



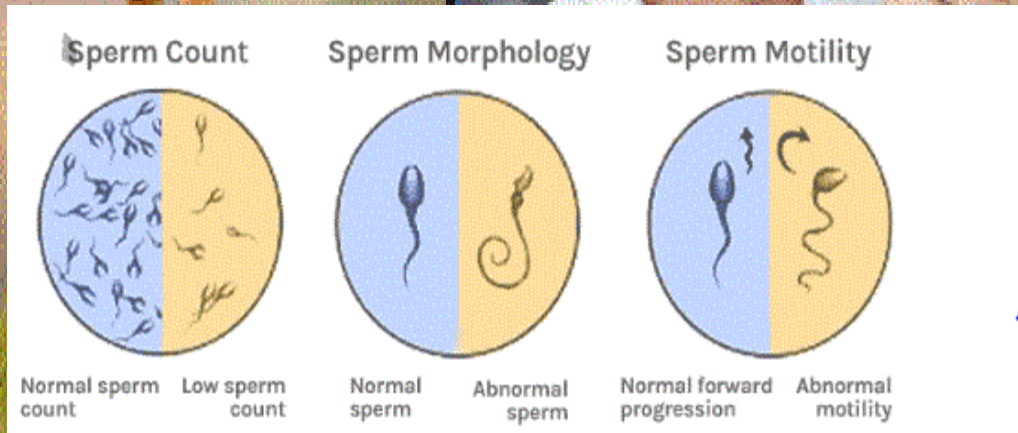
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# Welcome To Proveda Men's Vitality and Health Training Session

## Beneficial Products

- Super Dude's Men Vitality capsules
- Super Dude's Men Vitality Juice
- Giloy Tulsi Plus
- Moringa Oleifera

# Men's Vitality



## Modern Lifestyle and food habits

Human-body consists of trillions of bacteria which resides in different tissues and bio-fluids including skin, mammary glands, seminal fluid, ovarian follicles, and gastrointestinal and digestive tract

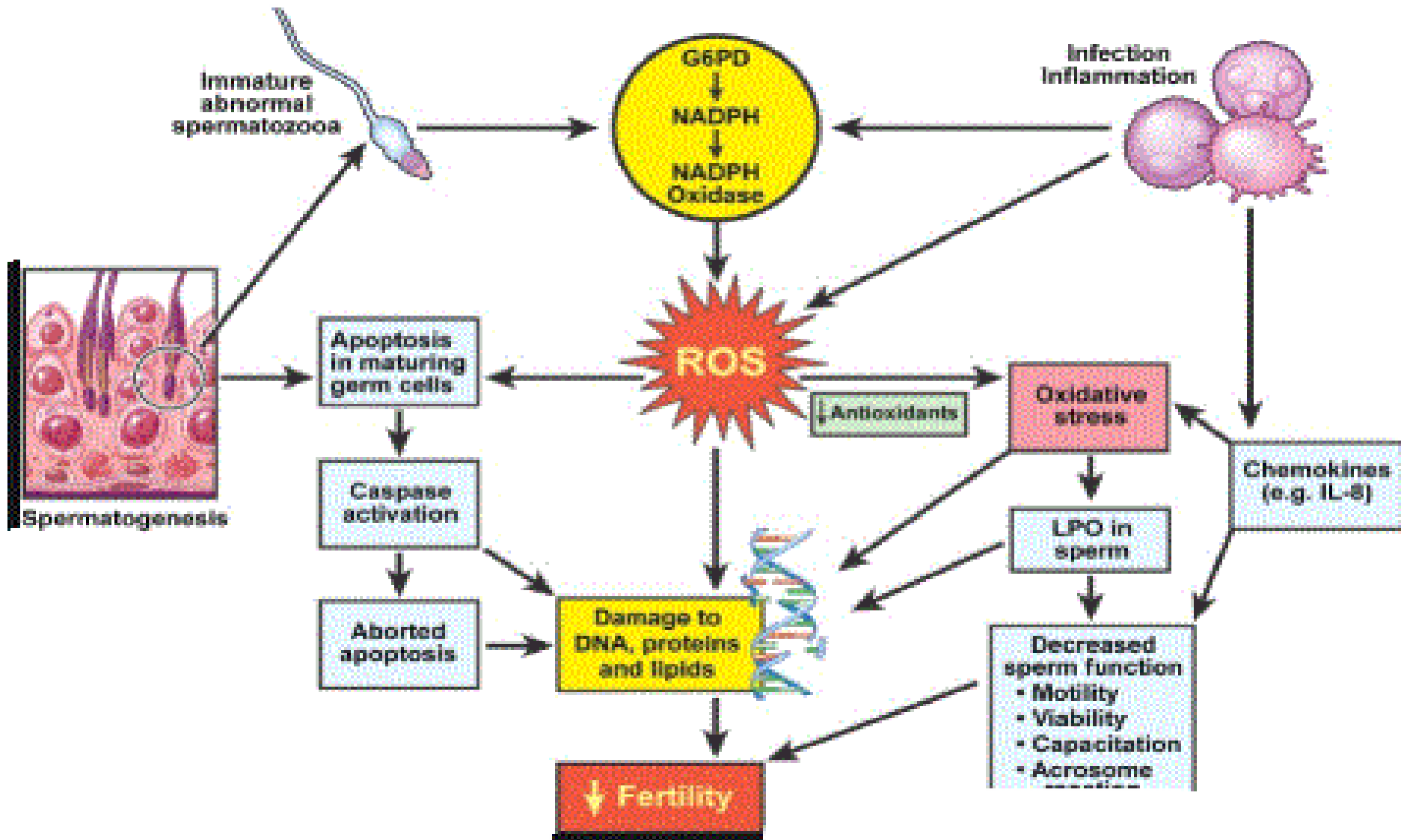
Over the past few decades, Vada pav, samosas, doughnuts, pizzas, burgers, rolls, wraps, french fries, etc have penetrated every corner our country. You step out of your house and you'll see them being served everywhere from malls, restaurants and roadside corners to office and college canteens



