



# Welcome To

## Proveda Obesity and Fitness Training Session



**Fat to Fit**



## Beneficial Products

- Get in shape slimming capsules
- Organic D-Tox
- Berry Plus
- Wheat Grass Plus

## What is Obesity?

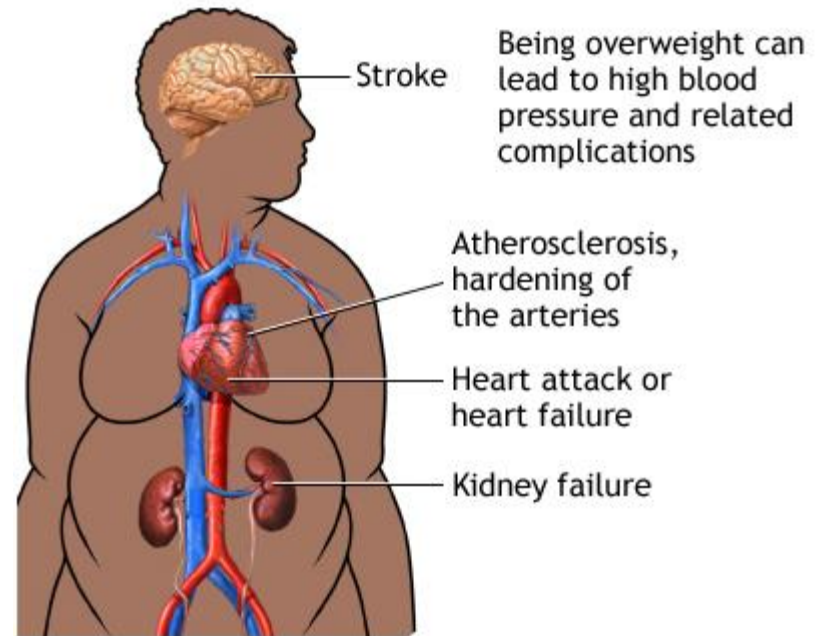
- Obesity results from the accumulation of excess fat on the body. Obesity is considered a chronic (long-term) disease, like high blood pressure or diabetes
- Weight gain occurs when you eat more calories than your body uses up. If the food you eat provides more calories than your body needs, the excess is converted to fat. Initially, fat cells increase in size. When they can no longer expand, they increase in number.

