

SLIM EXPERT

• DEFINE YOUR SHAPE •



SLIMEXPERT

A LIFESTYLE TRANSFORMATION,
NOT JUST WEIGHT LOSS

SlimExpert was born from a powerful belief: Weight loss should not feel like punishment. It's a lifestyle shift that supports long-term wellness through clean nutrition, Ayurveda, and smart daily habits.

Backed by Science & Ayurveda

Designed for Indian Lifestyles

Focus on Sustainable Weight Management, Not Shortcuts

CAUSES OF THE PROBLEM



Sedentary lifestyle



Irregular meals & overeating



High sugar & processed food consumption



Poor sleep and chronic stress



Lack of awareness about healthy living

Obesity is not just about food, it's about imbalance



INDIA'S OBESITY CHALLENGE

India ranks among the top 3 most obese countries globally

Over 135 million Indians are overweight or obese

70% of urban adults are at risk of metabolic disorders

Rising cases of PCOS, diabetes, hypertension, & joint pain

A HEALTHY SOLUTION WITH US

Proveda's SlimExpert provides a complete weight management ecosystem



Natural Ingredients



Scientifically formulated products



Daily structure and support



Ongoing community and coaching

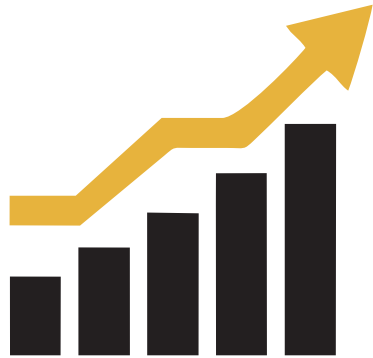
WHERE WELLNESS MEETS WEIGHT CONTROL

THE INDIAN HEALTH & WELLNESS MARKET IS GROWING RAPIDLY

Valued at over \$16 billion

15% CAGR growth

Massive demand for clean, smart solutions



SLIMEXPERT IS WELL-POSITIONED TO LEAD THE MOVEMENT

HOW WE ARE DIFFERENT

FEATURE	SLIMEXPERT	OTHERS
Natural Ingredients	✓	✗
Based on Ayurveda & Nutrition	✓	✗
Lifestyle Guidance	✓	✗
High-quality meal shakes	✓	✗
Suitable for Diabetic Patients	✓	✗
Safe fat burners	✓ Herbal	✗ Synthetic

