



Welcome To

Proveda Arthritis and Bone Health Training Session

Synovial Joints



Stay healthy, stay
strong with strong
bones

Beneficial Products

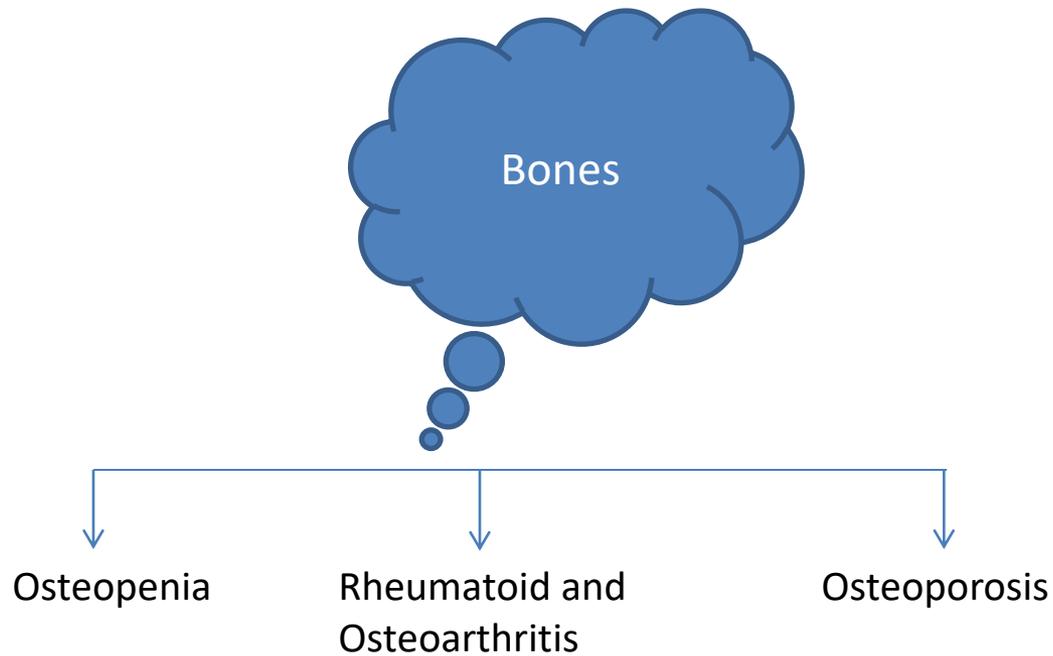
- Giloy Tulsi
- Superfood Noni Plus
- Wheat Grass Plus
- Omega 3-6-9
- Berry Plus
- Organic Panch Tulsi drops
- Moringa Oliefera

How your bones are defining your locomotion and movements?

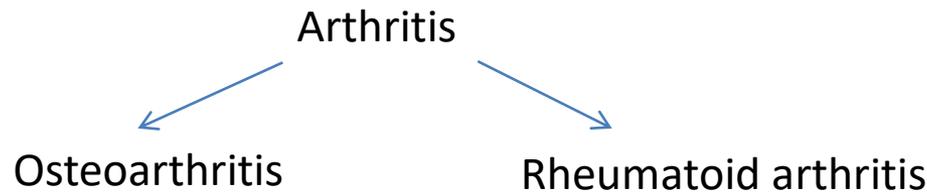
Bones play many roles in the body , providing structure, protecting organs, anchoring muscles and storing calcium.

Bone is living, growing tissue. It is made mostly of collagen, a protein that provides a soft framework, and calcium phosphate, a mineral that adds strength and hardens the framework.

During childhood and your teens, your body adds new bone faster than it removes old bone. After about age 20, you can lose bone faster than you make bone. To have strong bones when you are young, and to prevent bone loss when you are older, you need to get enough calcium, vitamin D, and exercise.



Mid 30's age human bones start losing the bone and this bone loss Bone loss can lead to low bone density(osteopenia), weakness of the bone, and eventually osteoporosis. This can lead to bone fractures (broken bones), even with minimal trauma. Osteoporosis (or porous bone) is a disease in which bones become weak and fragile.



Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteopenia	Osteopenia is when your bones are weaker than normal.
Osteoporosis	Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps. Osteoporosis means “porous bone.”
Osteoarthritis	It occurs when the protective cartilage that cushions the ends of your bones wears down over time
Rheumatoid Arthritis	Rheumatoid arthritis (RA) is a long-term autoimmune disorder that primarily affects joints. It typically results in warm, swollen, and painful joints. Pain and stiffness often worsen following rest

A photograph of a Giloy Tulsi plant. The plant features a central, upright spike of small, purple flowers. The leaves are green, elongated, and have serrated edges. The background is a dense thicket of similar green foliage.

Giloy Tulsi

Giloy Tulsi Plus +



Doesn't contain any steroid.

Boost Immunity, Cure liver disease,
Helps in joint pain

What is Giloy and Tulsi?

- Tulsi (Holy Basil) is a herb with healing properties that relieve stress and protect the immune system. Delicious, fragrant, exquisite, the finest Rama, Krishna, and Vana Tulsi leaves are expertly blended to create a soothing, uplifting full-bodied beverage that is inspiringly fresh and flavorful.