## Obesity and Diseases

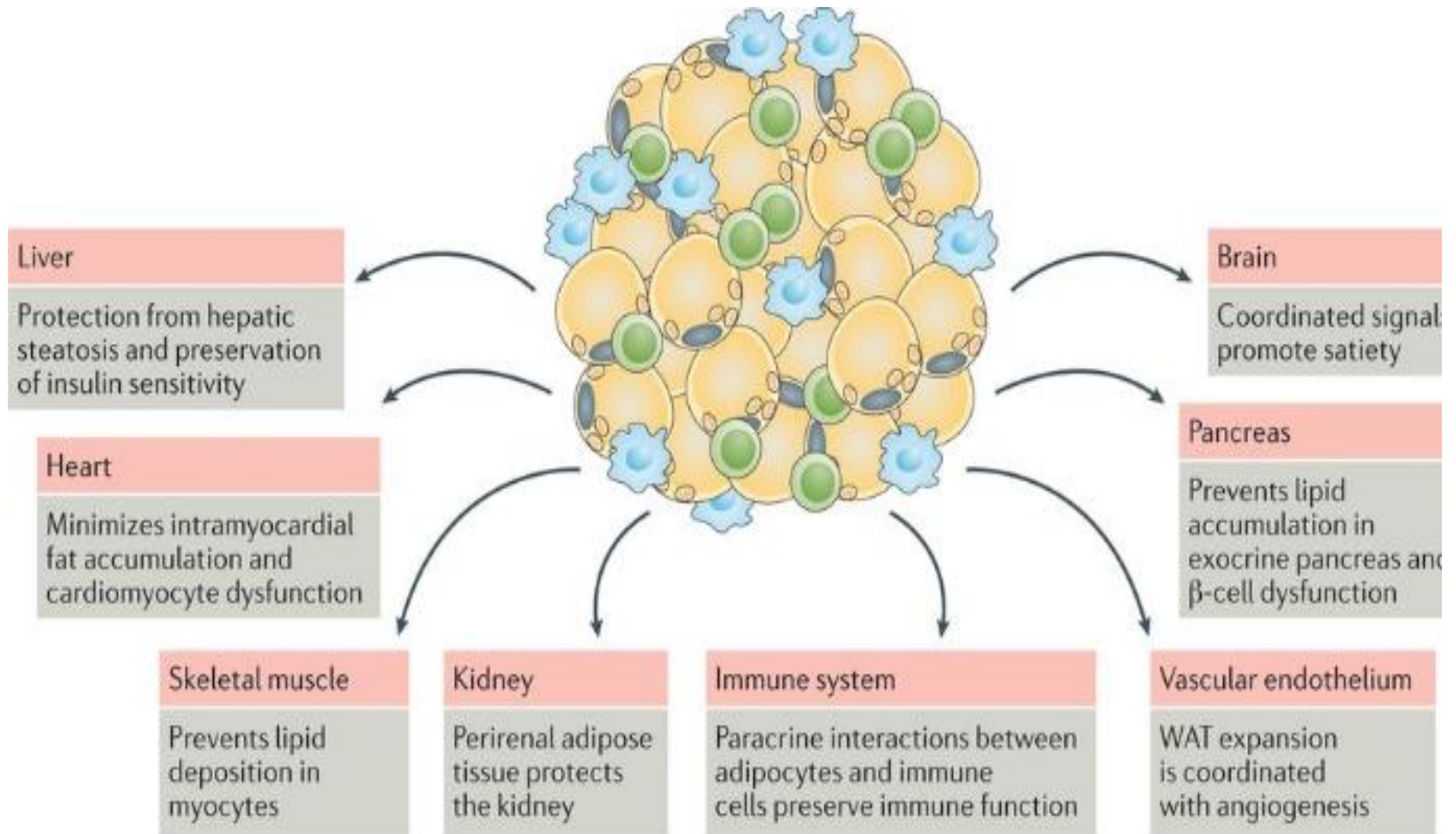


# Symptoms

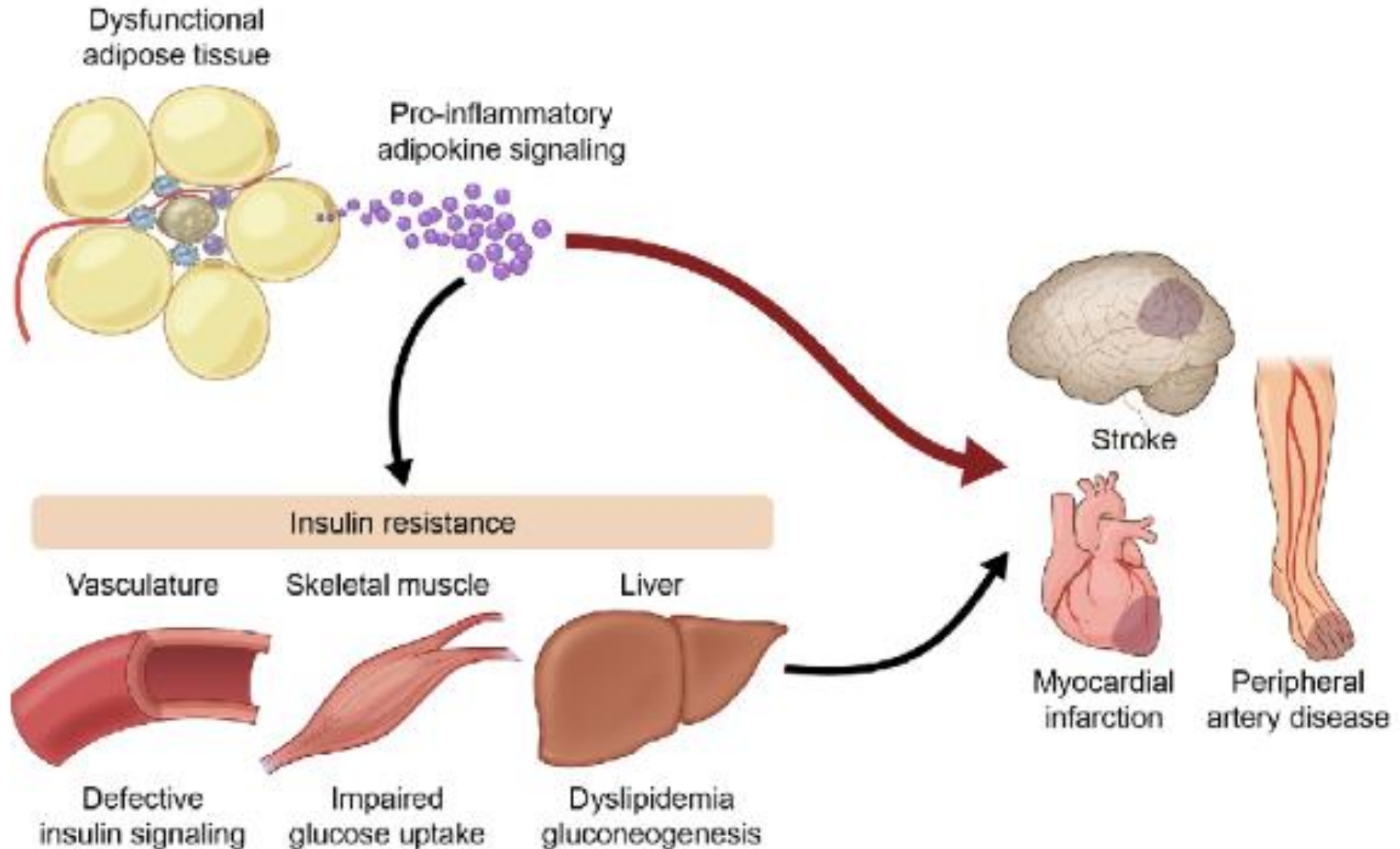
- Obesity is diagnosed when your body mass index (BMI) is 30 or higher. Your body mass index is calculated by dividing your weight in kilograms (kg) by your height in meters (m) squared