We're not a shortcut—we're a solution

SLIMEXPERT'S 4 STEPS SYNERGISTIC SOLUTION

Diet fuel Meal Replacement Shake

Mango, Kulfi & Vanilla Flavour—
Your meal replacement powerhouse

Advance Fat Burner Tablets

Herbal thermogenic support

Daily Digestive Fiber

Gut health + Satiety

ProFuel Instant Energy Drink Mix

For Instant Energy



WAY TOWARDS HEALTHIER LIFESTYLE

IDEAL FOR



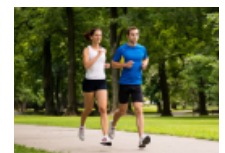
Busy Professionals



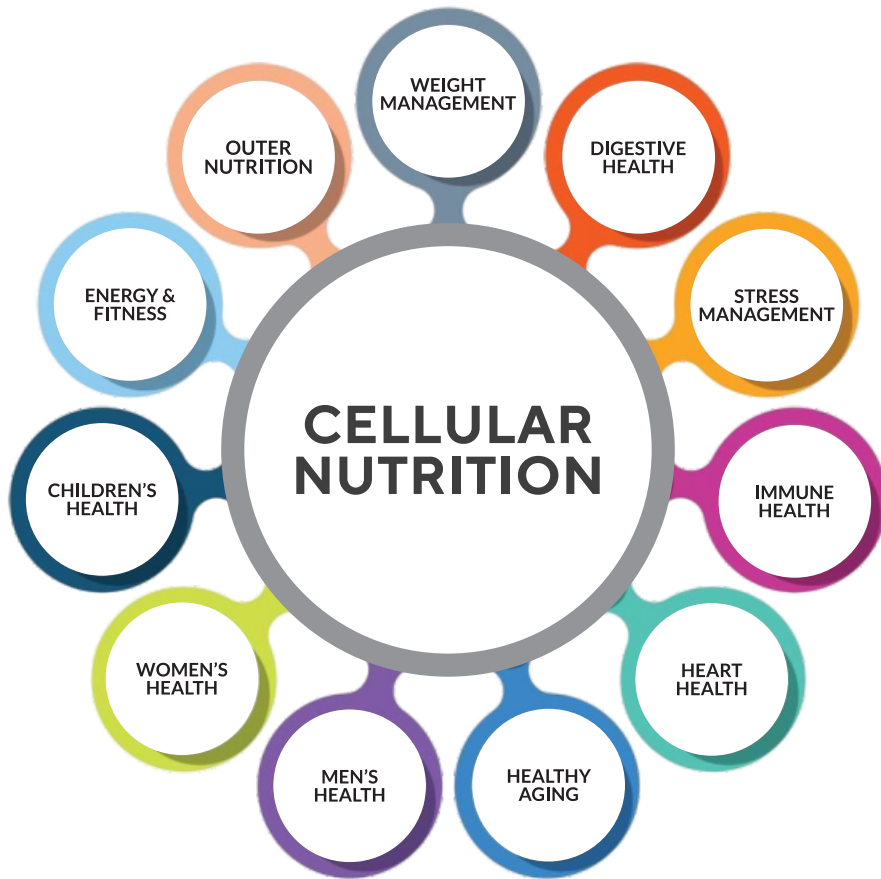
Diabetic Person



People With Stubborn Belly Fat



Fitness Beginners



OUR BODIES ARE MADE UP OF 100 TRILLION CELLS



CELLULAR NUTRITION WITH



FORMULA 1

**Diet fuel
Meal Replacement
Shake**



FORMULA 2

**Advance
Fat Burner
Tablets**



FORMULA 3

**ProFuel
Instant Energy
Drink Mix**



FORMULA 4

**Daily
Digestive Fiber**

**MAXIMUM YOUR
*NUTRITION***

Cellular Nutrition with our four core products

Healthy Cells = A Healthy You

DIET FUEL

MEAL REPLACEMENT SHAKE

GLUTEN FREE
DIABETIC FRIENDLY

for healthy weight
control and management



TASTE & NUTRITION IN EVERY SCOOP



34g
Protein

19
Vitamins
& Minerals

SUGAR FREE
formula
9g
Dietary
Fiber

SlimExpert Diet Fuel Vegan Meal Replacement Shake is a delicious meal with high quality Protein, Dietary Fiber, Probiotics, Vitamins & Minerals.

Consumption of High Protein Meal Replacement (HPMR) along with calorie restricted diet and moderate physical activity daily, helps manage/control body and fat mass.

KEY INGREDIENTS

- SOY & WHEY PROTEIN** – Supports lean muscle growth and recovery.
- PSYLLIUM HUSK & GLUCOMANNAN (KONJAC EXTRACT)** – Promotes satiety and improves digestive health.
- PREBIOTICS & PROBIOTICS** – Boost gut health and strengthen immunity.
- VITAMINS** – Provides essential nutrients for overall well-being.
- TURMERIC & PAPAINE** – Reduces inflammation and aids in digestion.

DIRECTION FOR USE

For meal replacement -

- STEP 1**
Take 50g (5 Scoops) of shake mix with 300ml of skimmed milk/water
- STEP 2**
Shake, Stir or blend until fully dissolved
- STEP 3**
Enjoy your shake



Recommended Usages : For Adults Only

Recommended Dosages :

For Weight Control: Replace two meals daily with meal replacement shake and eat one nutritious meal to support weight loss.

For Weight Management: Replace one meal daily with shake mix to maintain/manage your weight.



Controls Cravings

Stabilizes Sugar Levels

Keeps You Full For 4-5 Hours

BENEFITS

Builds Muscle While Burning Fat



NET WEIGHT

500g

CREAMY VANILLA BERRY SMOOTHIE

Ingredients :

- 1 Scoop SlimExpert Vanilla Shake
- 1/2 Cup Mixed Berries (frozen or Fresh)
- 1/2 Banana
- 200ml Almond Milk or Low-fat Milk
- Ice Cubes (optional)

Instructions :

Blend all ingredients until smooth and enjoy a refreshing antioxidant-rich meal!



PROTEIN PANCAKES

Ingredients :

- 1 Scoop SlimExpert Vanilla Shake
- 1 Egg
- 1/4 Cup Oats
- 1/4 Cup Milk
- 1/4 Tsp Baking Powder
- Cinnamon or Vanilla Essence (optional)

Instructions :

Blend everything to make a batter. Pour into a hot non-stick pan, flip when bubbles appear. Serve with fresh fruit or sugar-free syrup



OVERNIGHT OATS

Ingredients :

- 1 Scoop SlimExpert Mango Shake
- 1/2 Cup Rolled Oats
- 1/2 Cup Almond Milk
- 1 Tbsp Chia Seeds

Toppings: Berries, Nuts, or Sliced Mango

Instructions :

Mix all ingredients in a jar, leave overnight in the fridge. Grab and go in the morning!



