

DIABETES CARE PLUS +



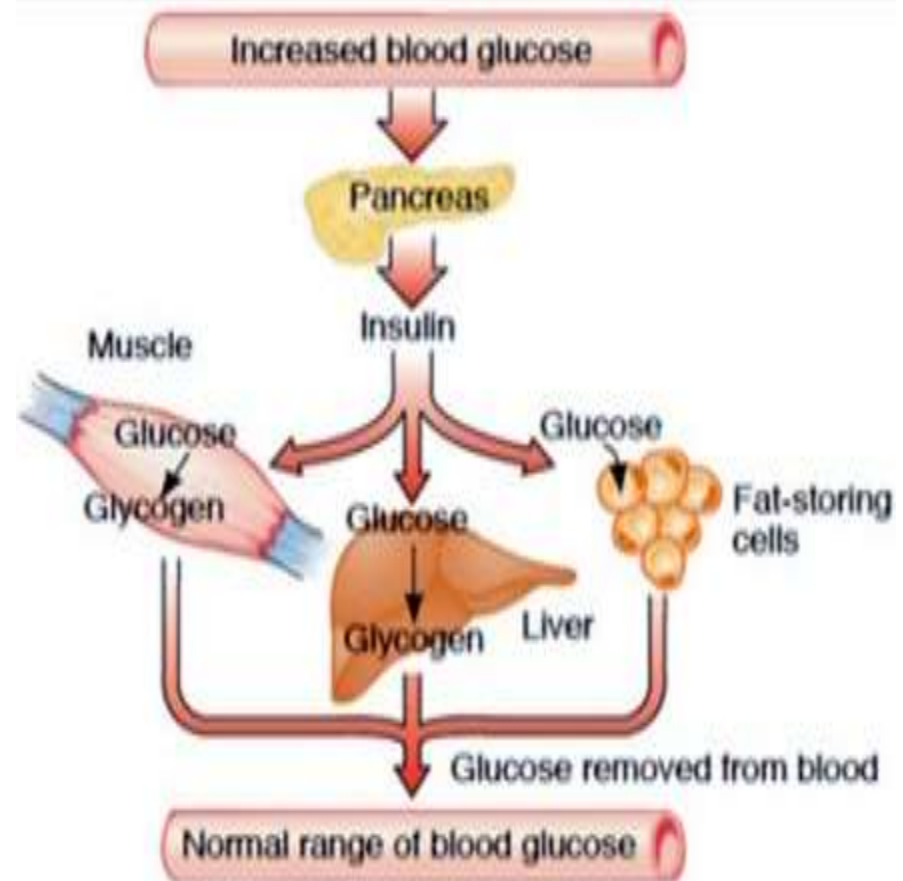
PROVEDA
leading you to success





Metabolism of Glucose

- Pancreas is the body part which is responsible to convert your food into the Glucose.
- A hormone named “Insulin” released from Pancreas is the vehicle to move your Glucose to all your muscles, liver cells and Fat and inhibits glucagon activity
- When Pancreas fails to release Insulin; it leads to raise in Blood Glucose levels and damages the other organs like Kidney, Heart, Eyes and nerves

