



Welcome To

Proveda Heart Health Training Session

Heart structure and Functioning

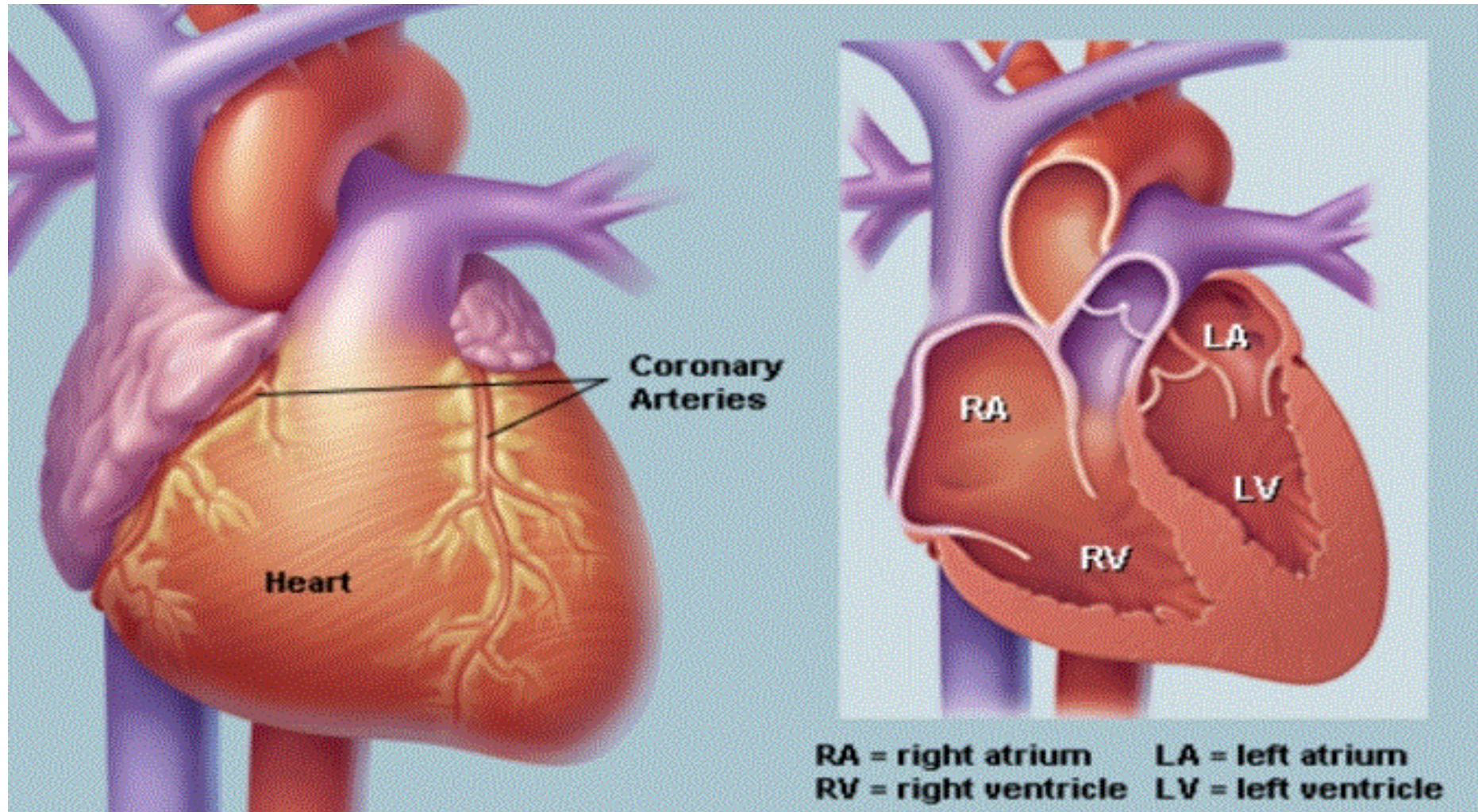
The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste products of metabolism. When the heart stops, essential functions fail, some almost instantly.

High cholesterol diet induces endothelial dysfunction, atherosclerosis and increases oxidative stress by increasing the expression of oxidation-sensitive genes, such as Elk-1 and p-CREB.

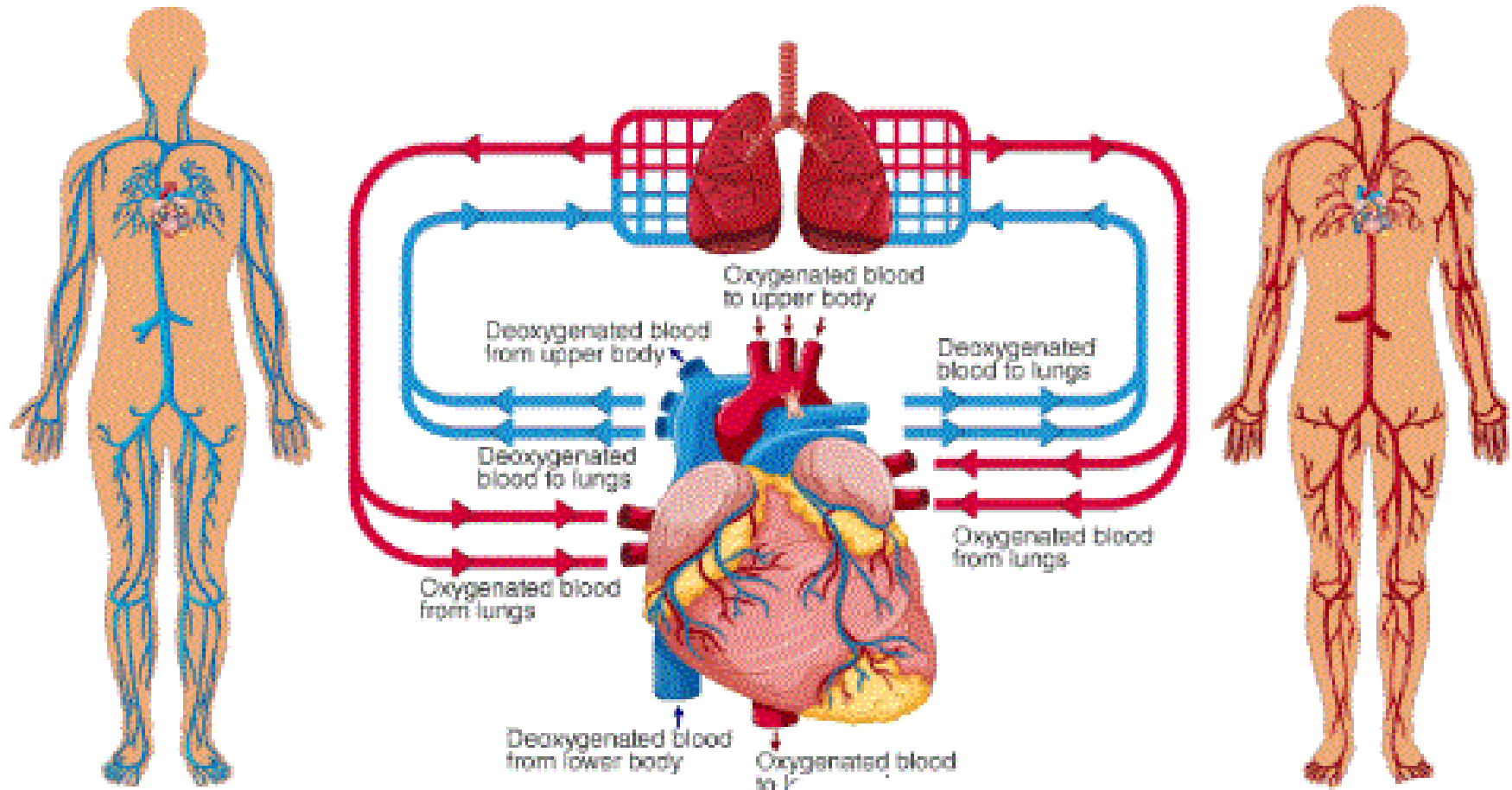
Beneficial Products

- Red Aloevera Juice
- Giloy Tulsi
- Superfood Noni Plus
- Berry Plus
- Liquid Chlorophyll Plus Gurana
- Chlorofresh Plus
- Mirackle Tree Spirulina
- Wheat Grass Plus
- Get in shape Slimming capsules
- Organic D-Tox
- Omega 3-6-9
- Apple Cider Vinegar Tablets
- Apple Cider Vinegar Juice

Structure of Heart



Blood Pumping



Diseases Associated with Heart

Coronary Artery Disease (CAD) : CAD is the most common heart problem. With CAD, you may get blockages in your coronary arteries -- the vessels that supply blood to your heart. That can lead to a decrease in the flow of blood to your heart muscle, keeping it from getting the oxygen it needs

Heart Arrhythmias : When you have an arrhythmia, your heart has an irregular beating pattern. Serious arrhythmias often develop from other heart problems but may also happen on their own.