- *Tinospora Cordifolia*, which is known by the common names heart-leaved gaduchi, and giloy, is an herbaceous vine of the family Menispermaceae indigenous to the tropical areas of India, Myanmar, and Sri Lanka.

Ingredients

Giloy

Tulsi

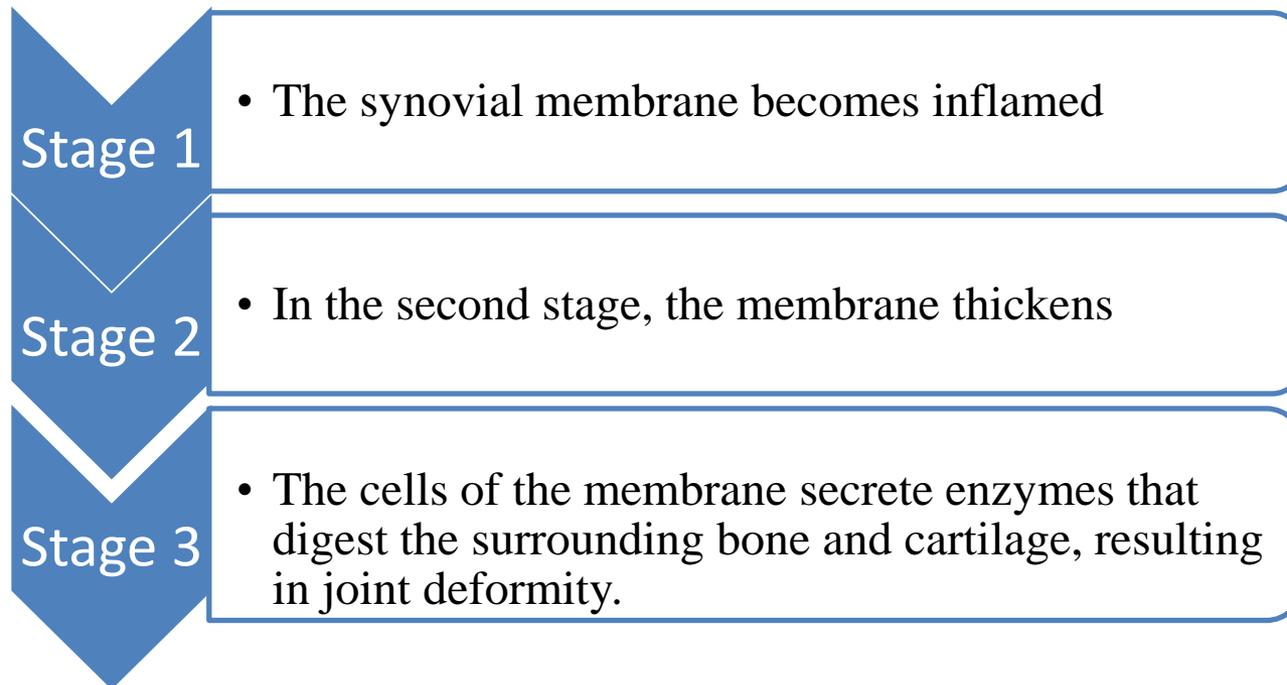
Benefits

- It is used for diabetes & high cholesterol
- allergic rhinitis (hay fever), High Blood Pressure
- Asthma, Cold, Congestion ,upset stomach
- Gout
- Rheumatoid Arthritis (RA)
- Hepatitis
- Peptic ulcer disease (PUD)
- Sinusitis



Mechanism of action

Giloy or guduchi is a potent tonic that works as an all natural joint pain relief by removing excess Vata from the body. It also cleans the blood, boosts circulation, beats inflammations, tones up the nervous system and eliminates ama (undigested food), making it a very remedy for when Vata accumulates in the joints. This herb can be taken in the form of giloy juice, tablets or powder. *Vata* also plays an important role as seen in the variable nature of the inflammation and joint pain and the tendency of the condition to migrate from joint to joint around the body.