POWER BOWL

Ingredients :

- 1 Scoop SlimExpert Kulfi Shake
- 1/2 Frozen Banana
- 1/4 Cup Greek Yogurt
- 1/4 Cup Almond Milk

Toppings: Granola, Peanut Butter or Chia Seeds

Instructions :

Blend shake, banana, yogurt, and milk into a thick smoothie. Pour into a bowl and top with your favourites



ICED COFFEE SHAKE

Ingredients :

- 1 scoop SlimExpert Vanilla Shake
- 1 shot of espresso or 1/2 cup strong brewed coffee (cooled)
- 1/2 cup milk
- Ice cubes

Instructions :

Blend everything for a creamy, energizing morning treat!



KULFI PROTEIN CAKE

Ingredients :

- 1 Scoop SlimExpert Kulfi Shake
- 2 Eggs
- 1/2 Cup Oat Flour
- 1/4 Cup Almond Milk
- 1 Tbsp Honey or Stevia (optional)
- 1/4 Tsp Cardamom Powder
- 1/2 Tsp Baking Powder
- Crushed Pistachios (optional)

Instructions :

Mix all ingredients into a smooth batter. Pour into a greased mini cake tin. Bake at 180°C for 20–25 mins. Let cool and enjoy a guilt-free kulfi-flavored cake!



ADVANCE FAT BURNER

60 TABLETS

Unlock your weight loss potential with our powerful SlimExpert Advance Fat Burner Tablets, formulated with a unique blend of Green Coffee Seed, Garcinia Cambogia, and Green Tea.

This dynamic combination works synergistically to support metabolism, suppress appetite, and promote fat burning, helping you achieve your fitness goals naturally.



KEY INGREDIENTS

GREEN COFFEE : Rich in antioxidants and chlorogenic acid, it boosts metabolism and aids in fat burning.

GARCINIA CAMBOGIA : Known for its ability to suppress appetite and inhibit fat storage, it helps you manage cravings and supports weight loss.

GREEN TEA: Packed with catechins and caffeine, it enhances fat oxidation and supports overall energy levels.

BENEFITS

Helps in natural weight loss

Suppresses appetite

Helps to boost metabolism

Reducing the accumulation of belly fat

Slows or blocks fat production

RECOMMENDED DOSAGES

1 tablet twice a day or as suggested by the physician.



Are you ready for real transformation?

**Achieve Your
Weight Loss Goals With Us**

PRO FUEL

INSTANT ENERGY DRINK MIX

LEMON FLAVOUR

Unleash the power of SlimExpert Profuel Energy Drink Mix, formulated with a unique blend of Green Tea Extract, Orange Pekoe Black Tea Extract, Rose Hip Extract and Caffeine. Ideal for kickstarting your morning or enjoying as a revitalizing afternoon boost, this instant energy drink that helps you feel instant energized, supports alertness & boosts metabolism. It's refreshing lemon flavour can be enjoyed hot or cold. With its quick and easy preparation, it's perfect for busy mornings or relaxing moments at home.



NET WEIGHT

50g

KEY INGREDIENTS

GREEN TEA: Packed with catechins and caffeine, it enhances fat oxidation and supports overall energy levels.

ORANGE PEKOE : Reduce Appetite, Supports Fat Breakdown , Helps with bloating and digestion

CAFFEINE: It boosts metabolism and helps your body burn fat faster.

ROSE HIP EXTRACT: A natural fat-burning support packed with antioxidants & vitamin c, it helps burn belly fat and boost metabolism

BENEFITS

Improves metabolism

Rejuvenates the mind and body

Rich in antioxidants

Provides instant energy to the body

DIRECTION FOR USE

STEP 1

Mix 1g of Profuel Energy Drink Mix with 160ml of hot water or cold water for a refreshing drink

STEP 2

Shake or Stir until fully dissolved

STEP 3

Enjoy your drink

Replace your tea/coffee with Profuel Energy Drink Mix.

Not to consume more than three servings per a day.