Heart Failure : With heart failure, your heart doesn't pump blood as well as it should to meet your body's needs. It is usually caused by coronary artery disease, but it can also happen because you have thyroid disease, high blood pressure, heart muscle disease (cardiomyopathy), or certain other conditions.

Rheumatic heart disease : This condition develops when your heart muscle and valves are damaged by rheumatic fever, which is linked to strep throat and scarlet fever.

Red Aloe vera

Red Aloe vera



Red Aloe vera Juice



Red aloe vera is one of 400 species of aloe. It is 22 times more powerful than common aloe vera in chemical content. Red aloe vera has amino acids double to that of common aloe vera and has polysaccharides 3 times than common aloe vera.

Red Aloe vera is a Miraculous herb which cures cancer, diabetes, tumors, Dandruff, Hair fall, Piles, sexual problems.

Ingredients

Red Alovera Pulp

Honey

Ashwagandha Herbs

Benefits

- Regenerate capillaries
- Improve blood and oxygen circulation
- Rich in Antioxidants
- Lower Blood Pressure
- Improve Cholesterol
- Obesity
- Reduce anxiety and stress
- Help fight depression
- Support fertility

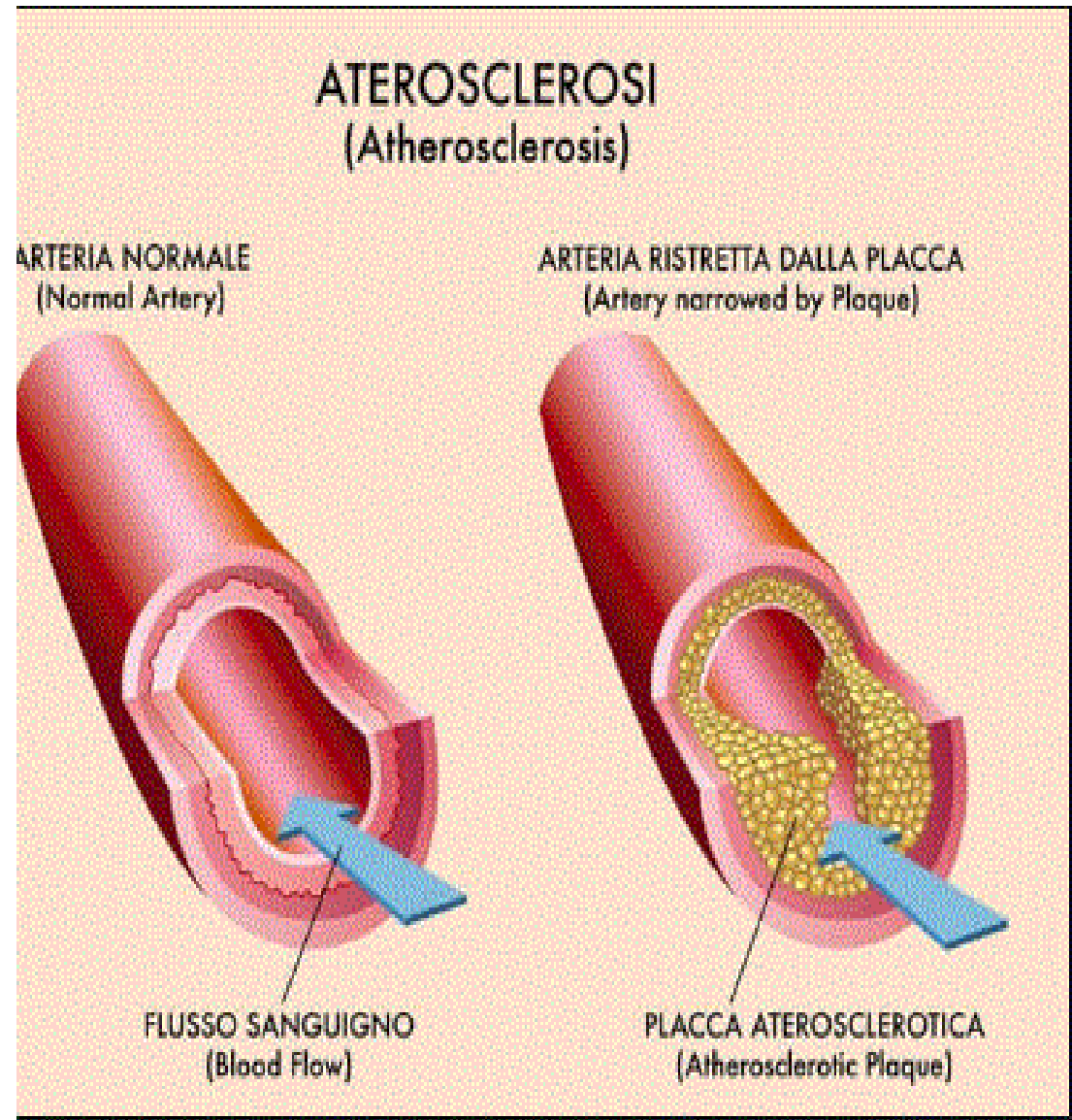


Mechanism of action

Aloevera juice is one of the key home remedies for high blood pressure and improve overall heart health in a number of ways: Because aloevera juice contains a high amount of vitamin C, it enhances circulation and strengthens veins and arteries. It prevents angina attacks

A. vera is known for its antihyperlipidemic property wherein it has beneficial effects on the prevention of fatty streak development and may help to reduce the development of atherosclerosis through modification of risk factors

Honey is a rich source of phenols and other antioxidant compounds



Affordable Price



Dosage
30 ml directly once a day on
empty stomach

MRP : 800

Giloy Tulsi Plus +

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.

Giloy

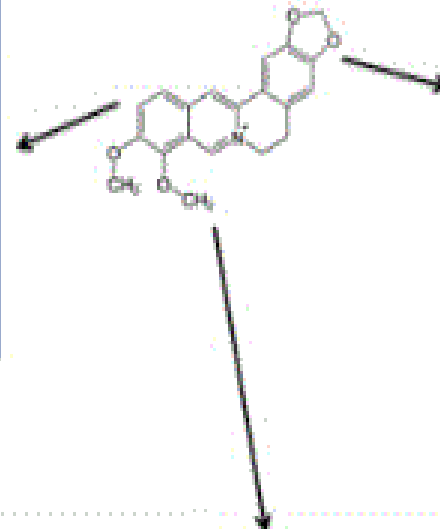
Tulsi

- 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

- ✓ Antidepressant
- ✓ Protector against neurodegeneration and stroke
- ✓ Protector against Alzheimer's disease onset and progression
- ✓ Protector against Parkinson's disease onset



- ↑ Glucose uptake
- ↑ Insulin sensitivity
- ↑ Glycolysis
- ↑ AMPK activation
- ↑ Sirtuins 1 and 3 activation
- ↑ NAMPT activity
- ↓ Gluconeogenesis
- ↓ Glycogenolysis
- ↓ Circulating FFA, TG and Cholesterol
- ✓ Recovery of mitochondrial function
- ✓ Hepatoprotective and cardioprotective

