

# FAT BURNAR



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# Obesity

- **Obesity** is a complex disease involving an excessive amount of body fat.
- **Obesity** isn't just a cosmetic concern.
- It is a medical problem that increases your risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers.



# Most common causes of Obesity

- Physical inactivity. ...
- Overeating. ...
- Genetics. ...
- A diet high in simple carbohydrates. ...
- Frequency of eating. ...
- Medications. ...
- Psychological factors. ...
- Diseases such as hypothyroidism, insulin resistance, polycystic ovary syndrome, and Cushing's syndrome are also contributors to **obesity**.





# Consequences of Obesity

- All-causes of death (mortality)
- High blood pressure (hypertension)
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (Dyslipidemia)
- Type 2 diabetes.
- Coronary heart disease.
- Stroke.
- Gallbladder disease.
- Osteoarthritis (a breakdown of cartilage and bone within a joint)



# Obesity in India



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- The prevalence of **obesity in India** varies due to age, gender, geographical environment, socio-economic status, etc. According to ICMR-INDIAB study 2015, prevalence rate of **obesity** and central **obesity** are varies from 11.8% to 31.3% and 16.9%-36.3% respectively.

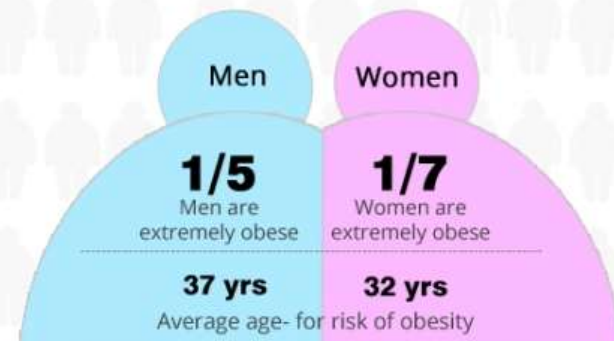
## India Needs to Lose Weight



**Max Risk Age: 28 – 38 yrs**  
Highest risk of weight gain, for men & women  
Average person goes from healthy at 26 to obese at 38 yrs.

**25.5**  
Average BMI  
BMI > 25 is obese  
(BMI guidelines by Indian Health Ministry)

Average Indian needs to lose weight, to get healthy  
**Need to Lose 11 kg**  
Takes them 12 years to gain the weight.  
Requires 3 months to lose it, on *Fitso* Diet Plan



# Solution

- Proveda Nutricio FAT BURNER an ideal Solution to reduce fat & Suppress apatite for Overweight & Obese person



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# Major Ingredients

## [Garcinia cambogia](#),

- a tropical fruit also known as the Malabar tamarind, is a popular weight-loss supplement. People say it blocks your body's ability to make fat and it puts the brakes on your appetite. Loss of excess weight could help could help keep blood sugar and cholesterol levels in check





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# Major Ingredients

- [Garcinia cambogia](#),
- The active ingredient in the fruit's rind, [hydroxycitric acid](#), or HCA, appears to block an enzyme called citrate lyase, which your body uses to make fat.
- It also raises levels of the [brain](#) chemical serotonin, which may make you feel less [hungry](#).







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# Major Ingredients

- Sunthi : Dry ginger powder contains thermogenic agents that are useful to burn **fat**.
- Regular consumption of ginger powder may actually help in boosting your metabolism and burning off the excess **fat** further
- helping you **lose weight**.





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# Major Ingredients

- Coccus (Laxa) Regulates liver function, increases Immunity, Lipolytic (Now globally accepted and used worldwide as its alkaloid 'Tinacordin' reduces fat in the Adipose People)





# Major Ingredients



## Methika

- Methi has been used for centuries to treat various health conditions in alternative medicine. Although human studies are limited, some studies suggest that **fenugreek** aids **weight loss** by suppressing appetite, increasing satiety, and decreasing dietary calorie intake.



## Neem chal

- **Neem** aids in the breakdown of body **fat**, which helps keep your **weight** in check.



## Hritaki

- **Haritaki** plays a key role in burning excess **fat**. It effectively detoxifies the body by removing AMA toxins and reduces sudden hunger pangs and a craving for unhealthy dietary choices



# Major Ingredients



## Vibhitak

**Bibhitaki** is an anti atherogenic agent (which helps to reduce cholesterol). It also helps in the effective **management** of obesity and helps in **weight** ...



## Amlaki

**Amla** is rich in fiber, which makes it **great** for boosting digestion. A healthy gut and digestion system is **great** for an effective **weight loss**.



## Kali Mirch

- Black pepper contains piperine, a compound that enhances metabolic performance and suppresses **fat** accumulation in the body. Black pepper tea works very well in managing obesity.



# Major Ingredients



## Pipalmul

- It's consumption might also help promote **weight loss** by improving the body's metabolism.



CHITRAK PLANT

## Chitrak

- **Chitrak** reduces blood cholesterol and triglyceride levels and thereby, helps in **weight loss**.



## Babul

- **Gond katira** has the property to increase the metabolic rate of the body. An increase in the metabolic rate would automatically help you flush out the waste from your body, increase your digestion and thus help in effective **weight loss**.



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# Benefits of Fat Burner

- Helps in weight loss
- Suppresses Appetite
- Improves metabolism
- Reducing the accumulation Belly of Fat
- Slow down or Blocks the fat production





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# Dosage

- One tablet twice daily after food
- Not recommended for Pregnant ladies , lactating mothers
- Children below 12 years