Affordable Price

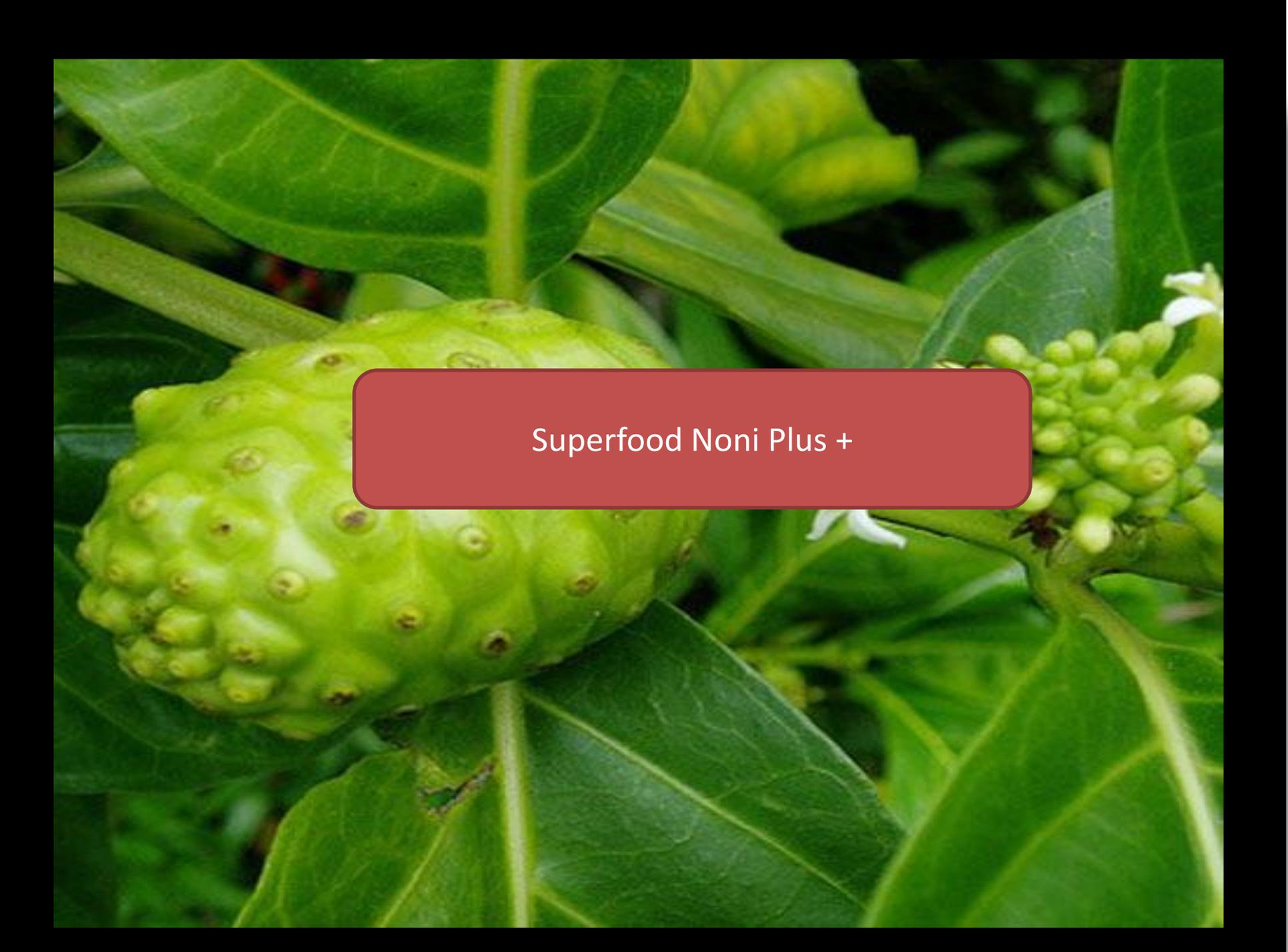


500ml

Dosage

10-20 ml with 100 ml of water preferably
with empty stomach ,twice a day

MRP: 550



Superfood Noni Plus +

Superfood Noni Plus +



Presence of Rasyana churna in it makes it a unique formula for goodness of health by flushing out the toxins from our body.

Build Immunity, Revitalize the body, Aids Menstrual Health, Reduces stress, Joint pain, Sugar and Preservative free

Useful in treating Arthritis

Ingredients

Morinda Citrifolia (Aal (Noni))

Moringa Pteryosperma (Drumstick)

Withania Somnifera (Aswangandha)

Emblica Officinalis (Amalaki (Amla))

Shastrok (Rasayan Churna)