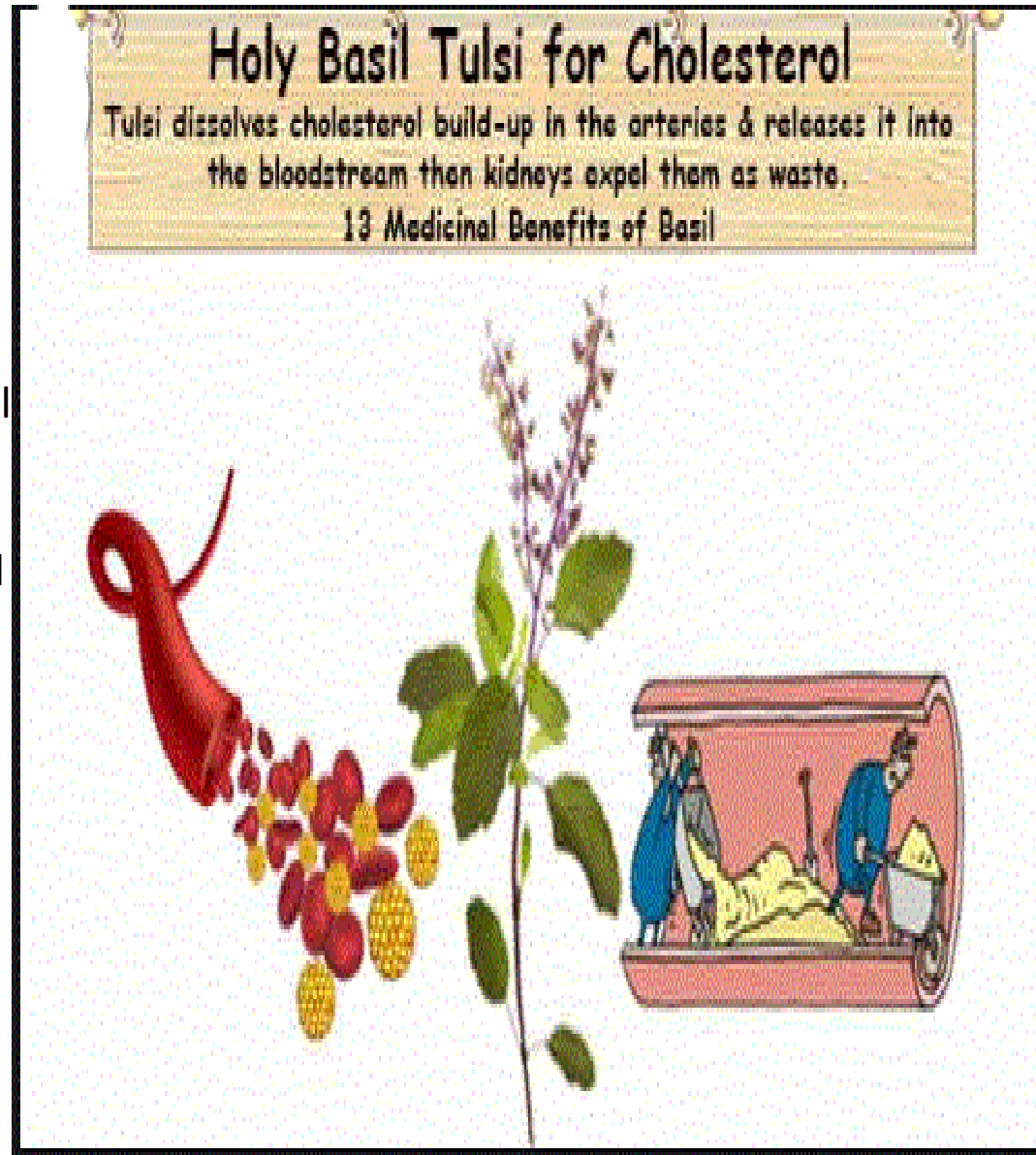
- ✓ DNA binding
- ✓ Modulation of MAPK and NF-κB pathways
- ✓ Dependent on p53
- ✓ Inductor of cell cycle arrest and apoptosis in transformed cells
- ✓ Virtually no effects on normal cells
- ✓ Mitochondrial dysfunction at high doses
- ✓ Interacts with key microRNAs

Giloy- It has cardio-tonic and hematopoietic activity and is effective in **cardiac** debility

Mechanism of action

Tulsi reduces cholesterol in the body. It protects the heart from the harmful effects of free radical and environmental damage.

Having Tulsi every day has been known to reduce stress. It calms the nerves and lowers the blood pressure.



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.

Sugar and Preservative free

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

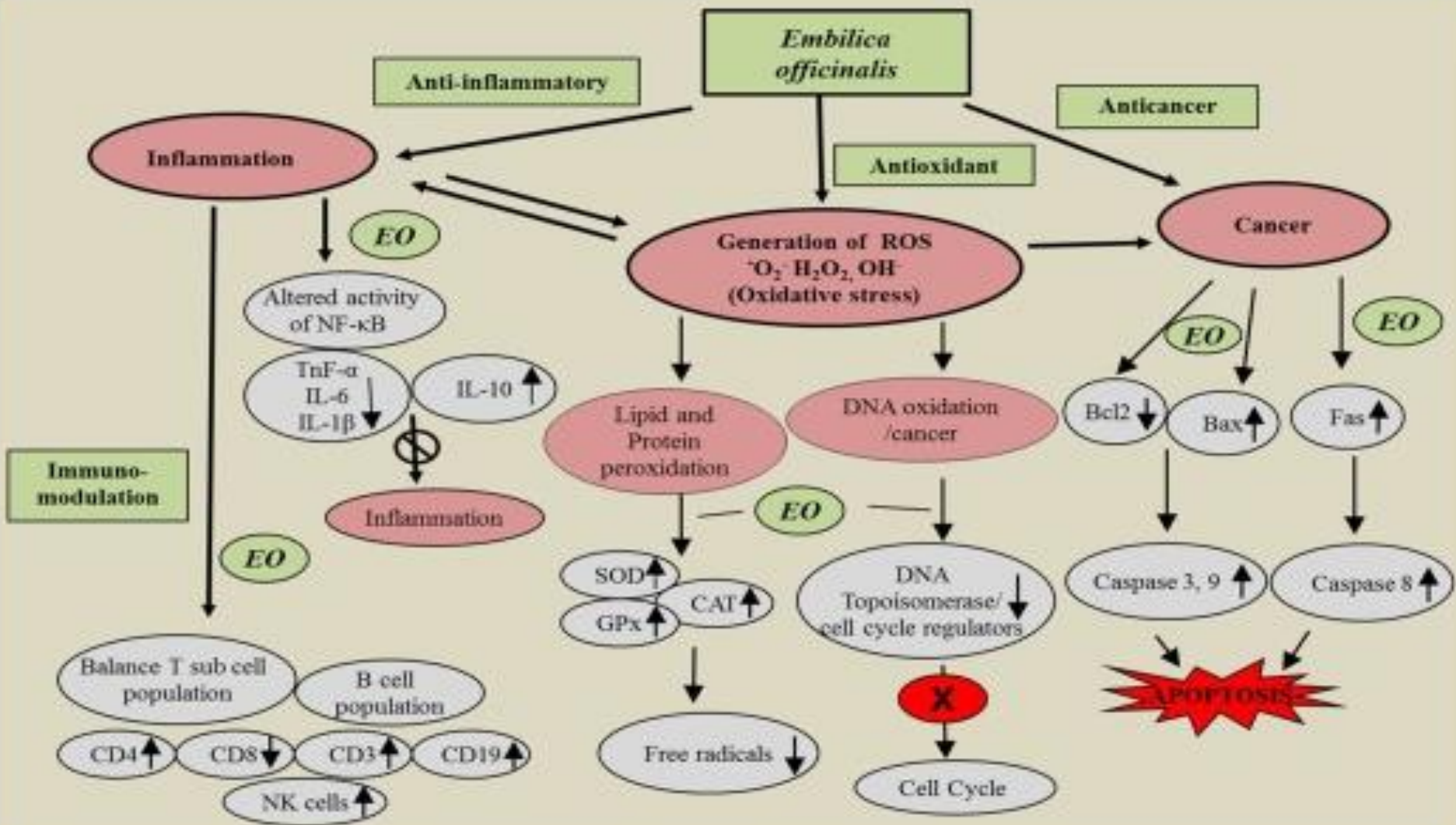
Morinda citrifolia has been considered useful in cardiovascular diseases particularly hypertension, atherosclerosis and dyslipidemia

Significant inhibition of rise in lipid levels by extracts of various parts of *Morinda citrifolia* is indicative of inhibition of cholesterol biosynthesis by inhibition of HMG Co-A. This enzyme plays a key role in controlling lipid levels in plasma and other tissue.

Morinda citrifolia is reported to be rich in flavones which are known to inhibit lipid biosynthesis

The plant extracts also caused significant reduction in the atherogenic index, which is considered a better indicator of coronary heart disease risk than individual lipoprotein concentration