Consume not more than 500ml per day.

caffeine
40mg



DAILY DIGESTIVE FIBER

15X5G SACHETS

UNIQUE BLEND OF 5 FIBERS WITH PROBIOTICS



SlimExpert Daily Digestive Fiber is a product designed to meet the fiber requirements of an individual with an added advantage of Probiotics. It comes with a blend with a blend of 5 fibers coupled with the added advantage of a blend of 5 fibres coupled with the added advantage of a blend of Bifidobacterium longum and Limosilactobacillus reuteri, that utilizes the fiber efficiently, thereby ensuring a proper gut health.

RECOMMENDED USAGE

Adults: 1-2 Sachets daily or as advised by your healthcare professional. Preferably to be taken after food. Not to exceed the recommended daily usage.

only for adults

KEY INGREDIENTS WITH BENEFITS



Oat Fiber- Soluble fiber with added benefits of amino acids, minerals & antioxidants



Probiotics Advantage- Helps degrade the fibers in the blend.



Partially Hydrolyzed Guar Gum- Helps improve bowel movement & lipid profile



Soy Fiber- Protein rich fiber for easy bowel movements



Inulin- Long chain soluble fiber



FOS- Short chain soluble fiber

Promotes bowel health, regularity and assists in naturally eliminating toxins from the body for a healthier you.

DIRECTION FOR USE

Tear-Sprinkle-Savour

Sprinkle the sachet content and mix into your food before eating (rice, sabji, noodles, soups)

Tear-Mix-Drink

Add 1 sachet to 150 ml of water, stir & consume immediately



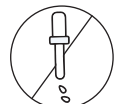
Non GMO



Gluten Free



No Added Sugars








No Added Flavour

Sprinkle sachet contents to any prepared food or reconstitute with 150ml water/any beverage of your choice, stir well & consume immediately.

Not recommended for direct consumption.






7 DAYS WEIGHT MANAGEMENT DIET PLAN

NORMAL ROUTINE

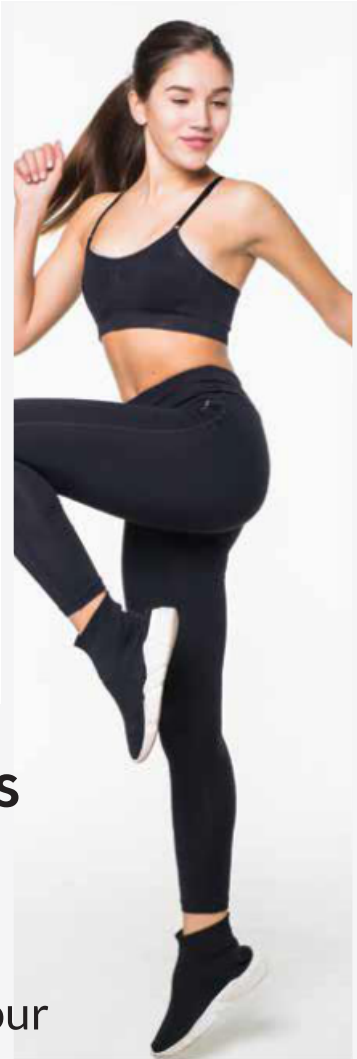
TIME	DIET PLAN WITH PRODUCTS
Morning Wake-up routine	1 glass warm water with lemon
7:30 am Before Breakfast	1 tablet of Fat Burner Tablet with water 
8:00 am Breakfast	50g (5 scoops) of Meal Replacement Shake blended with 300ml skimmed milk, banana or berries 
10:00 am Mid Morning	Add 1 sachet of Digestive Fiber to a cup of hot water + 5 almonds 
1:00 pm Lunch	Grilled chicken\tofu + green veggies + quinoa or brown rice & salad
3:00 pm Afternoon Boost	Profuel Instant Engery Drink + any fruit (apple or orange) 
5:00 pm Snacks	Makhana or sprouts
8:00 pm Dinner	50g (5 scoops) of Meal Replacement Shake blended with 300ml skimmed milk, banana or berries 
Before Bed Optional	Herbal Tea or chamomile tea

7 DAYS WEIGHT MANAGEMENT DIET PLAN

DIABETIC FRIENDLY

TIME	DIET PLAN WITH PRODUCTS
Morning Wake-up routine	1 glass warm water with lemon or cinnamon
7:30 am Before Breakfast	1 tablet of Fat Burner Tablet with water 
8:00 am Breakfast	50g (5 scoops) of Meal Replacement Shake blended with 300ml unsweetened milk + 5 almonds 
10:00 am Mid Morning	Add 1 sachet of Digestive Fiber to a cup of hot water + 1 boiled egg or 1 tsp flaxseeds 
1:00 pm Lunch	Grilled paneer\tofu or fish + sauteed greens + 1 small whole grain roti or quinoa
3:00 pm Afternoon Boost	Profuel Instant Engery Drink (Sugar Free) + 1 small cucumber or buttermilk (unsweetened) 
5:00 pm Snacks	Roasted Chickpeas (Small Handful)
8:00 pm Dinner	50g (5 scoops) of Meal Replacement Shake blended with 300ml unsweetened milk 
Before Bed Optional	Herbal Tea + 1 walnut