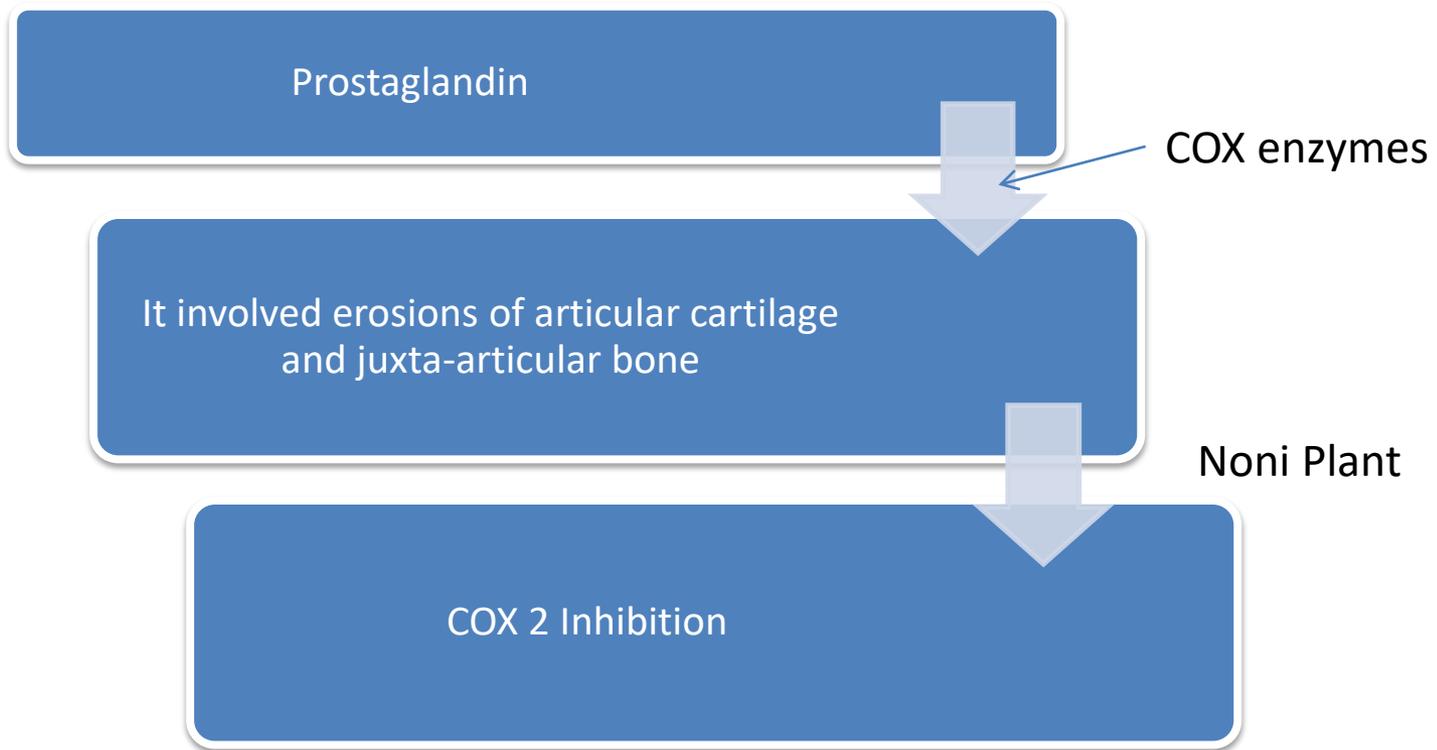
Benefits

- Support Immune system and Regulate Blood glucose level
- Anti Inflammatory
- Helpful in preventing breast cancer
- Urinary and Menstrual problems
- Constipation
- Rich source of vitamins A and C, calcium and iron helps strengthen bones
- A compound found in the flowers and roots of Drumstick, pterygospermin, has powerful antibiotic and fungicidal effects



Mechanism of action

Rheumatoid arthritis (RA) is a systemic inflammatory disease with polyarticular synovitis leading to formation of rheumatoid pannus and subsequent erosion of articular cartilage and bone. Prostaglandins (PGs)-a group of arachidonic acid metabolites found at elevated levels in synovial fluid and synovial membrane is considered to play a pivotal role in the development of