Affordable Price



850ml

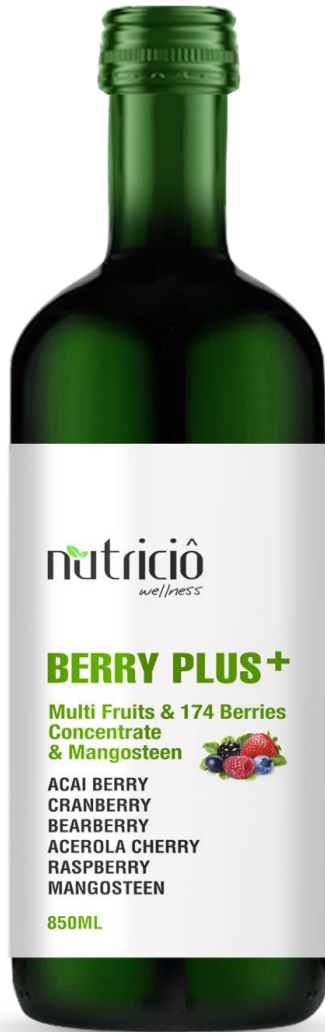
Dosage

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

MRP : 1000

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

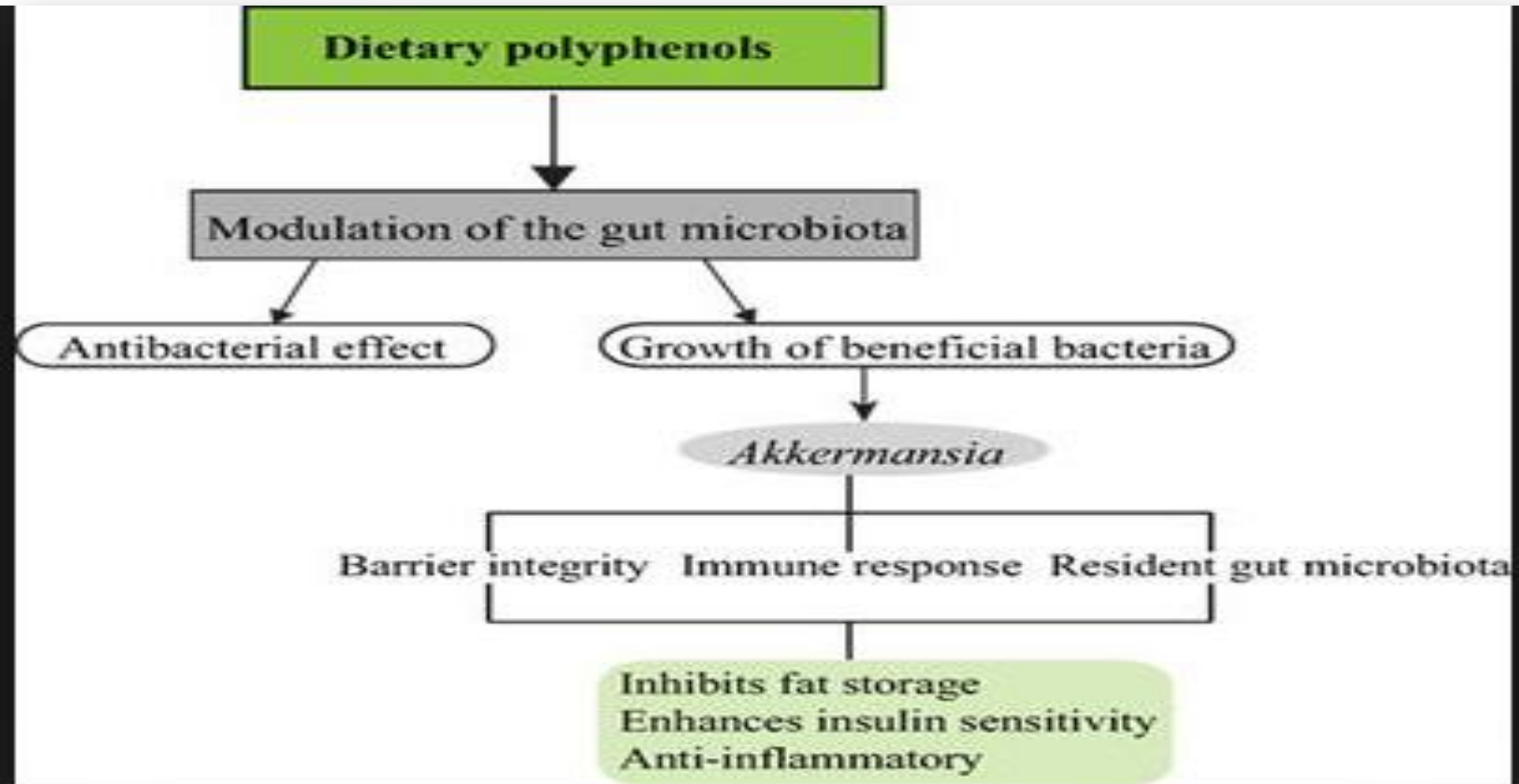
- Support Brain Function
- Improve Blood Flow
- Reduce Oxidative Damage
- Supports Kidney Function
- Prevent urinary tract infections
- Support digestion
- Antioxidant in nature
- Support Cholesterol Levels



Mechanism of action

- Berries are a good source of polyphenols, especially anthocyanins, micronutrients, and fiber.
- The most significant outcomes of these clinical studies show an increase in plasma or urinary antioxidant capacity, a decrease in LDL oxidation and lipid peroxidation, a decrease in plasma glucose or total cholesterol, and an increase in HDL-cholesterol following berry intervention.

Mechanism of action



Akkermansia- Category of Good Bacteria

Affordable Price



850ml

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

MRP : 2000

Liquid Chlorophyll plus Gurana drop

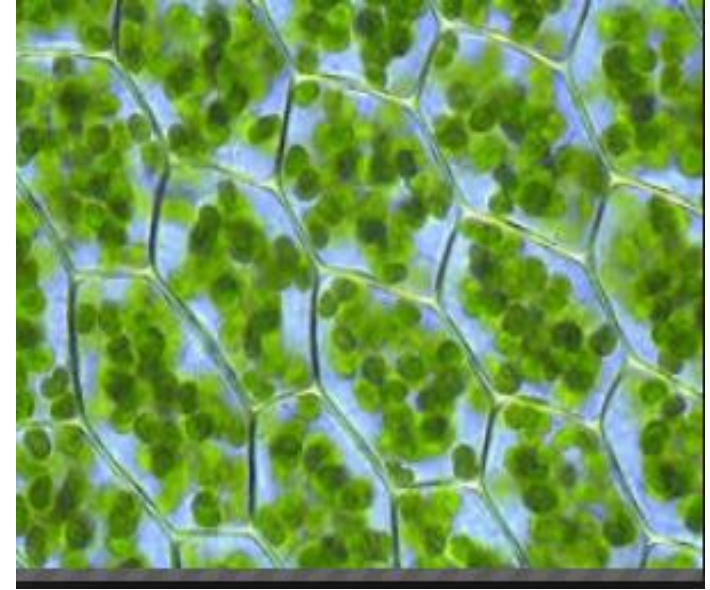
Liquid Chlorophyll plus Gurana drop



Soyabean oil, Yellow beeswax present in it helps to reduce bad cholesterol long with Alfalfa chlorophyll.

What is Chlorophyll ?

- Chlorophyll is a green photosynthetic pigment found in plants, algae, and cyanobacteria.
- Chlorophyll absorbs mostly in the blue and to a lesser extent red portions of the electromagnetic spectrum, hence its intense green color.



- Guarana is a plant. It is named for the Guarani tribe in the Amazon, who used its seeds to brew a drink. Today, Guarana seeds are still used as medicine. Guarana contains caffeine. Caffeine works by stimulating the central nervous system(CNS), heart, and muscles.



Ingredients

Chlorophyll

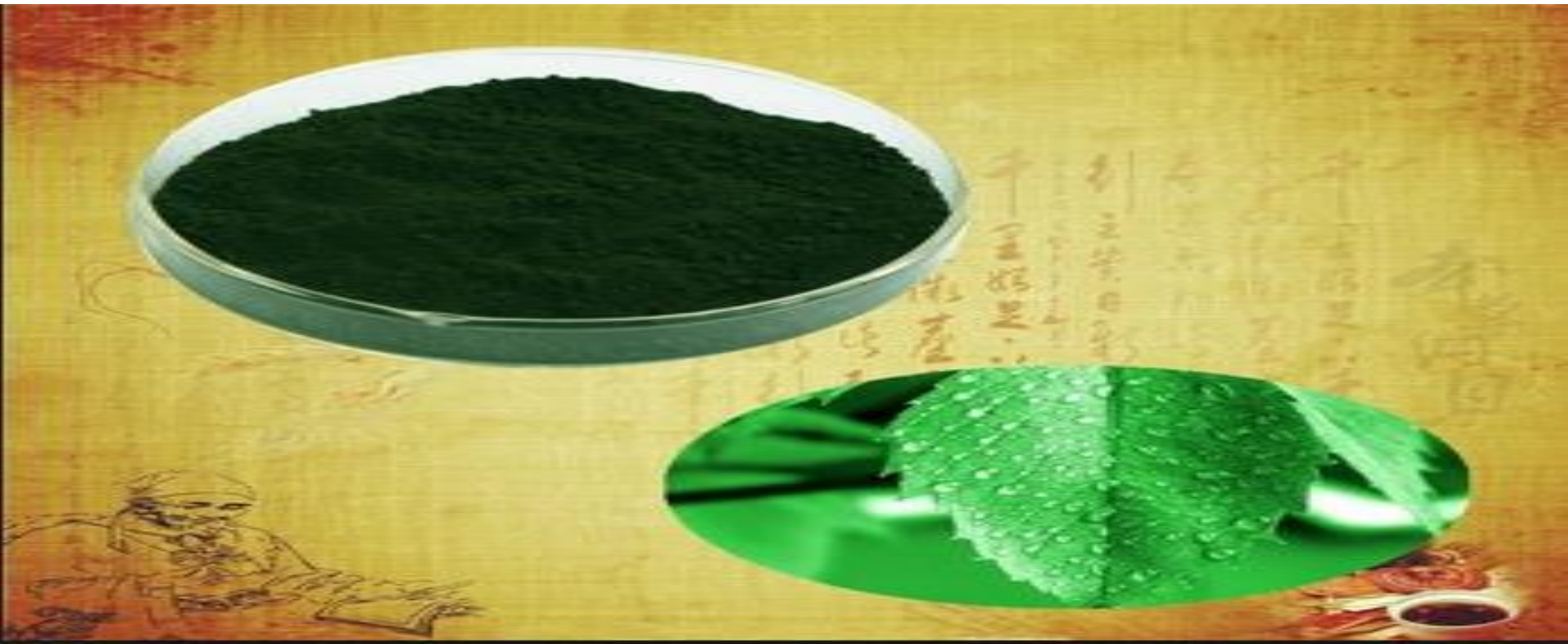
Guarana

Benefits

- Reduces Excess Cholesterol
- Support Blood Circulation
- Support Brain function
- Build Red Blood Cells
- Rich in Antioxidants
- Support Pain Relief

Benefits

- Reduce Fatigue and Improve Focus
- Help You Learn Better
- Promote Weight Loss
- Relieve Chronic Diarrhea and Constipation
- Support Heart Health



Mechanism of action

Guarana may reduce the risk of heart disease in two ways. First, the antioxidants in Guarana appear to aid blood flow and may prevent blood clots. Second, studies have shown that Guarana may decrease the oxidation of “bad” LDL cholesterol.