**BUILD A
SUSTAINABLE
EXERCISE
ROUTINE &
BURN CALORIES**



**AEROBICS
& ZUMBA**

400 - 600
Kcal per hour

YOGA

200 - 300
Kcal per hour



CYCLING

400 - 500
Kcal per hour



**PLAYING
SPORTS**

300 - 400
Kcal per hour

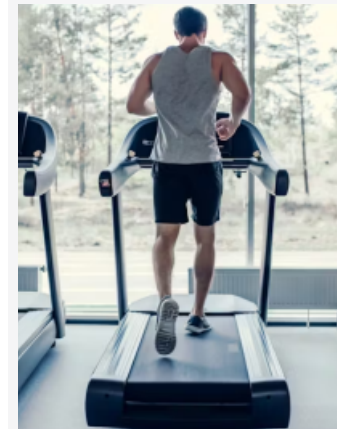
WALKING

250 - 300
Kcal per hour



CARDIO

400 - 600
Kcal per hour



DANCING

400 - 600
Kcal per hour



OUR FUTURE PLAN

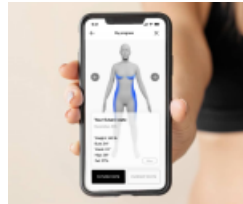
Proveda Wellness Community



Support Groups



Webinars



App Based Tracking

PROVEDA WELLNESS CENTERS NUTRITION + THERAPY HUBS

MORNING & EVENING ACTIVITY CLASSES



Yoga



Dance



Walk Clubs

Tracking & Reporting By Personalized Progress Charts

Together, We Empower India To Be Fit.



30 DAY JOURNEY TO FITNESS

WEEK 1

Reset & Detox

Cleanse your body, kickstart digestion, & increase hydration

WEEK 3

Transform & Tone

Tone muscles, improve stamina, & reduce fat percentage

WEEK 2

Burn & Build

Stimulate fat burning and build strength

WEEK 4

Sustain & Shine

Build lasting habits, support natural glow and energy

Goal : Lose 3-5 Kg Naturally, Build Energy & Confidence

RANK RECOGNITION SYSTEM

FITNESS NEWBIE

Start your journey with SlimExpert products

FITNESS BUDDY COMPLETE

30-day SlimExpert diet & routine

HEALTH MOTIVATOR

Share your transformation + Refer 1 new customer

WELLNESS GUIDE

Help 3 people start their wellness journey

COMMUNITY COACH

Lead a group of 5+ active members in the SlimExpert community

FITPRO MENTOR

Train others to coach using SlimExpert system

ELITE WELLNESS LEADER

Get certified by Proveda as an official brand representative

***BUILD YOUR
IDENTITY***

IN THE WELLNESS REVOLUTION

SLIMEXPERT

YOUR PARTNER FOR

**A HEALTHIER
& HAPPIER**

life

Join the movement & Rewrite your story

A SMARTER WAY TO MANAGE WEIGHT

SLIM EXPERT				
PRODUCT CODE	PRODUCT NAME	MRP	DP	BV
WMG/0010	DIET FUEL MEAL REPLACEMENT SHAKE (MANGO FLAVOUR)	2499	2100	1060
WMG/009	DIET FUEL MEAL REPLACEMENT SHAKE (KULFI FLAVOUR)	2499	2100	1060
WMG/003	DIET FUEL MEAL REPLACEMENT SHAKE (VANILLA FLAVOUR)	2499	2100	1060
WMG/001	FAT BURNER TABLET (60 TABS)	1100	1000	501
WMG/004	DIET FUEL ENERGY DRINK (50G)	1099	750	378
WMG/002	DAILY DIGESTIVE FIBER (15 X 5G SACHETS)	1699	1300	688
WMG/008	SLIM EXPERT CATALOGUE 1PC.	150	125	0.1
WMG/005	SHAKER 1PC.	999	725	374
WMG/006	STRETCH MARK CREAM 50GM	599	475	221
WMG/007	STRETCH MARK OIL	599	475	213