vasodilatation, fluid extravasation, and pain in synovial tissues. Cyclooxygenase is an enzyme playing crucial role in PGs production.



Affordable Price



850ml

Dosage

Dilute 10-15 ml of noni juice with 500 ml of water or fruit juice ;20-30 minutes before food.

MRP : 1000

Wheat Grass Plus+



Wheat Grass Plus+



Combination of wheat grass powder with Amla and Giloy makes it effective remedy for lowering bad cholesterol

Ingredients

Wheat Grass Powder

Amla

Giloy

Benefits

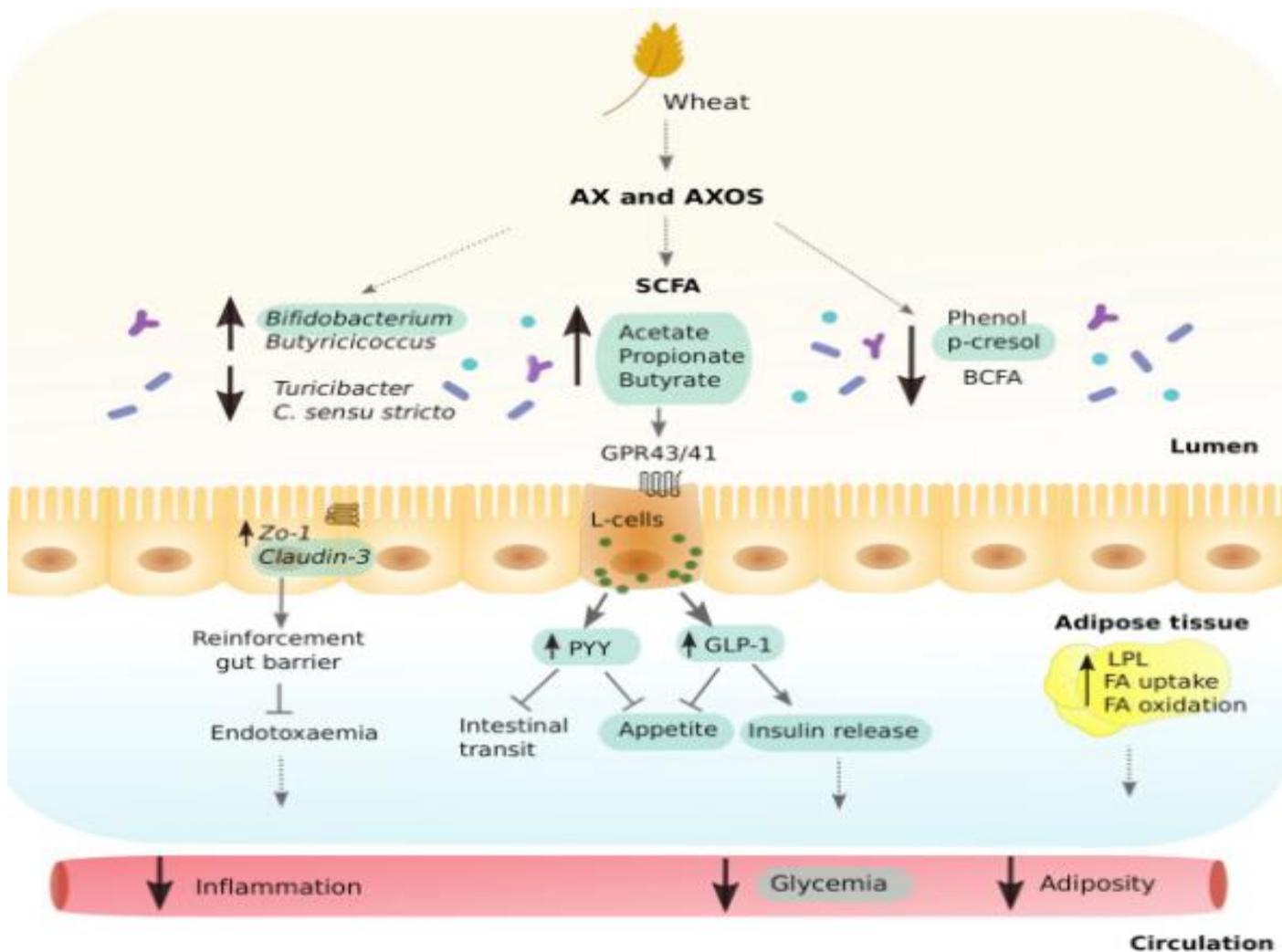
- It is especially high in vitamins A, C and E, as well as iron, magnesium, calcium and amino acids
- Cures sore throat and cold
- Amla reduces constipation and helps heal painful mouth ulcers , it has anti-inflammatory properties
- Support Immunity
- Support healthy Digestion