# Adipose tissue actions



# Diseases Associated with Obesity



Get In Shape Slimming capsules

## Get In Shape Slimming capsules



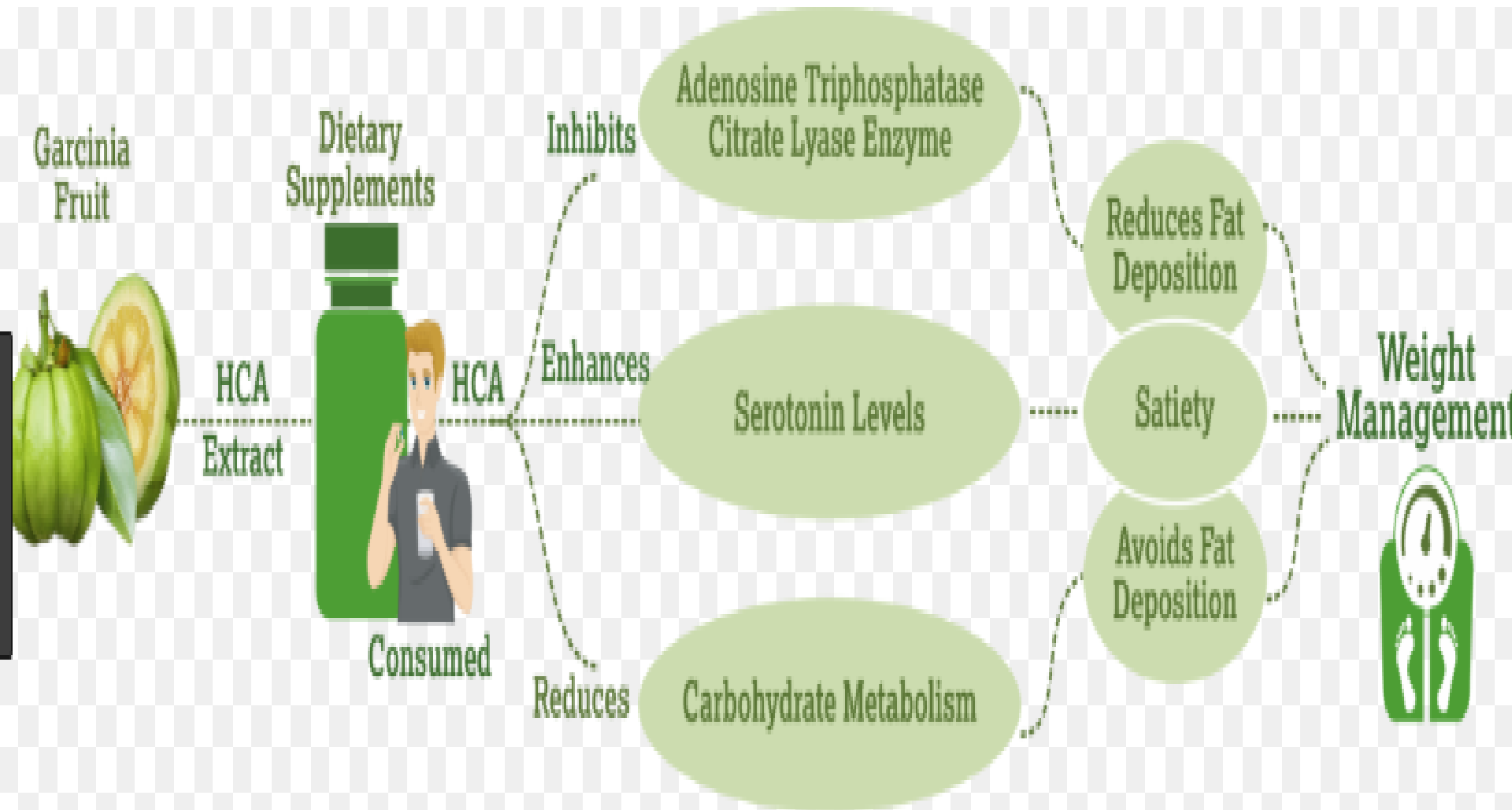
No Genetically Modified Organism,  
Gluten free, with no additives.  
Pure Vegetarian