## **Bad Food affect Men's vitality and strength**

Eating right and working out regularly are key for every aspect of your health, including a robust libido. If you've got the diet and exercise part down, but feel like your vitality could still use a boost, you might benefit from the added support of specific vitamins and nutrients of food supplements.

# Reactive oxidative species causes Infertility



# Diseases associated with Men's Health

## Medical Causes

→ Ejaculation issues

→ Varicocele

→ Hormone imbalances

→ Celiac disease

## Environmental Causes

→ Industrial chemicals

→ Heavy metal exposure

→ Overheating the testicles

## Health and Lifestyle

→ Drug use

→ Alcohol use

→ Stress and Depression

## Diseases associated with male fertility (Environmental causes)

**Industrial chemicals.** Extended exposure to benzenes, toluene, xylene, pesticides, herbicides, organic solvents, painting materials and lead may contribute to low sperm counts.

**Heavy metal exposure.** Exposure to lead or other heavy metals also may cause infertility.

**Radiation or X-rays.** Exposure to radiation can reduce sperm production, though it will often eventually return to normal. With high doses of radiation, sperm production can be permanently reduced.

**Overheating the testicles.** Elevated temperatures impair sperm production and function. Although studies are limited and are inconclusive, frequent use of saunas or hot tubs may temporarily impair your sperm count.



## Diseases associated with male fertility(Medical causes)

**Varicocele** : A varicocele is a swelling of the veins that drain the testicle. It's the most common reversible cause of male infertility

**Ejaculation issues:** Retrograde ejaculation occurs when semen enters the bladder during orgasm instead of emerging out the tip of the penis. Various health conditions can cause retrograde ejaculation, including diabetes, spinal injuries, medications, and surgery of the bladder, prostate or urethra.

**Hormone imbalances** : Infertility can result from disorders of the testicles themselves or an abnormality affecting other hormonal systems including the hypothalamus, pituitary, thyroid and adrenal glands. Low testosterone (male hypogonadism) and other hormonal problems have a number of possible underlying causes.