Mechanism of action

- Wheatgrass is the young grass of the common wheat plant called *Triticum aestivum*
- Act as an Antioxidant. Antioxidants help fight chronic inflammation, which occurs when the immune system reacts to particular health issues, such as arthritis, stomach problems, skin issues.
- It showed decreased Ritchie index, in Rheumatoid and according to a health assessment questionnaire, morning stiffness showed significant improvement.

Mechanism of action



Affordable Price

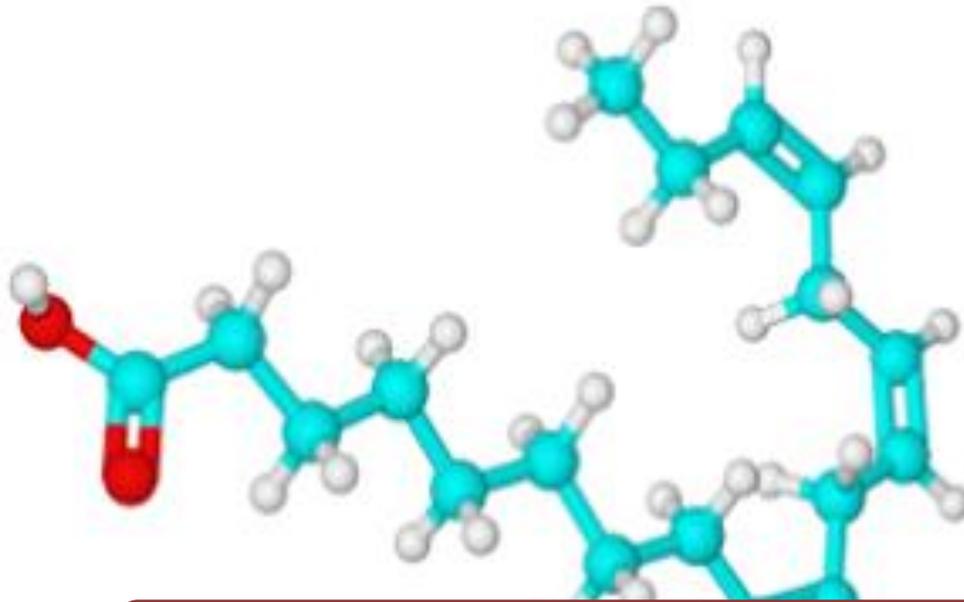


500ml

Dosage

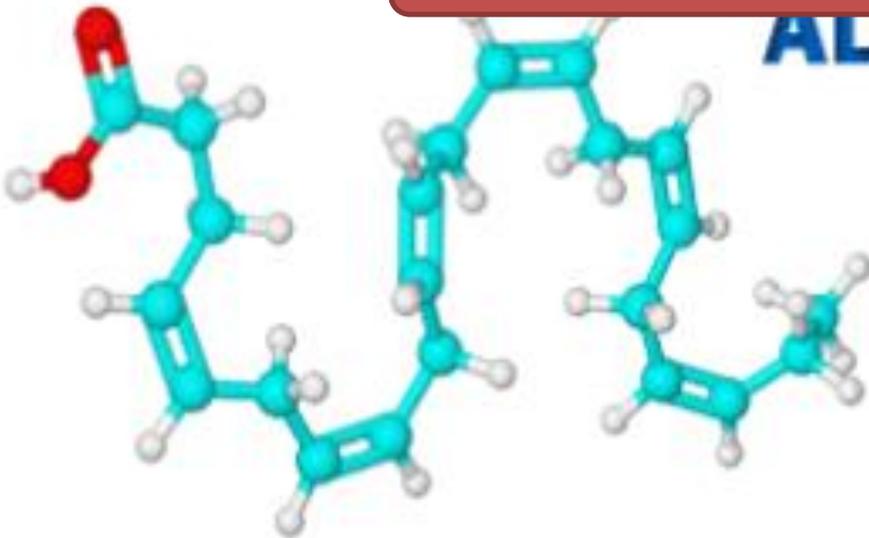
Take 15-30 ml of wheat grass juice in half glass of water preferably at empty stomach in morning and evening.

MRP: 550



Omega 3-6-9

ALA



DHA



EPA

Omega 3-6-9



Omega 3-6-9 combinations are an integral part of cell membranes throughout the body and affect the function of the cell receptors in these membranes

Features

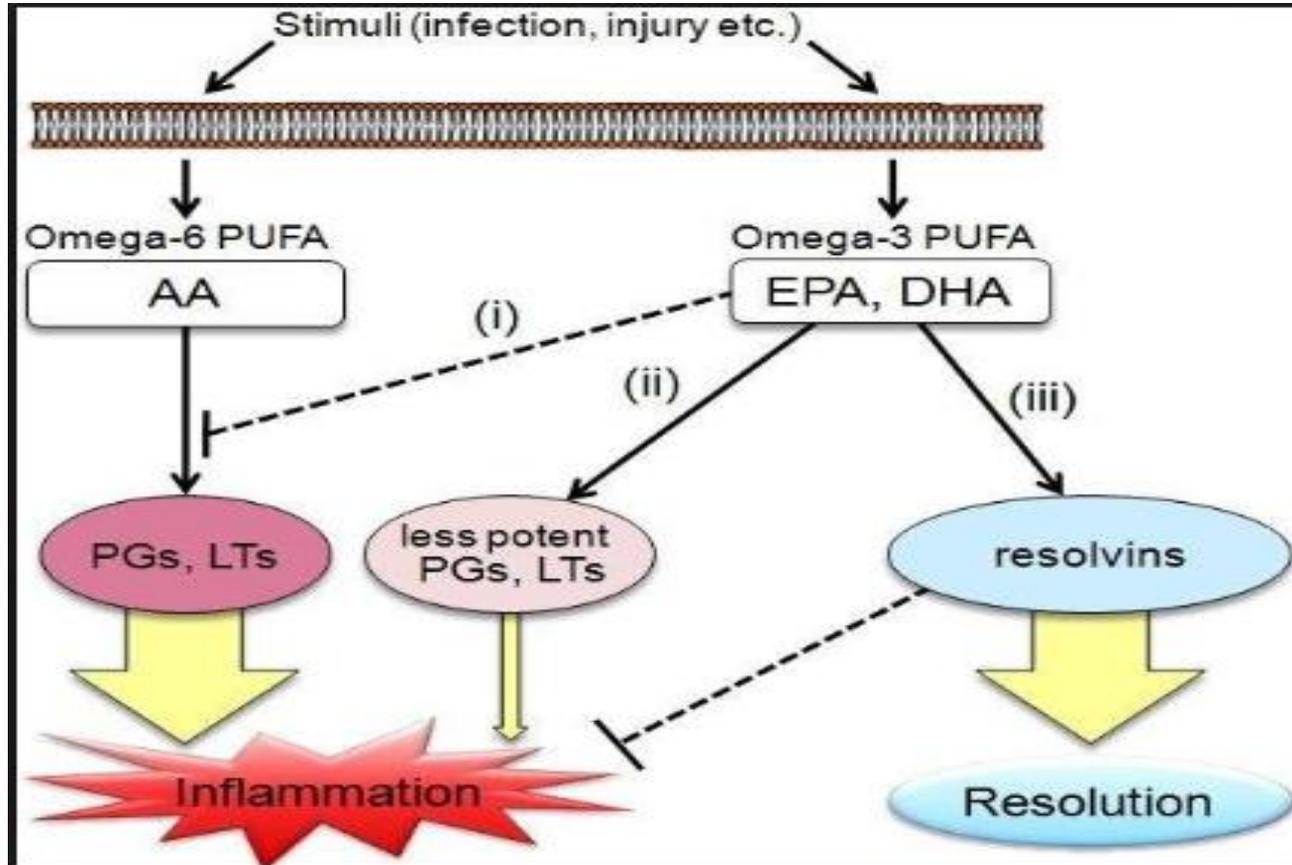
Omega 3-6-9 is an essential supplement to support heart health.

Omega-3, omega-6 and omega-9 fatty acids are all important dietary fats.

Omega-3 fats are a crucial part of human cell membranes.