Chlorophyll is chemically similar to hemoglobin, a protein that is essential in red blood cells as it carries oxygen around a person's body

Affordable Price



20ml

Dosage

Take 10 drops morning and 10 drops in evening on an empty stomach or half an hour before meal.

MRP : 300

Chlorofresh Plus +

Chlorofresh Plus +



Purified distilled water removes the harmful ions from it.
Natural form of chlorophyll has been used in it.

Internal Deodorant, Premium source, Neutralize toxins, Support liver functioning

Ingredients

Chlorophyllin
(Sodium copper chlorophyllin)

Methylparaben E218

Benefits

- Support Skin healing.
- Chlorophyllin has been shown to reduce inflammation and bacterial growth in skin wounds
- Blood builder.
- Improve the quality of red blood cells

Benefits

- Detoxification
- Weight loss
- A natural deodorant
- Methylparaben is a preservative and antifungal agent



Mechanism of action

Chlorophyll is chemically similar to hemoglobin, a protein that is essential in red blood cells as it carries oxygen around a person's body. It is useful in Anemia.

Affordable Price



500ml

Dosage

Dilute 10-15 ml of chlorofresh juice with a glass of water twice a day

MRP : 1100

“The Miracle Tree” Spirulina

“The Miracle Tree” Spirulina



Excipients present in it provides long term stability and it supports the absorption of its components and enhance it's solubility.

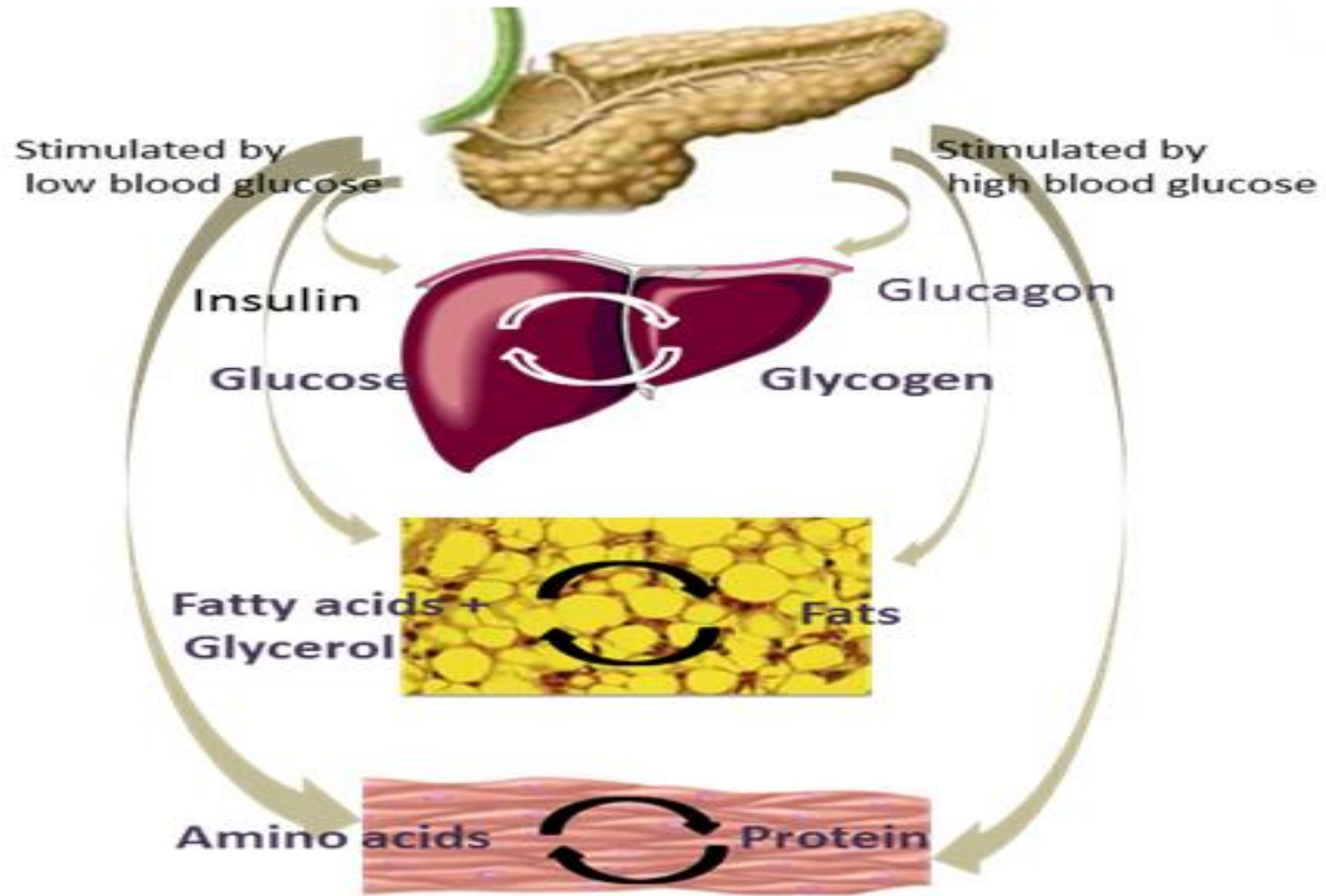
- Powerful Antioxidant and Anti-Inflammatory Properties
- Support Immunity, Heart and Brain function

What is Spirulina?

- Spirulina is an organism that grows in both fresh and salt water.
- It is a type of cyanobacteria, which is a family of single-celled microbes that are often referred to as blue-green algae.
- Just like plants, cyanobacteria can produce energy from sunlight via a process called photosynthesis.
- Spirulina was consumed by the ancient Aztecs but became popular again when NASA proposed that it could be grown in space for use by astronauts.