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

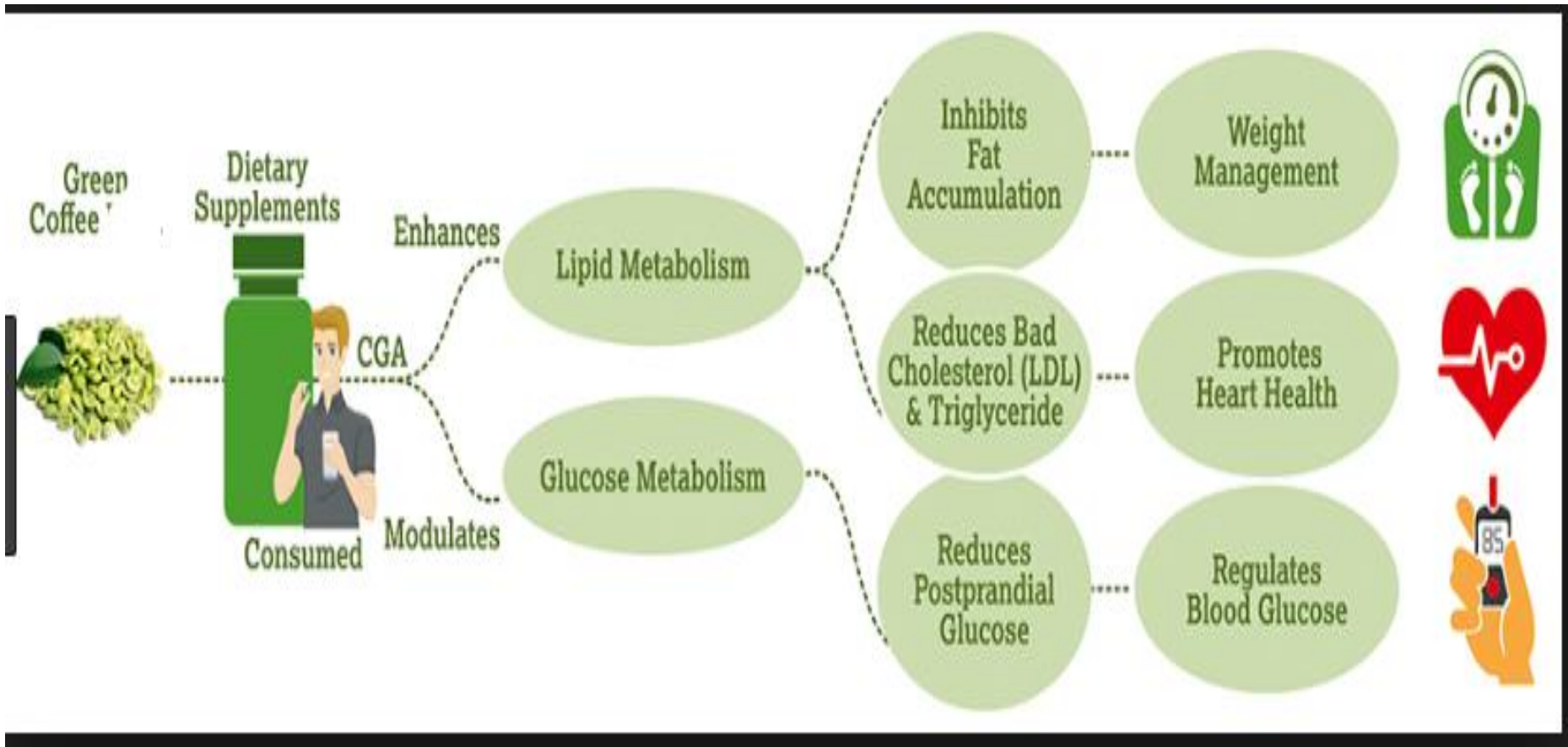


## Garcinia Cambogia Mechanism



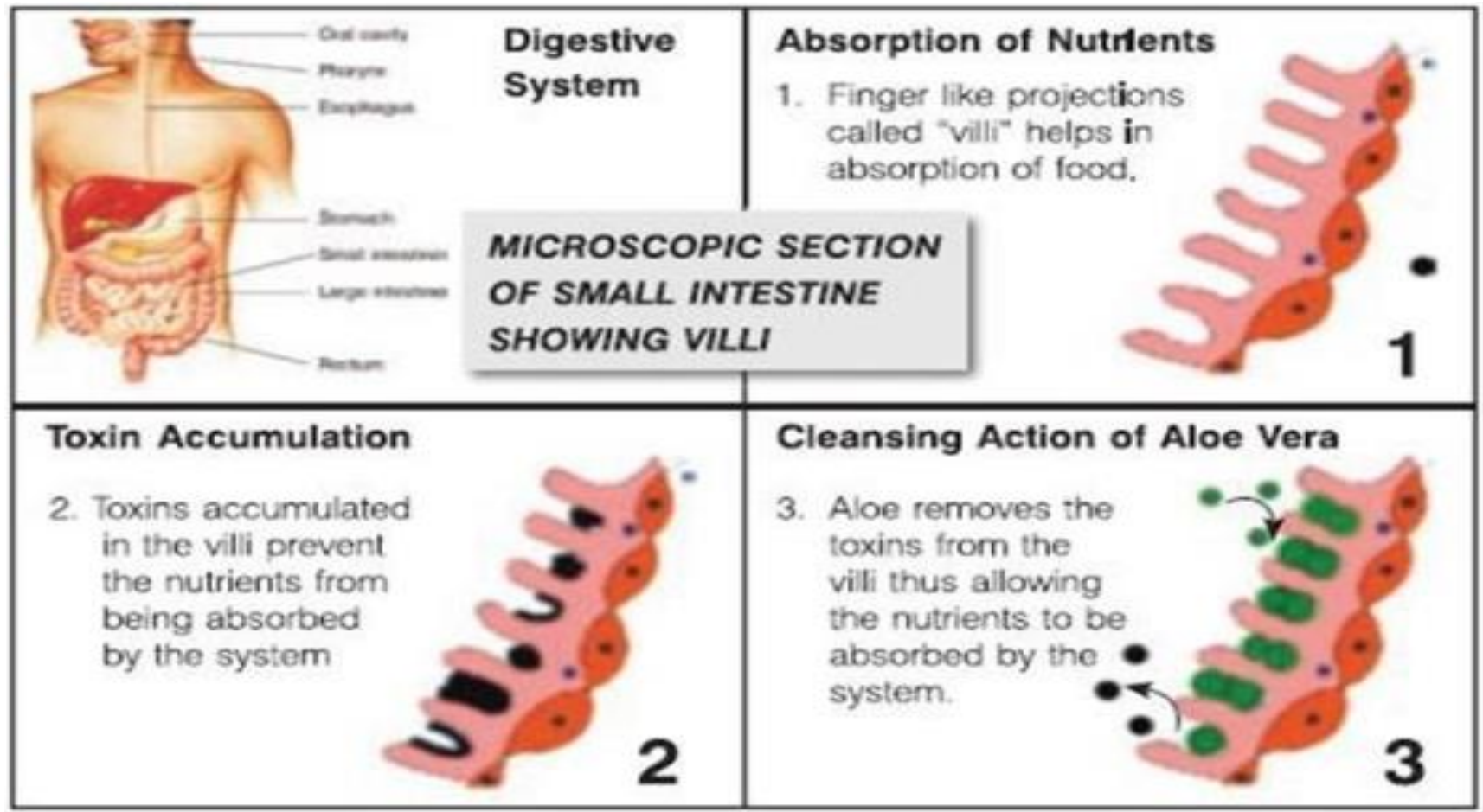
Satiety-Feeling of fullness

## Mechanism of action of Green Coffee

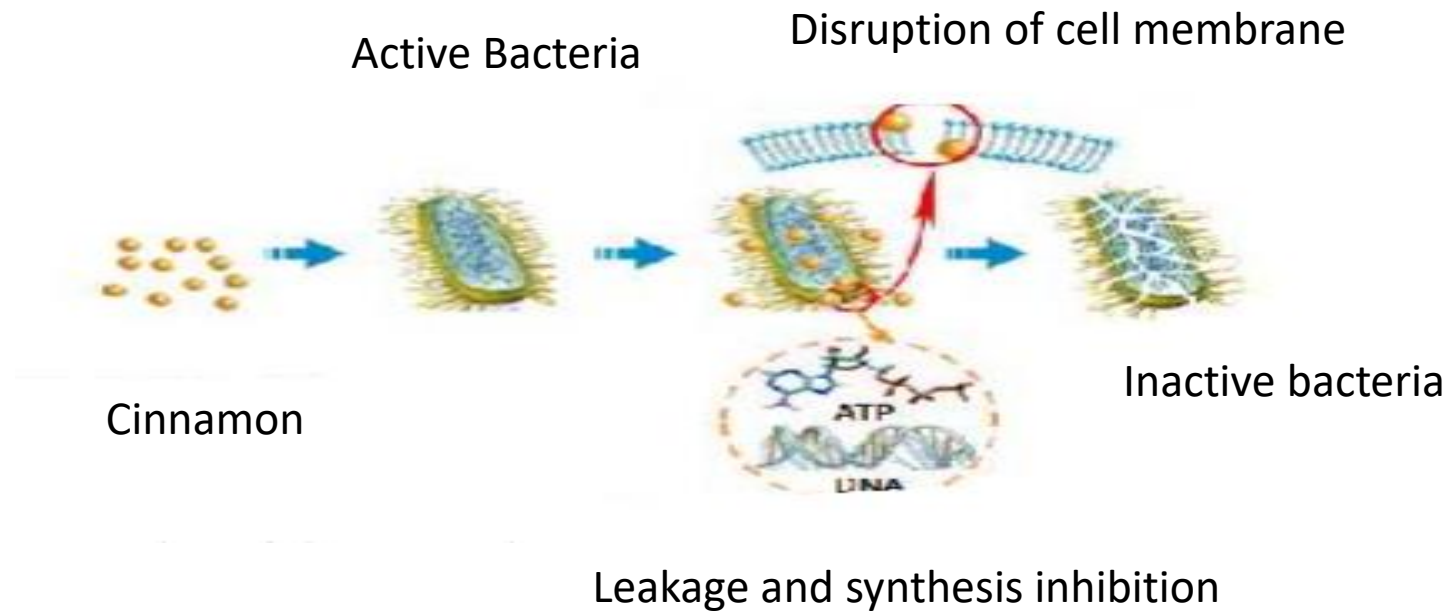


CGA- Chlorogenic Acid

# Aloevera Mechanism



## Mechanism of action of Cinnamon



Affordable Price



60capsules

Dosage

As a dietary supplement take 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

