times.
3. When a drink order has been confirmed in the mobile app, the software must be able to communicate with the hardware by sending control signals over wifi with an 80% success rate	1. Verify that the app is paired with the device 2. Request today's drink mix 3. Verify the doses are accurate and within the safe range 4. Confirm and request the drink 5. Verify that the device processes the request and dispenses a drink 6. Repeat 10 times and verify that step 5

	held true 8 out of the 10 times.

2.3.2. Storage

Requirements	Verification
1. System must be able to recognize when a compartment has reached 15% of its capacity and alert the user	1. Empty the container to below 15% 2. Verify in the app that the user is alerted which compartment is running low and what to refill it with. 3. Repeat for each compartment
2. System must be able to notify the user when a container is running low 80% of the time	1. Repeat tests for Requirement 1 10 times 2. Verify that 8 of the 10 tests were successful

2.3.3. Dispenser

Requirements	Verification
1. System must be able to dispense each powder within a 15 mg tolerance	1. Manually send a signal to the device to dispense 30 mg of powder 2. Use scale to verify that the amount dispensed is within the range 15mg to 45mg 3. Repeat steps 1 and 2 for all containers/powders
2. System must be able to rotate and align with the center of the cup within +/- 5 degrees	1. Manually send a signal to the device to switch to a random container within the set 2. Verify that the dispenser aligns with the center of the cup within +/- 5 degrees 3. Repeat steps 1 and 2 until all compartments in the set have been tested

Requirements	Verification
1. System must be able to supply 5VDC +/- 5% and 3.3VDC +/- 5%	1. Hook up power output of buck and LDO to digital multimeter and test voltage ratings. 2. Verify that from the buck convertor output the voltage is between the range of 3.465~3.135 volts. 3. Verify that the linear regulator output voltage is between the range of 5.25~4.75 volts.
2. System must be able to provide up to 1.5A of current while maintaining 12V	1. Place a 8 ohm resistance across the 12V rail and ground and measure the voltage across the resistor

2.4. Tolerance Analysis

Part	Quantity	Worst Case Current Draw @ 3.3V	Comments:
FeeTech FS5103R	1	850mA/180mA	Stall/Idle
TowerPro SG92R	3	650mA/10mA	Stall/Idle
Total		880mA	Only one will be running at a time, other 3 will be idle

Variable	Value
Input Voltage	12V
Output Voltage	5V
Output Current	880mA

Junction to case thermal resistance	5 C/W

$$T_{ja} = i_{out} \cdot (v_{in} - v_{out}) \cdot (\theta_{jc})$$

$$T_{ja} = 30.8°C$$

Our design hinges on the functionality of accurately dispensing powder. The mechanism behind this is the use of multiple motors. Because of this, it is vital that our motors are able to be consistently, and safely powered by our linear regulator (LM-317). With the LM-317 in the TO-220 package, the datasheet states that its recommended operating temperature @1.5A is 23.5°C. With our maximum current draw being almost half of that, it can be safely assumed that our linear regulator will not overheat and cause damage and malfunction to our motors. In addition, the range of operation is 0°C - 125°C so our temperature falls safely in that range.

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3. Ethics and Safety

A main concern regarding the ethics and safety of this product would definitely have to be the threat of possibly overdosing someone with nutrients that might not be necessary. This would be in violation of IEEE code of ethics 7.8.I.1 which states that, "to hold paramount the safety, health, and welfare of the public, to strive to comply with ethical design and sustainable development practices, to protect the privacy of others, and to disclose promptly factors that might endanger the public or the environment,"(IEEE, 2020), since it could potentially put someone in harms way and endanger anyone who would use the product. Another way someone could be harmed would be if the water in the cup which the mix gets deposited into splashed and managed to get onto any electrical components. This would also be in violation of the same code stated previously and it could potentially electrically shock someone. Our approaches to ensure that we don't violate the code above would be by:

- Making sure that when calculating, we use whatever floor maximum for the recipes instead of the ceiling maximums, it is better if we underestimate in this case rather than overestimate as they will still be

getting some boost that they need. Essentially per each calculation, we will be assuming worst case.

- Making sure any and all electrical components are covered or sealed by plastic to ensure it never comes in contact with water.

We will also keep each other responsible for making sure we all are upholding the ethics codes presented by IEEE and make sure to constantly keep thinking about how to keep our design as humanly friendly and safe as possible. This is in relation to section 7.8.III.10 of the code, "To strive to ensure this code is upheld by colleagues and co-workers. To support colleagues and co-workers in following this code of ethics, to strive to ensure the code is upheld, and to not retaliate against individuals reporting a violation," (IEEE, 2020).

Since we are attempting to make a device that will create a product that will get consumed by our end users, we need to make sure that at the very least that the end product is edible and human safe. We would more specifically have to analyze and identify what dosages can be considered safe, not only regarding how much someone can intake in a day, but also at one instance. Below we have curated a list of the recommended values of various vitamins and minerals depending on the sex of the individual as well as the upper limit for each vitamin/mineral. Anything with a recommended intake that is less than 100 milligrams is not added to the short list.

Vitamin/ Mineral	Womens Recommended Intake	Mens Recommended Intake	Upper Limit
Vitamin C	75 milligrams	90 milligrams	2,000 milligrams

Choline	425 milligrams	550 milligrams	3,500 milligrams
Calcium	1,000 milligrams	1,000 milligrams	2,500 milligrams
Potassium	2,600 milligrams	3,400 milligrams	Unknown
Phosphorus	700 milligrams	700 milligrams	4,000 milligrams

(Harvard School of Public Health, 2023)

Based on the gap between upper limits and recommended intakes, the vitamins/minerals listed in the table above would be the most suitable for our product as it allows for flexibility within what our threshold on how close to the actual value recipe, the amount we are dispensing needs to be. We do not want to cause any complications to anyone who would potentially use our product, and thus analyzing information like this is a very crucial step. Many other vitamins and minerals have recommended and upper limit values in the micrograms, and since we will be using rate of flow for our dispensing, it would be a wise choice to stray away from supplementing something that would require a high level of precision. As previously mentioned we would want to use a floor maximum for calculating how much we would want to dispense. An example of this would be assuming that the user (male) has had 60 mg of vitamin C for the day. Our main goal is to be able to make a device that helps people, not harm, which is why incorporating factors such as supplement overdose is of utmost importance.

4. Citations

Harvard School of Public Health. (2023, March 8). *Vitamins and minerals*. Harvard School of

Public Health. https://www.hsph.harvard.edu/nutritionsource/vitamins/

IEEE. (2020, June). *IEEE Code of Ethics*. IEEE.

https://www.ieee.org/about/corporate/governance/p7-8.html