Mechanism of action



Affordable Price



60capsules

Dosage

2 capsules daily to be taken before meals

MRP : 550

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

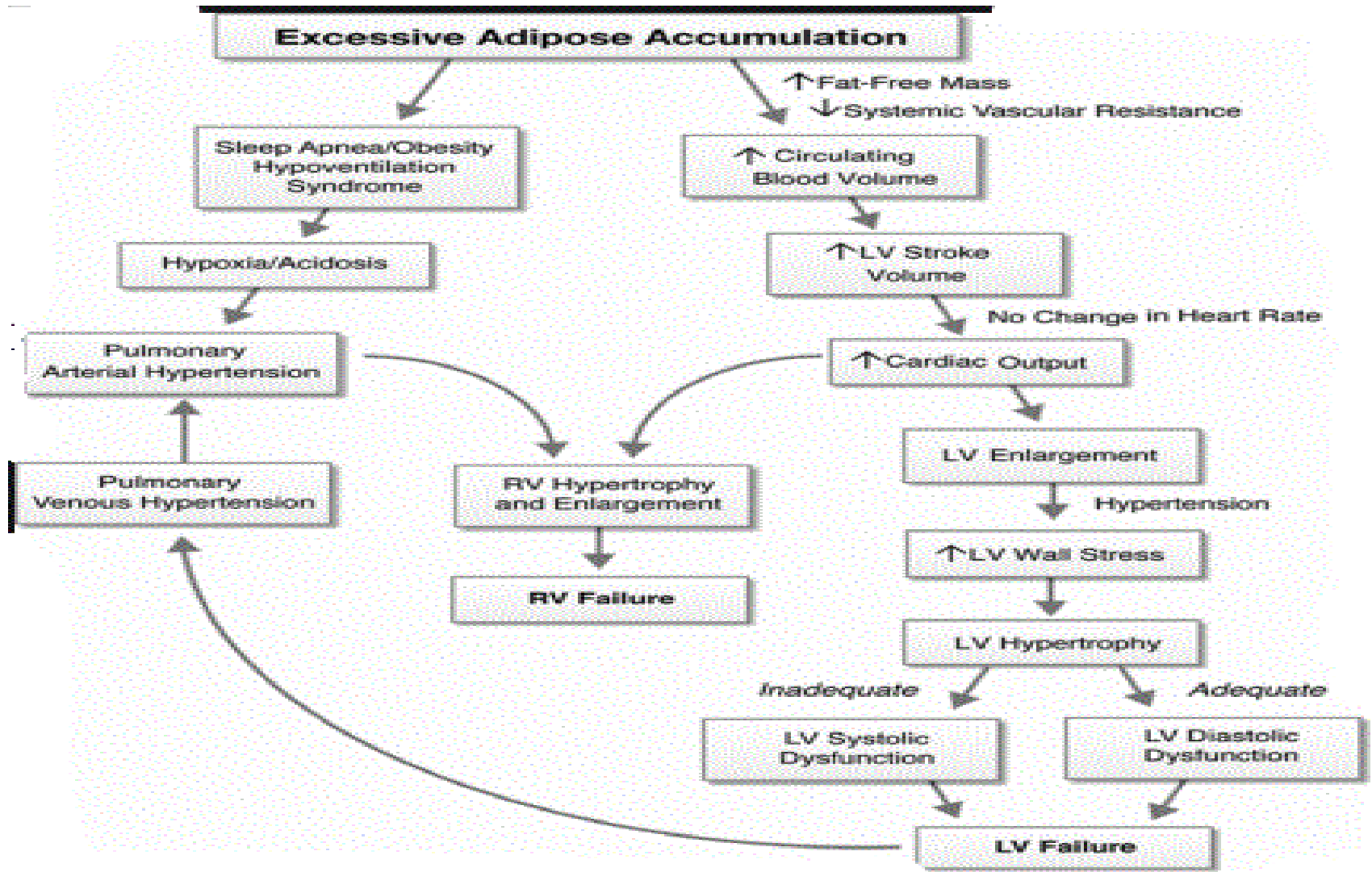
Giloy

Benefits

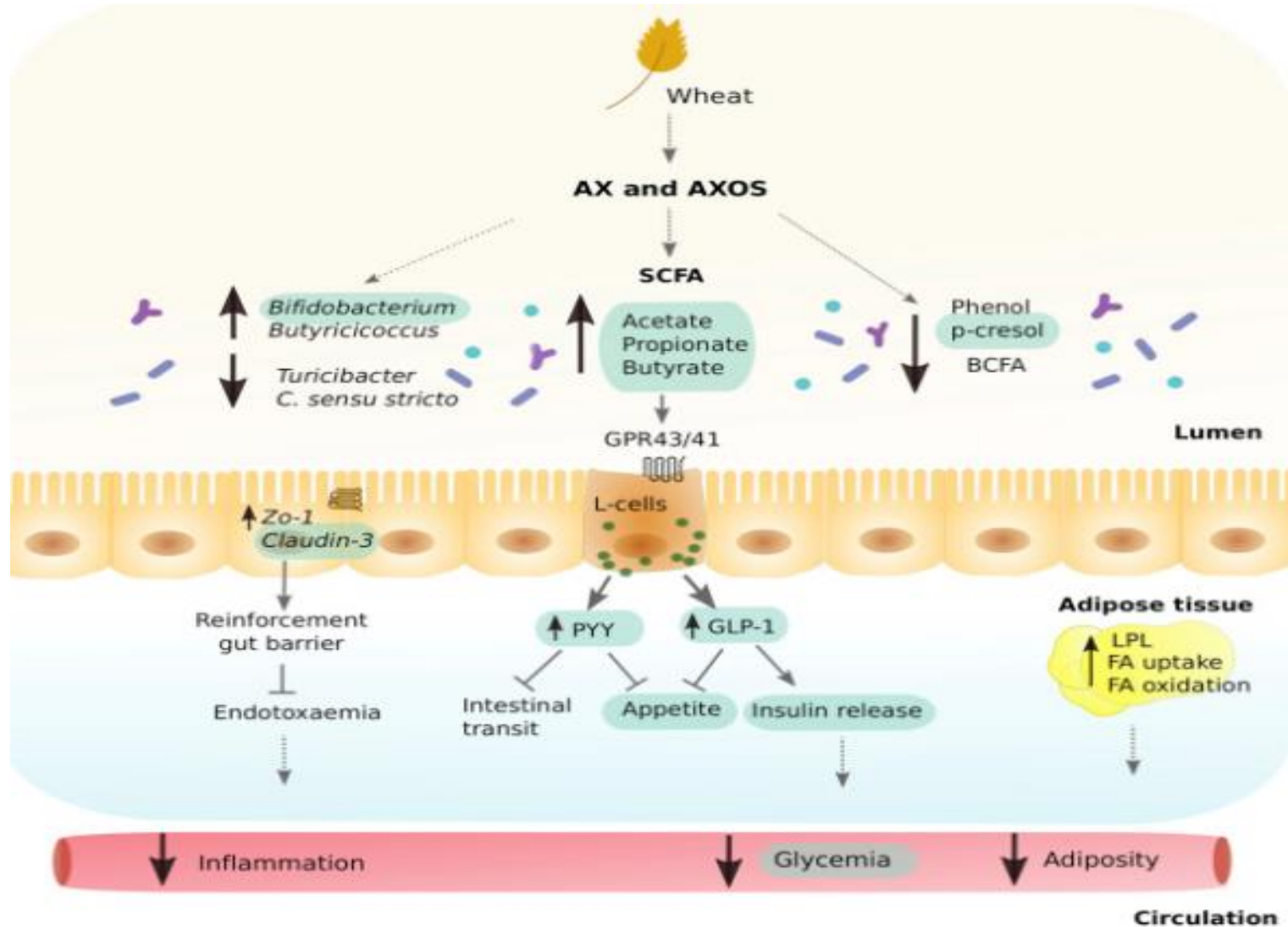
- It is especially high in vitamins A, C and E, as well as iron, magnesium, calcium and amino acids
- Cures sore throat and cold
- Amla reduces constipation and helps heal painful mouth ulcers , it has anti-inflammatory properties
- Support Immunity
- Support healthy Digestion



Mechanism of action



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

Get In Shape Slimming capsules

Get In Shape Slimming capsules



No Genetically Modified Organism,
Gluten free, with no additives.
Pure Vegetarian

Alovera and Triphala present in it
makes it a unique formula for weight
loss

Ingredients	Benefits	Benefits
Garcinia Cambogia	<ul style="list-style-type: none"> • It contain hydroxycitric acid (HCA)- strong effect on appetite • Used as a dietary supplement for Rheumatism, Intestinal problems. • Chlorogenic acid in green coffee affect blood sugar and metabolism. • Optimal expulsion of waste from the body that helps in losing weight 	<ul style="list-style-type: none"> • Reduce some of the bad effects of eating high-fat foods
Green Coffee		<ul style="list-style-type: none"> • Support digestive system
Cinnamon		<ul style="list-style-type: none"> • Support metabolism rate
Aloe vera		<ul style="list-style-type: none"> • Supports Heart Health