**Celiac disease:** A digestive disorder caused by sensitivity to gluten, celiac disease can cause male infertility. Fertility may improve after adopting a gluten-free diet

## Diseases associated with male fertility (Unhygienic Lifestyle)

**Drug use.** Anabolic steroids taken to stimulate muscle strength and growth can cause the testicles to shrink and sperm production to decrease. Use of cocaine or marijuana may temporarily reduce the number and quality of your sperm as well.

**Alcohol use.** Drinking alcohol can lower testosterone levels, cause erectile dysfunction and decrease sperm production. Liver disease caused by excessive drinking also may lead to fertility problems.

**Depression.** Research shows that the likelihood of pregnancy may be lower if a male partner has severe depression. In addition, depression in men may cause sexual dysfunction due to reduced libido, erectile dysfunction, or delayed or inhibited ejaculation.

## Beneficial Products

Super Dude+ Men's Vitality Capsules

Super Dude+ Vigor & Vitality Juice

Giloy Tulsi Plus +

“The Miracle tree” Moringa Oleifera”

## Super Dude+ Men's Vitality Capsules

# Super Dude+ Men's Vitality Capsules



Combination of Zinc, Iron and Selenium makes it a unique formula to provide strength and support immune system

## Ingredients

Kesar

Tulsi Beej

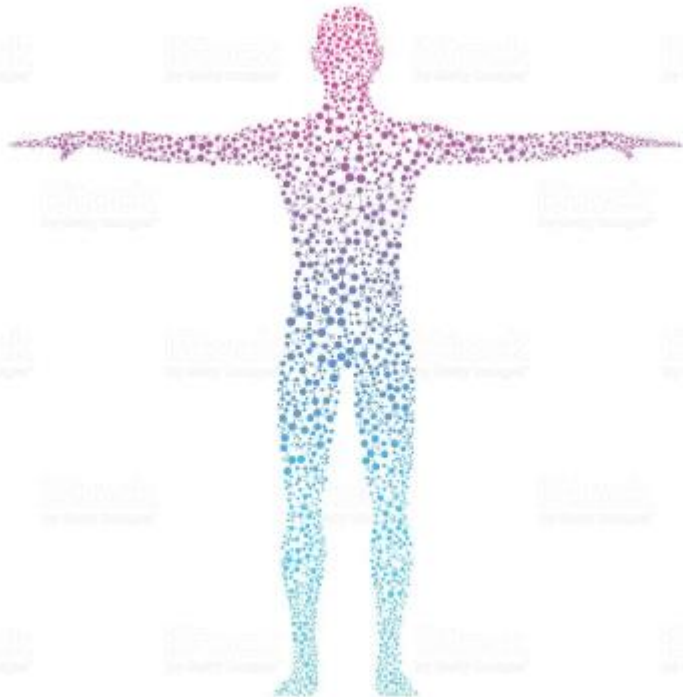
Vidhari Beej

Akarkara

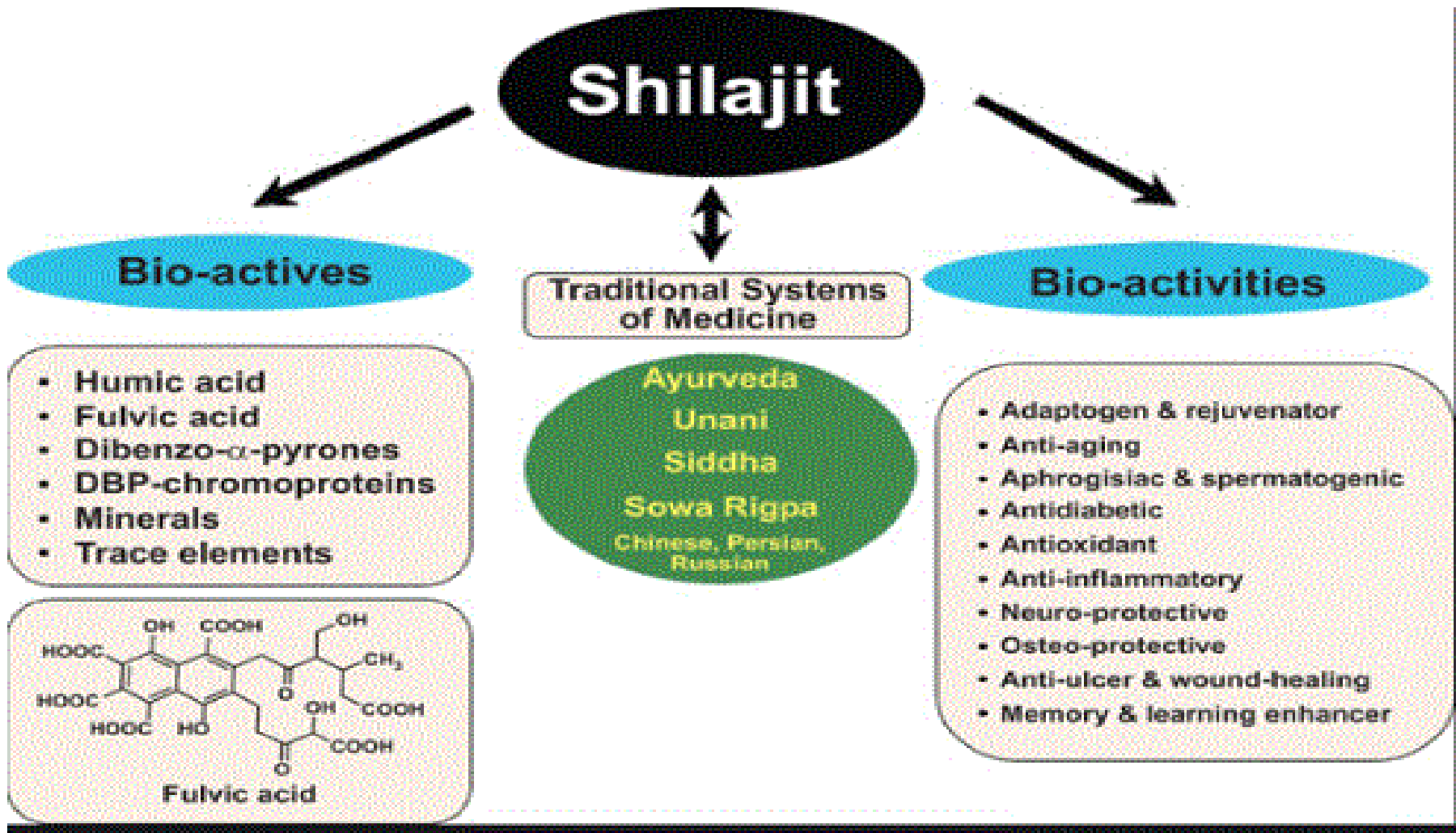
Sudh Shilajit

## Benefits

- Support learning and memory retention
- Support vitality