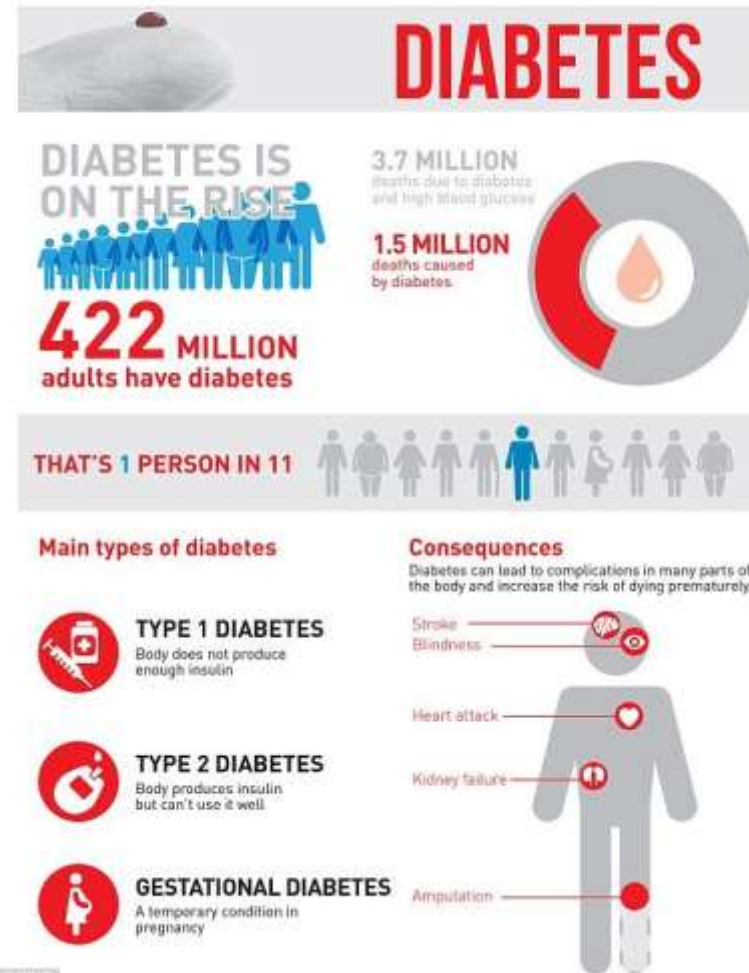


Diabetes



PROVEDA
leading you to success

- **Diabetes** is a disease that occurs when your blood glucose, also called blood sugar, is too high.
- Blood glucose is your main source of energy and comes from the food you eat.
- Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy.



Types Of Diabetes

Type 1

- A chronic condition in which the pancreas produces little or no insulin.
- It typically appears in adolescence.
- Symptoms include increased thirst, frequent urination, hunger, fatigue and blurred vision.
- Treatment aims at maintaining normal blood sugar levels through regular monitoring, insulin therapy, diet and exercise

Type 2

- A chronic condition that affects the way the body processes blood sugar (glucose).
- With type 2 diabetes, the body either doesn't produce enough insulin, or it resists insulin.
- Symptoms include increased thirst, frequent urination, hunger, fatigue and blurred vision. In some cases, there may be no symptoms.
- Treatments include diet, exercise, medication and insulin therapy.

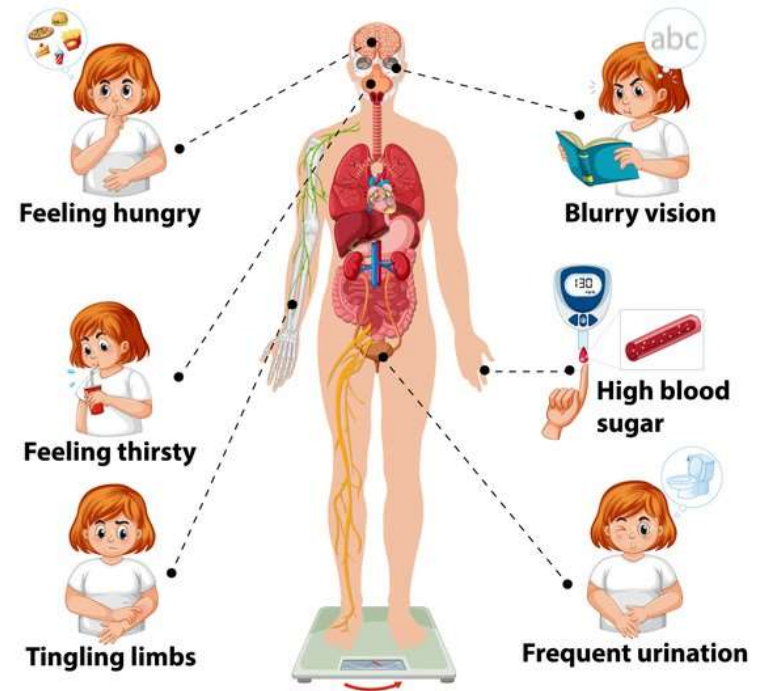
Symptoms of Diabetes



PROVEDA
leading you to success

- High blood levels of Glucose
- Blurry Vision
- Fatigue
- Thirst
- Painful Urination
- Frequent Urination
- Sores that don't heal
- Nausea
- Vomiting
- Weight Loss