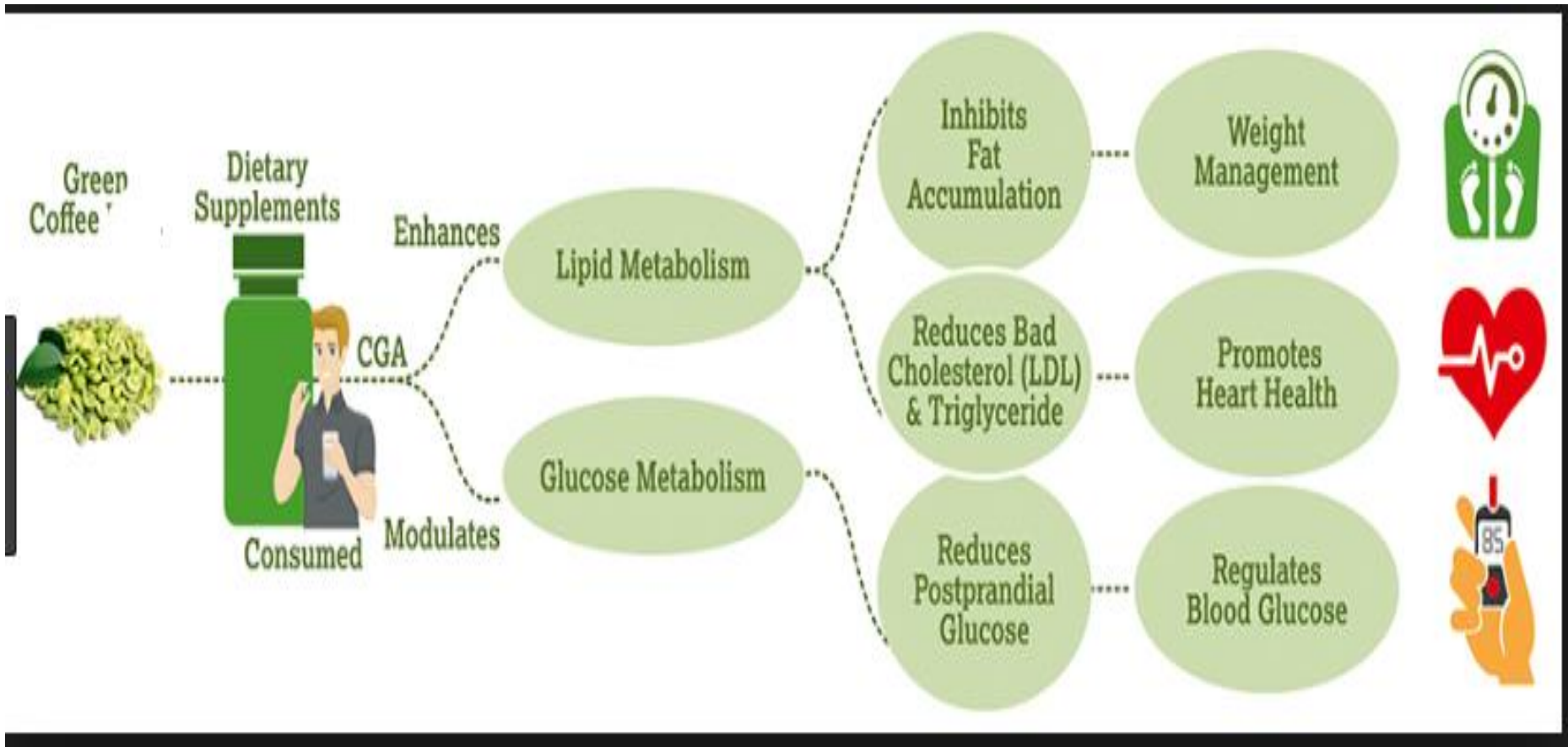


Mechanism of action

It offers strong antioxidant properties that help protect cells against the effects of free radicals molecules encountered on a daily basis. Free radicals cannot only damage our cells but may play a role in heart disease, cancer, and other diseases. Green coffee beans contain **polyphenols**, which naturally act to help reduce free oxygen radicals in the body.

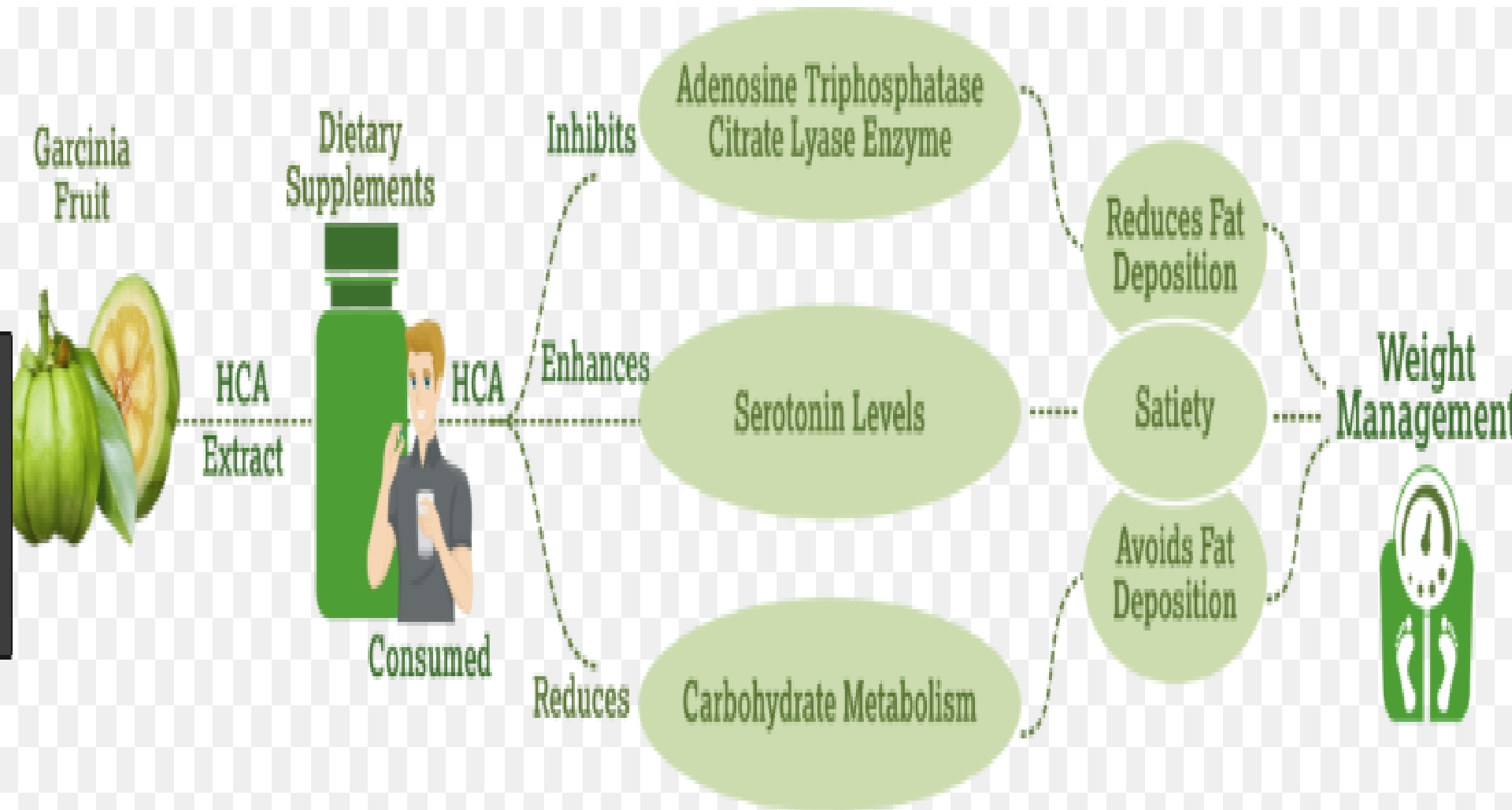
One of the main benefits of green coffee bean extract is its ability to lower blood pressure. Studies shows that the **CGA** content of the extract is able to lower blood pressure by as much as 10 points.

Mechanism of action of Green Coffee



CGA- Chlorogenic Acid

Mechanism of action of Garcinia Cambogia



Satiety-Feeling of fullness

Affordable Price



60capsules

Dosage

2 capsules twice a day with water after meals

MRP : 700

Organic D-Tox

Organic D-Tox



Combination of Lemon and Sea buckthorn with Green tea extract not only regulates the metabolism but also prevent aging effects.

Ingredients

Lemon
Sea Buckthorn
Green Tea

Benefits

The “liver loves lemons. It is a dissolvent of uric acid and other poisons, liquefies the bile. Fresh lemon juice added to your drink in the morning is a great liver detoxifier

Sea buckthorn is naturally full of antioxidants, which help protect our body against aging and illnesses like cancer and heart disease

Green tea is the healthiest beverage on the planet. It is loaded with antioxidants and nutrients that have powerful effects on the body. These include improved brain function, fat loss, a lower risk of cancer and many other impressive benefits



WHY YOU SHOULD CONSIDER GREEN TEA DETOX

Mechanism of action

Green Tea is rich in epigallocatechin-3-gallate (EGCG) .



Scientists have demonstrated that this compound binds to apolipoprotein A-1 (apoA-1).



In atherosclerosis, apoA-1 sticks to plaques, making them larger and restricting blood flow further.