- Protects against cold
- Relieves stress
- lowers blood pressure
- Support healthy Testosterone level
- Support urinary and reproductive system
- It provides soothing effect by eliminating the dryness of Urinary Tract
- Supports the health of semen and vitality
- It is also helpful in low sperm count, impotency, infertility and early ejaculation.
- Akarkara herb aids in controlling premature ejaculation and male infertility



# Mechanism of Action of Shilajit



## Mechanism of Action of Akarkara

Akarkara consist of Alkyl Amide alkaloid

Influences the secretion of androgens and increase their production

This leads to an increase in Testosterone

It increases the time of ejaculation and quality of semen  
It increases blood supply and stimulates desire



## Mechanism of Action of Withania Somnifera

Withania Somnifera

Improves elevated level of interstitial cell stimulating hormone and testosterone-mimicking effects together

Thus improves endocrine dysfunctioning

This herb evidently combats against oxidative stress by reducing lipid peroxidation as well as protein carbonyl content, increasing sperm count and motility, rejuvenating the seminal plasma levels of antioxidant enzyme

## Mechanism of Action of Vidari

It nullifies sexual debility associated with nervousness and adrenal stress when used in formulation with ginseng, licorice, gokshura, and Ashwagandha

Affordable Price



60capsules

## Dosage

Take 1 capsule twice a day with milk or Juice. For better results must use minimum 3-4 months.