They also have a number of other important functions, including: Improving heart health: Omega-3 fatty acids can increase "good" HDL cholesterol. They can also reduce triglycerides, blood pressure and the formation of arterial plaques .

Mechanism of action



Possible mechanisms of the anti-inflammatory actions of ω -3 PUFAs. Omega-3 PUFAs are thought to act via several possible mechanisms: (1) preventing the conversion of AA into proinflammatory eicosanoids, such as 4-series LTs and 2-series PGs via substrate competition; (2) serving as an alternative substrate to produce less potent 5-series LTs and 3-series PGs and thromboxanes; and (3) converting EPA and DHA into bioactive metabolites, such as resolvins with anti-inflammatory and proresolving properties.

Ingredients

Benefits

Omega 3

It can fight with depression and anxiety

Can improve eye health

Supports a healthy heart

Omega 6

Stimulate skin and hair growth,

Maintain bone health

Regulate Metabolism

Omega 9 and Fatty acids

Rich source of Oleic Acid and

Improves Insulin sensitivity

Vitamin E

It support immune function,
promotes eyes heath

Affordable Price

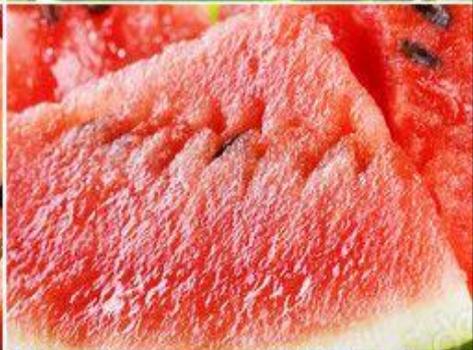


60 Capsules

Dosage

Take 1 capsules in the morning and in the evening with water at meal times

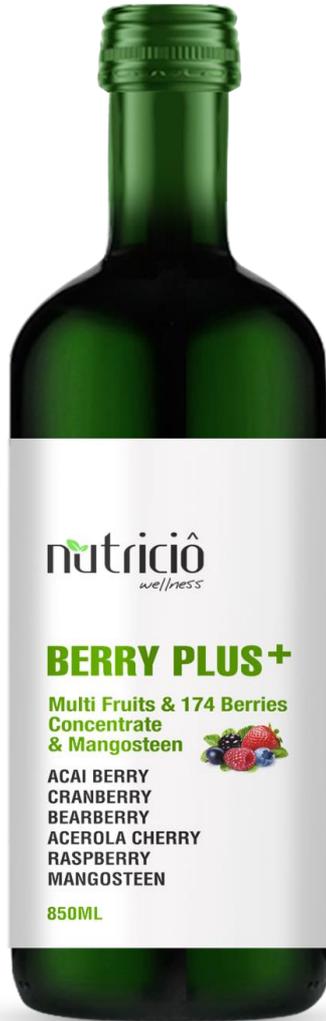
MRP : 650



Berry Plus +



Berry Plus +



Unique formula due to 174 Berries.
No other juice is mixed , only berries
have been used.

INGREDIENTS

Black Berry
Mangosteen
Green Apple
Acai Berry
Grape seed Extract
Crane Berry
Goose Berry
Strawberry
Mulberry
Dew Berry

BENEFITS

- High in fiber
- Great source of vitamin K
- High in manganese
- Supports brain health
- Anti-Inflammatory
- Anticancer Effects
- Good for Weight Loss
- Good for Your Heart
- Lower the Risk of Diabetes