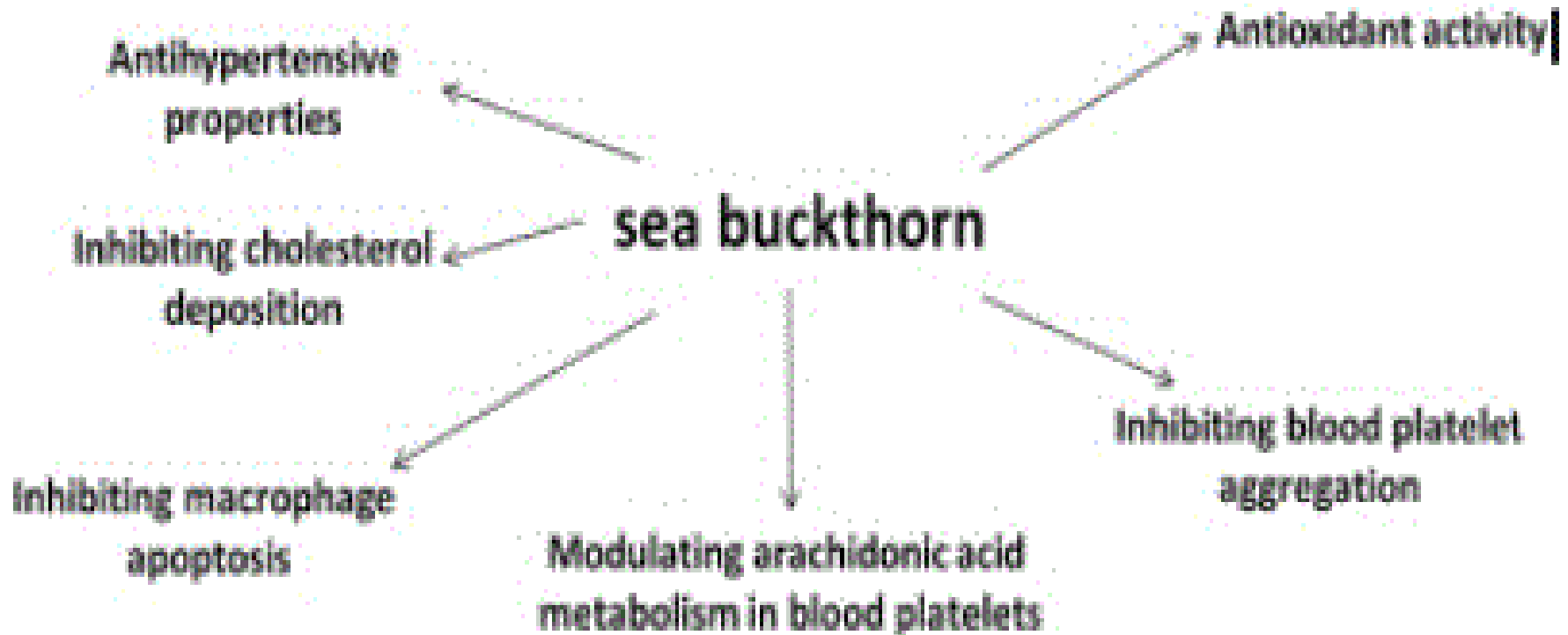


EGCG breaks down apoA-1 when in the presence of heparin, a naturally occurring anticoagulant.



The combination of molecules converted apoA-1 into smaller and more soluble molecules that are less likely to restrict blood flow.

Mechanism of action



Affordable Price



60tablets

Chew 1-2 tablets at night,
drink 2-3 liters of water for
maximum results

MRP : 650

Omega 3-6-9

Omega 3-6-9



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

Rejuvenates and Support Heart Health

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 .

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

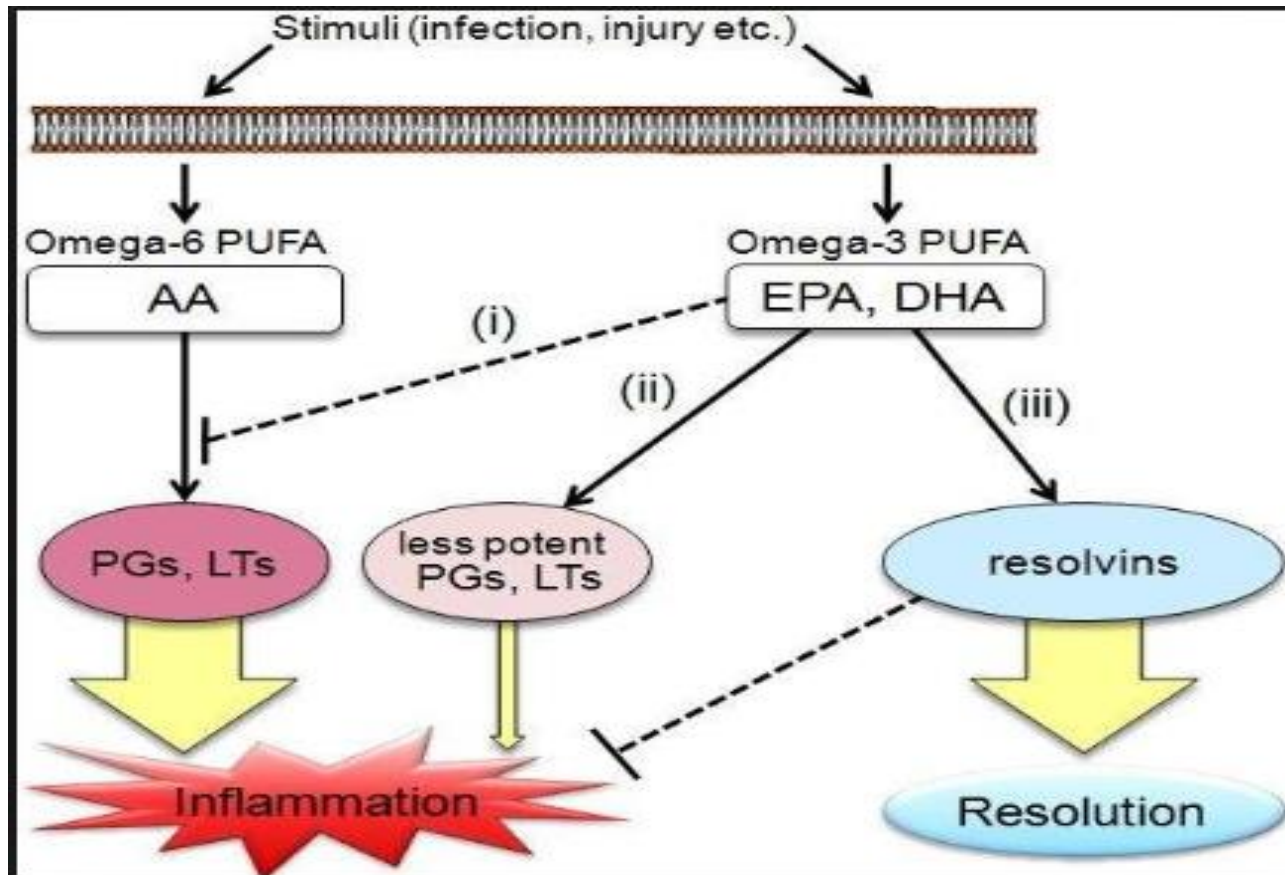
Vitamin E

It support immune function,
promotes eyes heath

Mechanism of action

Inflammation in the body can damage your blood vessels and lead to heart disease and strokes. Omega fatty acids may decrease triglycerides, lower blood pressure slightly, reduce blood clotting, decrease stroke and heart failure risk and reduce irregular heartbeats.

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.

Affordable Price



60 Capsules

Dosage

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

MRP : 650

Apple Cider Vinegar Tablets

Apple Cider Vinegar Tablets



Alfalfa and Lactic Acid bacteria makes it different from other market brands. Lactic acid Bacillus is considered a good bacteria for intestine helping Lactose digestion which is one of the major reasons for weight gain.

Ingredients

Apple cider Vinegar powder

Apple pectin

Alfalfa

Lecithin

Lactic Acid Bacillus

Benefits

- It helps in weight loss , reduce cholesterol lower blood sugar levels
- Improve symptoms of diabetes
- Support digestive system
- Control blood sugar
- Rich in Vitamin C and K
- Fight dementia symptoms
- Soothes and moisturizes skin
- Lactic Acid Bacteria produce lactic acid from sugars and other carbohydrates that are used as food sources during normal metabolism.



Mechanism of action

1. Apples promote heart health in several ways. They're high in soluble fiber, which helps lower cholesterol. They also have polyphenols, which are linked to lower blood pressure and stroke risk.
2. Apple Cider Vinegar effectively clean your arteries. It works like broom which helps body to get rid out of unwanted toxics buildups & wastes.
3. Several mechanisms have been proposed to explain these metabolic effects, including delayed gastric emptying and enteral absorption, suppression of hepatic glucose production, increased glucose utilization, upregulation of flow-mediated vasodilation, facilitation of insulin secretion, reduction in lipogenesis

Affordable Price



60 Tablets

Dosage
1 tablet twice a day

MRP: 700

Apple Cider Vinegar Juice

Apple Cider Vinegar Juice



It is also an ancient folk remedy, and has been used for various household and cooking purposes.

Raw and Unfiltered apple makes it a unique organic formula keeping its constituents intact

Ingredients

Raw Apple
Cider Vinegar

Benefits

- Supports hydration. Apple juice is 88% water and tastes good
- Contains beneficial plant compounds. Apples are rich in plant compounds, particularly polyphenols
- May support heart health High in Acetic Acid, With Potent Biological Effects
- Can Kill Many Types of Harmful Bacteria
- Lowers Blood Sugar Levels and Fights Diabetes
- Helps You Lose Weight and Reduces Belly Fat

Mechanism of action

1. Apples promote heart health in several ways. They're high in soluble fiber, which helps lower cholesterol. They also have polyphenols, which are linked to lower blood pressure and stroke risk.
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3. Several mechanisms have been proposed to explain these metabolic effects, including delayed gastric emptying and enteral absorption, suppression of hepatic glucose production, increased glucose utilization, upregulation of flow-mediated vasodilation, facilitation of insulin secretion, reduction in lipogenesis

Affordable Price



500 ml

Dosage

1 teaspoon in a glass of water 30 minutes before any meal of the day

MRP : 700

THANK YOU



PROVEDA
leading you to success