MRP : 850

# Super Dude+ Vigor & Vitality Juice

# Super Dude+ Vigor & Vitality Juice



Anti stress properties of Vitality juice make it different from other products. The combination of adaptogens used in vigor juice help the body in resisting stress of all kinds, whether physical, chemical or biological .

# Ingredients and Their Benefits

Ashwagandha

- Support healthy Blood Sugar Levels

Kaunch

- Anti-Cancer Properties

Vidari (Pueraria tuberosa)

- Reduce Stress and Anxiety

Stevia

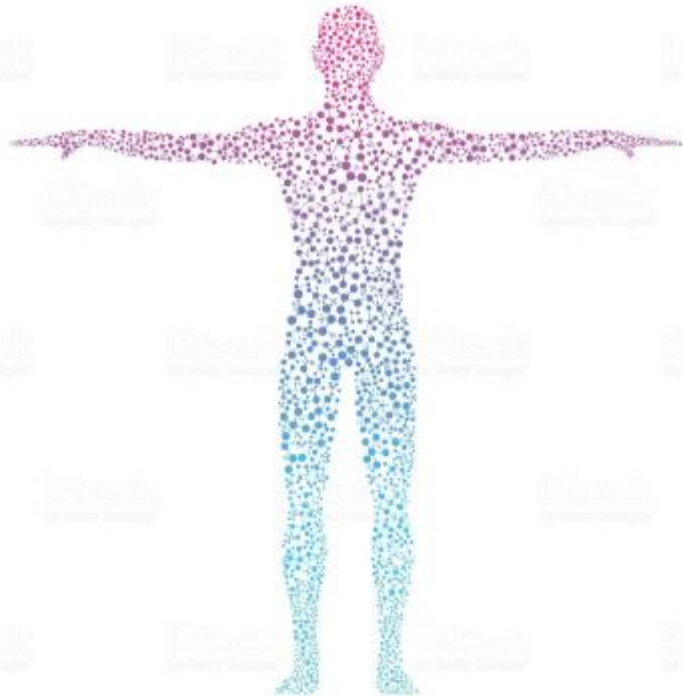
- Support fertility

- Fights The Damaging Effects Of Stress

- Support Strength, Endurance, And Vitality

- Support Wound Healing

- Support Memory function



## Mechanism of Action of Withania Somnifera

Withania Somnifera

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# Super Dude+ Vigor & Vitality Juice



850ml

## Dosage

Take 30 ml of vigor and vitality juice directly twice a day.

MRP : 1600



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.

## 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

- It works to improve involuntary ejaculation or spermatorrhea. Alkaloids such as a choline, tinosporin, isocolumbin, palmatine, tetrahydropalmatine, and magnoflorine from *Tinospora cordifolia* showed protection in nephrotoxicity.
- Guduchi has long been known to help with sexual vitality, impotence, ejaculation problems and spermatorrhea.
- Guduchi treats male sexual dysfunction and reproductive problems by increasing sperm count.

Affordable Price



500ml

## Dosage

Adult : 10-20 ml with 100 ml of water preferably with empty stomach ,twice a day  
Child: 5-10 ml with 100 ml of water preferably with empty stomach , twice a day.

MRP: 550

# “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.



## Ingredients

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

**Stress Reducer** : Moringa reduces the stress hormone that causes male sexual dysfunction. Consuming Moringa regularly can reduce this stress and increase sexual desire and erectile function.

**Saponins** : Scientist also found that Moringa contains saponins, the chemical compound that enhances sex drive and levels of the sex hormone testosterone.

**Vitamin D** : Moringa nourishes, revitalizes and brings strength to the entire body. It contains high levels of vitamins essential for sexual arousal. For one, supplying the body with a sufficient amount of Vitamin D has positive effects on testosterone levels.

**Vitamin C** : Furthermore, Moringa contains vitamin C (7x the amount in oranges) which creates circulation and increases blood flow in the sexual organs for males and females.

Affordable Price



60capsules

Dosage

2 capsules daily to be taken before meals

MRP : 550

# Thank you



**PROVEDA**  
leading you to success

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