Green Tea

## Benefits

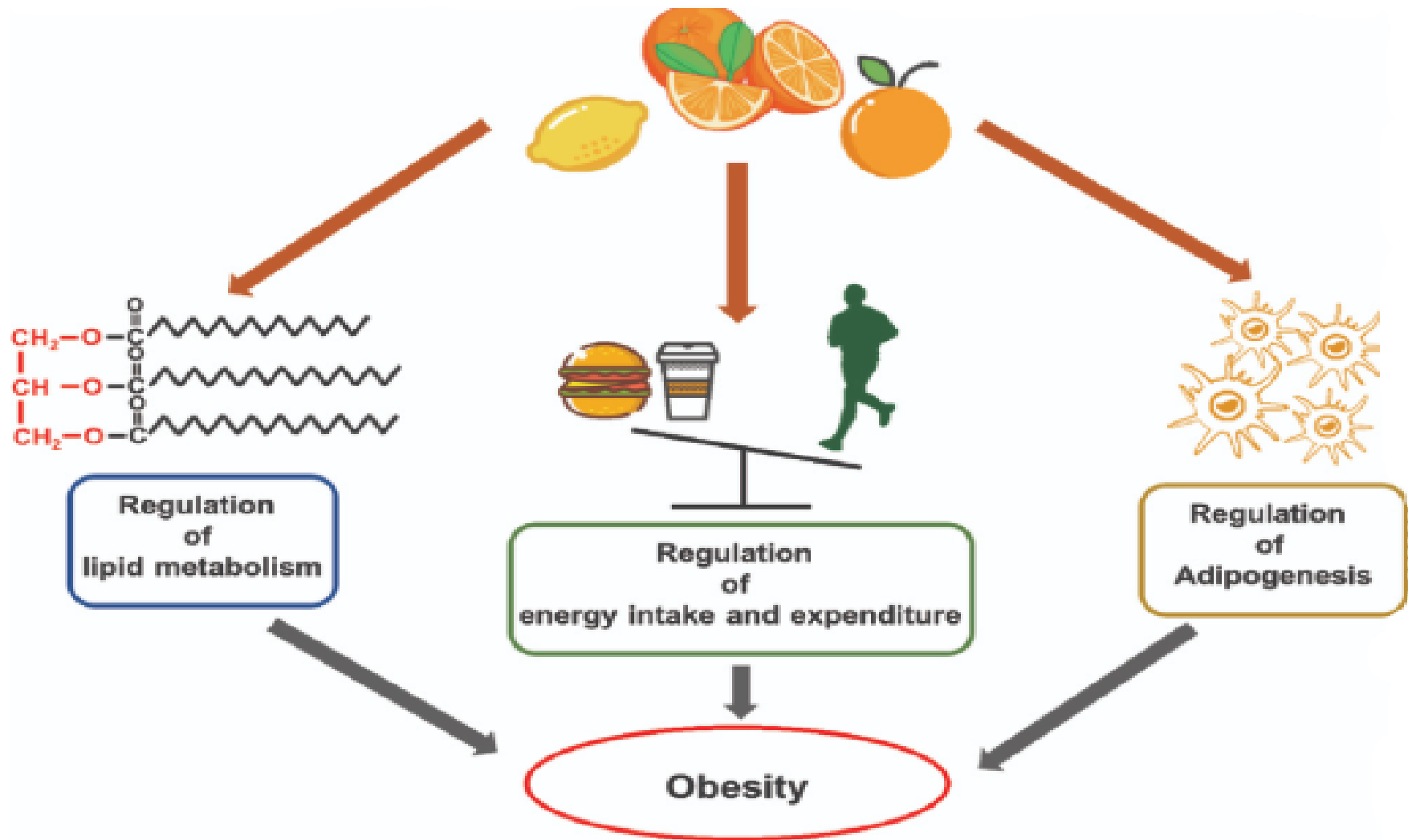
The “liver loves lemons. It is a dissolvent of uric acid and other poisons, liquefies the bile. Fresh lemon juice added to your drink in the morning is a great liver detoxifier

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



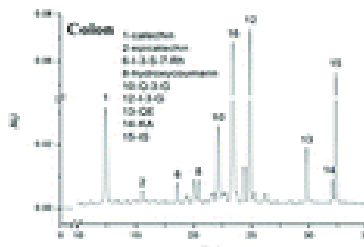
**WHY YOU SHOULD CONSIDER** GREEN TEA DETOX

# Mechanism of action of Lemon



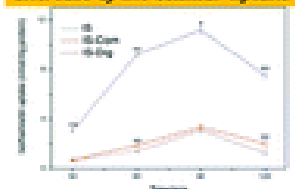


Simulated  
digestion



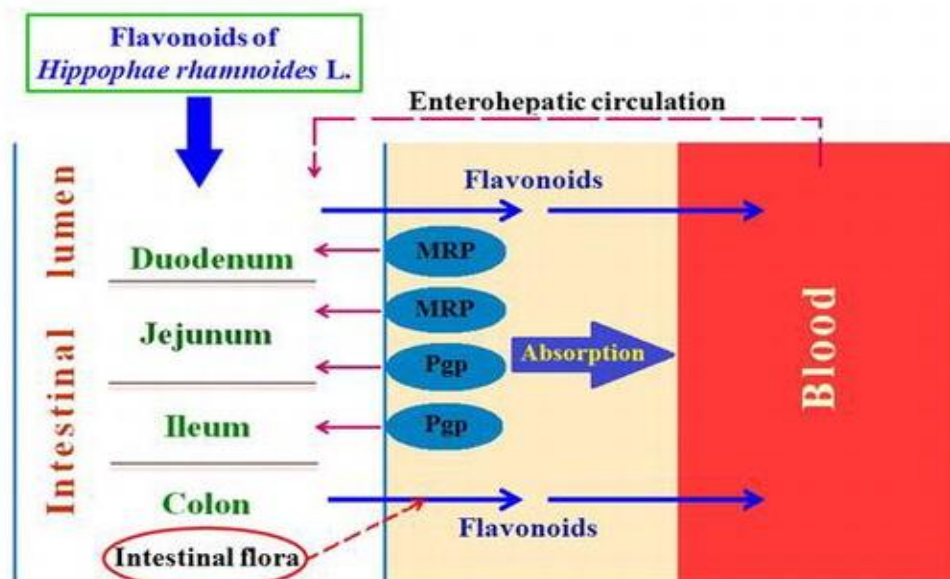
Enhancement of bioactivity and  
bioaccessibility by digestion