DIABETES SYMPTOMS



Let's talk about diabetes

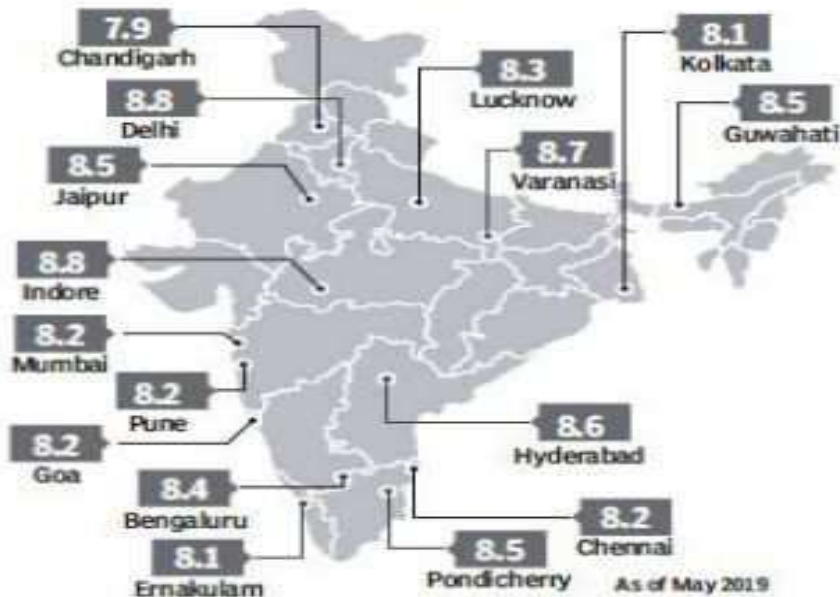


Diabetic Complications in India



PROVEDA
leading you to success

HbA1c levels in major Indian cities (%)



KNOW YOUR NUMBERS

HbA1c is a common blood test to help diagnose diabetes

Test score below **5.7%** | No diabetes

Above **6.5%** at two different times | Diabetes

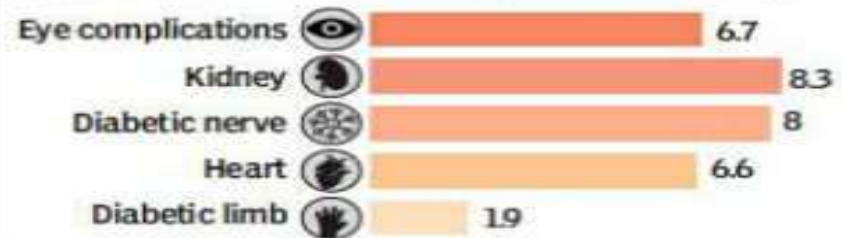
Above **8%** | Uncontrolled diabetes + complications

BIG PUBLIC HEALTH WORRY

72.9 million people in India have diabetes
(Source: IDF DIABETES ATLAS, 8th edition)

80% of people with diabetes have uncontrolled blood sugar levels
(DiabCare India 2011 survey)

DIABETES COMPLICATIONS (CASES IN MILLION)



REDUCING HbA1c BY 1%, REDUCES



HbA1c (Hemoglobin A1C) is a measure of how well controlled your blood sugar has been over a period of about 3 months. It essentially gives a good idea how high or low, on average, your blood glucose levels have been.