BENEFITS

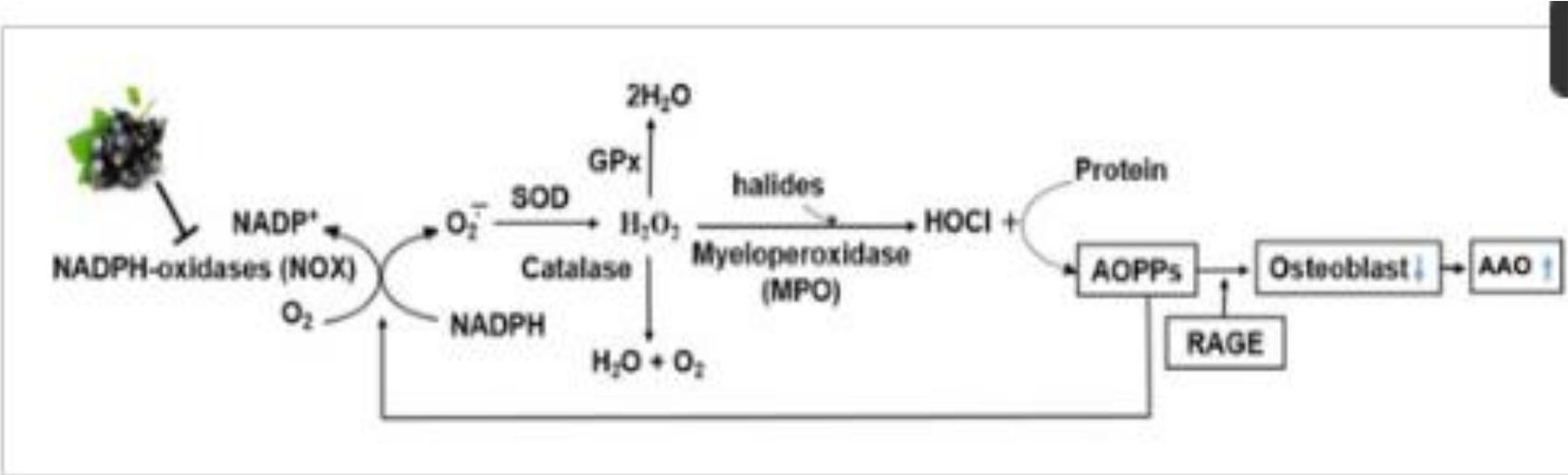


- Support Brain Function
- Improve Blood Flow
- Reduce Oxidative Damage and prevent Osteoporosis and bone loss during Menopause
- Supports Kidney Function
- Prevent urinary tract infections
- Support digestion
- Antioxidant in nature
- Support Cholesterol Levels



- Major age-related risk factors for osteoporosis include hormonal imbalance resulting in osteoclast and osteoblast dysfunction, increased oxidative stress, and chronic inflammation. Generation of oxidative stress and chronic inflammation associated with aging can lead to excess bone resorption, causing osteoporosis
- Studies indicate that oxidative stress may enhance bone resorption and disturb the coupling of bone resorption to bone formation, contributing to AAO . Oxidative stress increases with age, as ROS production rises and the activities of antioxidant enzymes such as superoxide dismutase (SOD) and glutathione peroxidase simultaneously decrease . The oxidative stress resulting from this imbalance can stimulate apoptosis of osteoblasts and osteocytes , and may reduce osteoblastogenesis while also increasing the formation and activation of osteoclasts.
- Phenols present in Berries are associated with an increase in BMD . Berries are rich in antioxidant and it is associated with an increase in insulin-like growth factor-1 (IGF-1) and alkaline phosphatase activity (ALP), both markers of bone formation, and BMD.
- Berries-Reduce Oxidative Damage and prevent Osteoporosis and bone loss during Menopause

Mechanism of action



Potential mechanism of anthocyanins in lowering aging-associated osteoporosis (AAO) risk through inhibiting nicotinamide adenine dinucleotide phosphate (NADPH) oxidase (NOX)-mediated advanced oxidation protein products (AOPP) formation. GPx: glutathione peroxidase; RAGE: receptor for advanced glycation end products; SOD: superoxide dismutase

Affordable Price



850ml

Dosage
30 ml twice daily directly or
can be mixed with water

MRP : 2000



Organic Panch Tulsi Drop

Organic Panch Tulsi Drop



Ginger's goodness makes it different from other products as combination of Ginger and 5 tulsi is a unique combination to burn up toxins, and improves digestion

Panch Tulsi



Tulsi is a herb with healing properties that relieve stress and protect the immune system. Delicious, fragrant, exquisite, the finest Rama, Krishna, and Vana Tulsi leaves are expertly blended to create a soothing, uplifting full-bodied beverage that is inspiringly fresh and flavored

Ingredients

Ginger
Rama Tulsi
Sweet Tulsi
Krishna Tulsi
Vana Tulsi
Amrita Tulsi

Benefits

- Gingerol present in Ginger has powerful medicinal properties, helps treat nausea and morning sickness
- Ginger helps Reduce Muscle Pain and Soreness.
- The Anti-Inflammatory effects helps reducing pain in osteoarthritis
- Helps in abdominal cramps, constipation, and indigestion
- Prevent nausea and vomiting
- Support the T helper cells and natural killer cells activity boosting the immune system



Mechanism of action

Tulsi and Ginger acts as adaptogens with anti-inflammatory and antioxidant properties and it helps people suffering from Fibromyalgia

Affordable Price



20ml

Dosage

Take 1-2 drops in a glass of water/tea or lassi 4-5 times a day

MRP: 180

“THE MIRACLE TREE” MORINGA OLEIFERA

“THE MIRACLE TREE” MORINGA OLEIFERA



Capsule coating of our capsule makes it target specific . It doesn't involve direct crushing It doesn't include any sugar content which eliminates the high level rise of Glucose in the body.

Nutritional Value

Vitamin A

Vitamin B1 (thiamine)

B2 (Riboflavin)

Calcium and Magnesium

Riboflavin

Benefits

- Vitamin A supports in brain function, skin, heart, kidneys, lungs, vision, and immune system health.
- Vitamin B1 supports the body to use carbohydrates as energy. It is essential for glucose metabolism, and it plays a key role in nerve, muscle, and heart function.
- Riboflavin is needed for growth and overall good health. It helps the body break down carbohydrates, proteins and fats to produce energy, and it allows oxygen to be used by the body.
- Calcium build and maintain strong bones. The heart, muscles and nerves also need calcium to function properly



Mechanism of action

It helps in bone building vitamins and minerals may help provide important bone protection from this estrogen loss. M. Oleifera also contains multiple micronutrients that play a critical role in bone health and calcium absorption, such as boron, vitamin C, magnesium, potassium, and others.
It works for the BMD in Menopause

Affordable Price



60capsules

Dosage

2 capsules daily to be taken before meals

MRP : 550

THANK YOU



PROVEDA
leading you to success