Increase of the cellular uptake



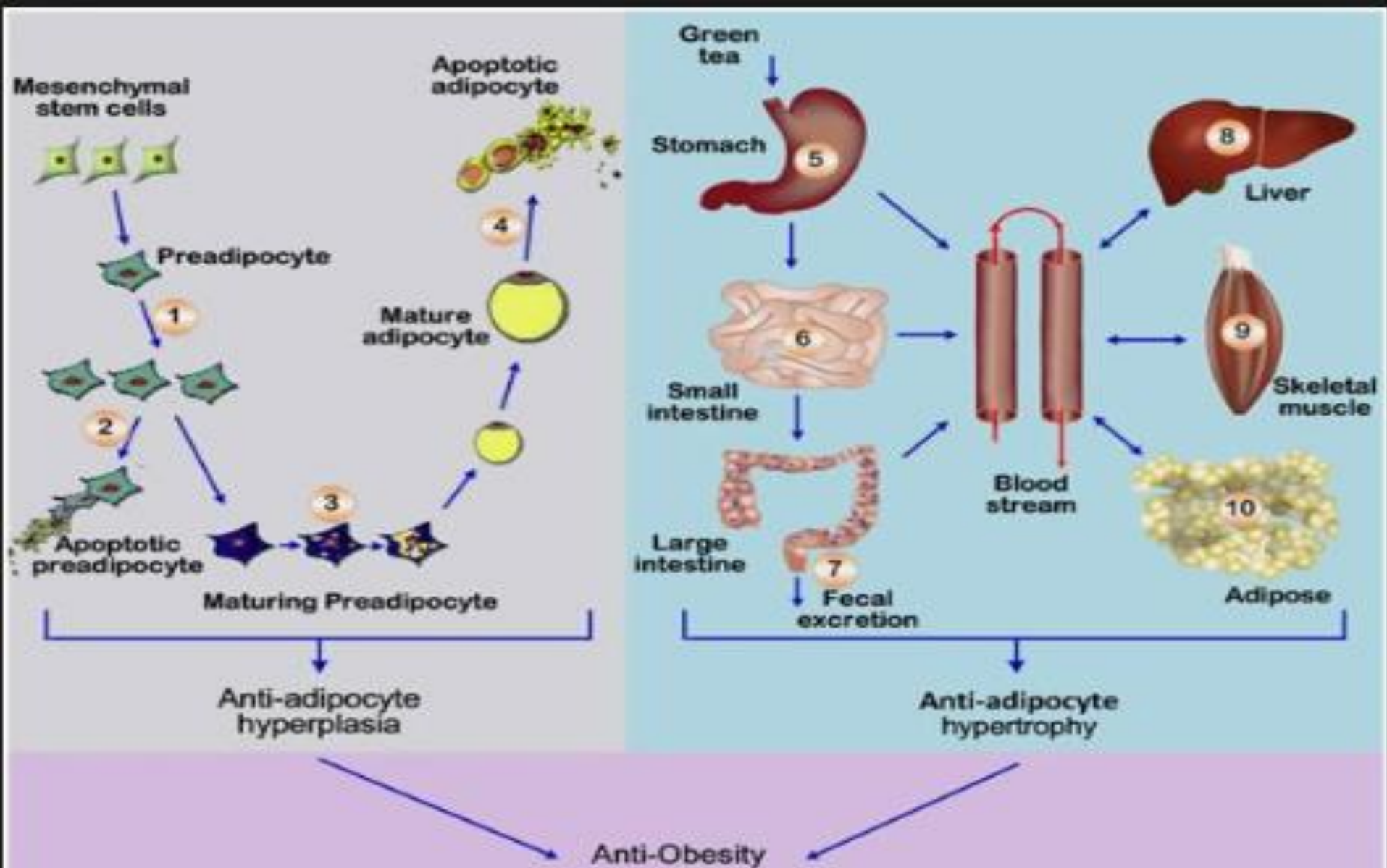
Improves the  
cellular antioxidant  
activity

Strengthen the antiproliferation  
activity towards HepG2, MCF-7 and  
CACO-2 cancer cells



Sea Buckthorn Action

# Mechanism of action of Green Tea



Affordable Price



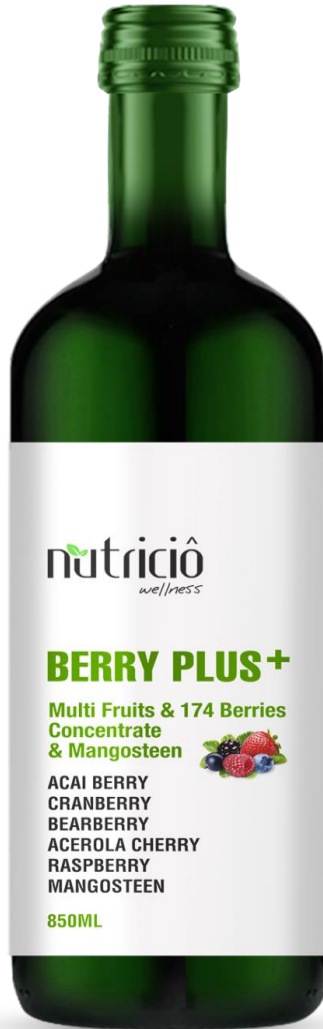
60 Tablets

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

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

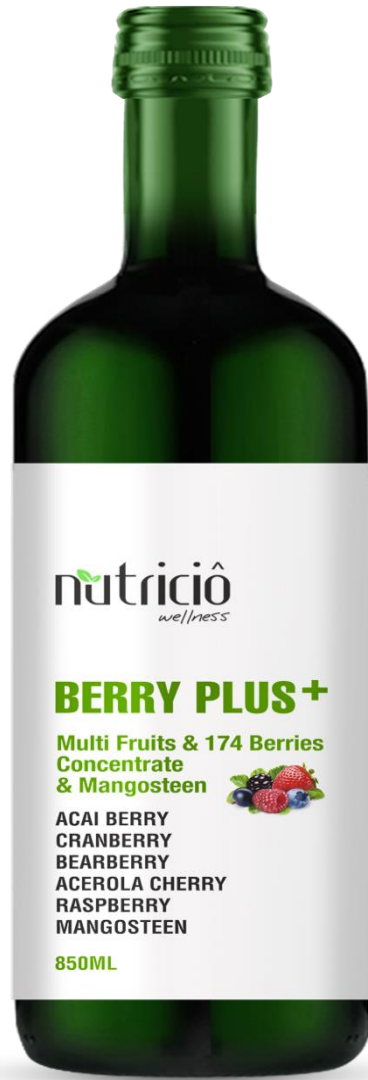
- High in fiber
- Great source of vitamin K
- High in manganese
- Supports brain health
- Anti-Inflammatory
- Anticancer Effects
- Good for Weight Loss
- Good for Your Heart
- Lower the Risk of Diabetes