Prevention of Diabetes



PROVEDA
leading you to success

- Check your risk of **diabetes**.
Take the Life!
- Manage your weight.
- Exercise regularly.
- Eat a balanced, healthy diet.
- Limit takeaway and processed foods.
- Limit your alcohol intake. ...
- Quit smoking.
- Control your blood pressure.

4 SIMPLE WAYS FOR
PREVENTION OF DIABETES

440,000 Singaporeans had diabetes in 2014 and the number of diabetic patients is estimated to rise to 1 million by 2050.

1 REGULAR HEALTH SCREENINGS
Know your risk by trying out online risk screening questionnaire and go for tests if you are at risk.

2 HEALTHY DIET
Eat in moderation. Increase your intake of whole grains, fruits and vegetables. Reduced intake of sugar and saturated fats.

3 EXERCISE
Adopt an active lifestyle. Try 150 minutes of exercise every week. Find an activity (i.e. swimming, jogging, tai-chi or yoga) you like to motivate you to exercise!

4 NO SMOKING & DRINKING
Try to quit smoking and limit your alcohol intake!

Nutricio Wellness Diabetic Care++



PROVEDA
leading you to success

- Nutricio Diabetic care ++ is an Diabetic care Supplement
- It is unique combination of time tested Ayurvedic herbs
- Clinically researched
- Effective supplements for type II diabetes



Diabetic Care ++Ingredients



Neem

- Some studies have shown that compounds found in **neem** can be beneficial in controlling **type 2 diabetes**. A study published in the Indian Journal of Physiology and Pharmacology found that **neem** may also be helpful in preventing the onset of the disease.16-Jun-2019



Karela

- In fact, '**Karela** and **diabetes**' are often coined together! It reduces the blood glucose levels in both type I and type II **diabetes**. Consuming a glass of **karela** juice is so effective that **diabetes** patients need to reduce the dosage of their medicines.



Jamun

- **Diabetic** patients can consume **jamun** fruit daily to control their sugar levels, which certainly helps to enhance the insulin activity and sensitivity. In addition, seeds powder can be taken as an adjuvant both for **type-2 diabetes**, insulin dependent or non-insulin dependent.08-Nov-2013

Diabetic Care ++Ingredients



Aloevera

- Aloevera can be **helpful** for patients suffering from **type 2 diabetes**. **Diabetes** patients could have a reason to take a regular dose of **aloevera**, as this succulent plant has been found to keep blood sugar levels in check.



Vijaysar

- The extensive anti-glycemic, antioxidant and anti-inflammatory properties of the bark of **vijaysar** not only helps in managing blood sugar levels by preventing the damage of pancreatic cells but also reduces excess fat,



Gurmar

- Gurmar is a wood climbing shrub whose leaves are used for medicinal purposes. **Gurmar** is considered to be a magical remedy for **diabetic** patients as it is highly effective in both type I and type II **diabetes** mellitus. It reduces blood sugar levels by enhancing the level of insulin in the body.

Diabetic Care ++Ingredients



Chirayta

- **Chirata** might help manage **diabetes** due to its antioxidant and anti-inflammatory properties. It helps prevent damage to pancreatic cells and enhances the release of insulin. This helps lower the level of blood sugar



Triphala

- Some research suggests that **triphala** helps lower blood sugar and cholesterol levels in people with type 2 **diabetes**. Indian gooseberry, an ingredient in **triphala**, also has some antidiabetic potential.



Methi

- **Methi** dana water has the ability to lower blood sugar in people with **diabetes**. It contains fibre and helps in slowing down digestion process, further regulating the absorption of carbohydrates and sugar

Benefits



PROVEDA
leading you to success

- Helps to regulate blood sugar & skin pigments
- Helps to regulates digestion & diabetes
- Helps to improve immunity & natural antioxidants
- Helps in high cholesterol levels, anaemia & digestion
- Helps in constipation & gastric problems
- Acts as natural insulin, reduces resistance to insulin, lowers blood glucose levels.



Dosage



PROVEDA
leading you to success

- 20 – 30 ml twice daily before meal
- Not recommended for pregnant ladies & lactating mothers