## BENEFITS

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



Affordable Price

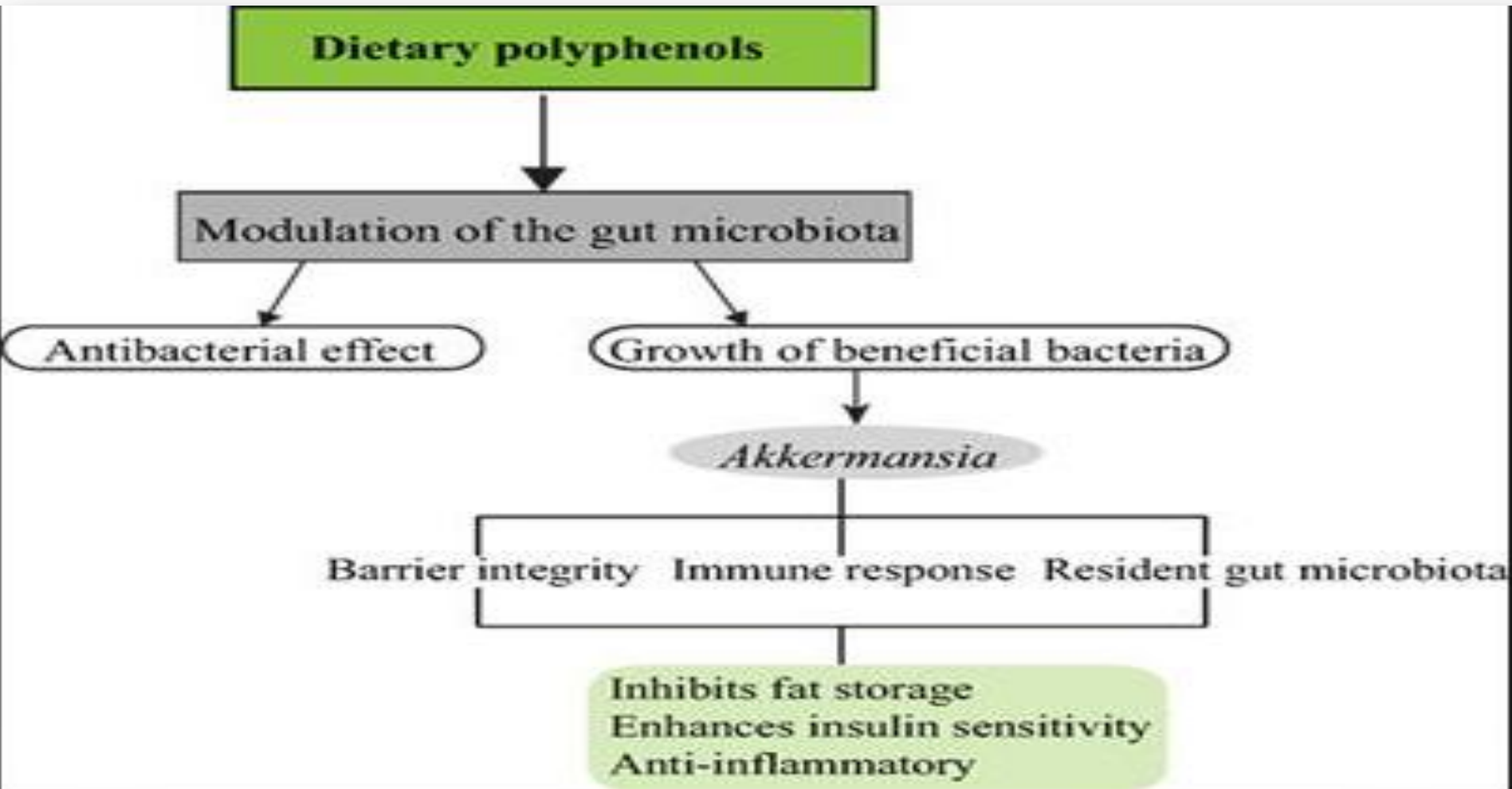


850ml

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

MRP : 2000

# Mechanism of action



Akkermansia- Category of Good Bacteria

## 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

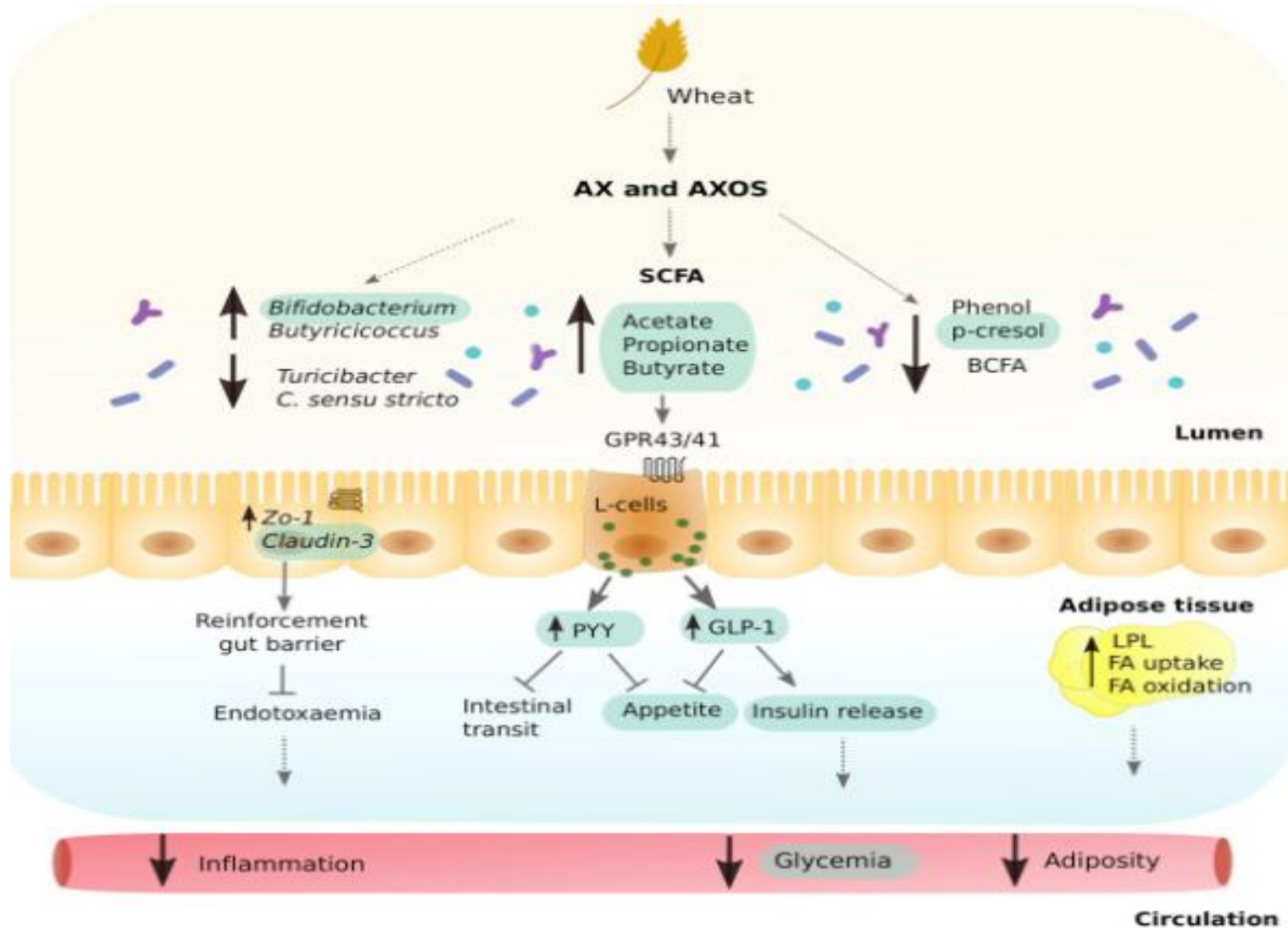
Amla

## Benefits

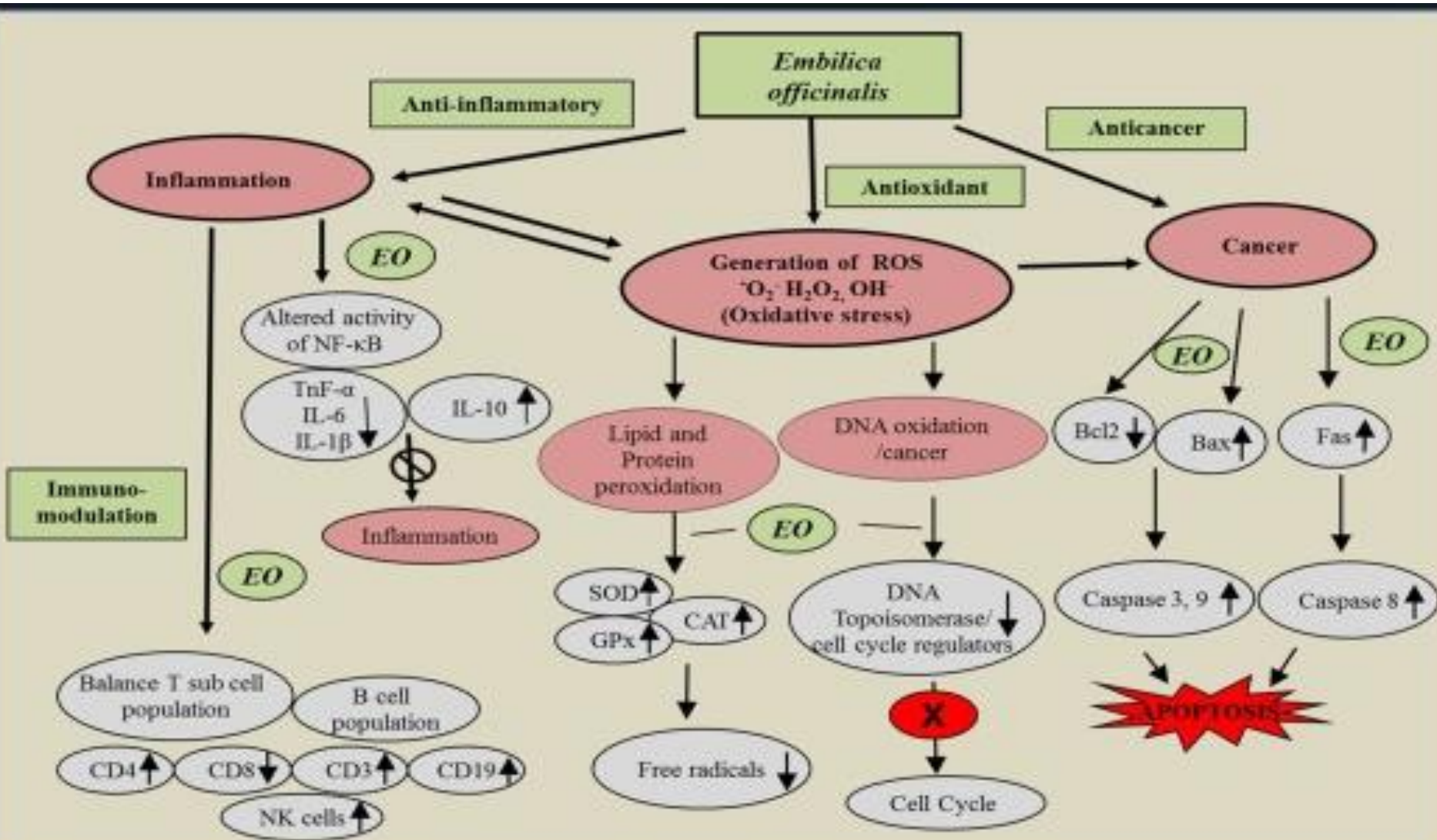
- It is especially high in vitamins A, C and E, as well as iron, magnesium, calcium and amino acids
- Cures sore throat and cold
- Amla reduces constipation and helps heal painful mouth ulcers , it has anti-inflammatory properties



## Mechanism of action of Wheat Grass



## Mechanism of action of Amla



## 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

# Thank you

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**PROVEDA**  
leading you to success

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