



PROVEDA
leading you to success

Combination of
**RARE
FRUITS
& HERBS**

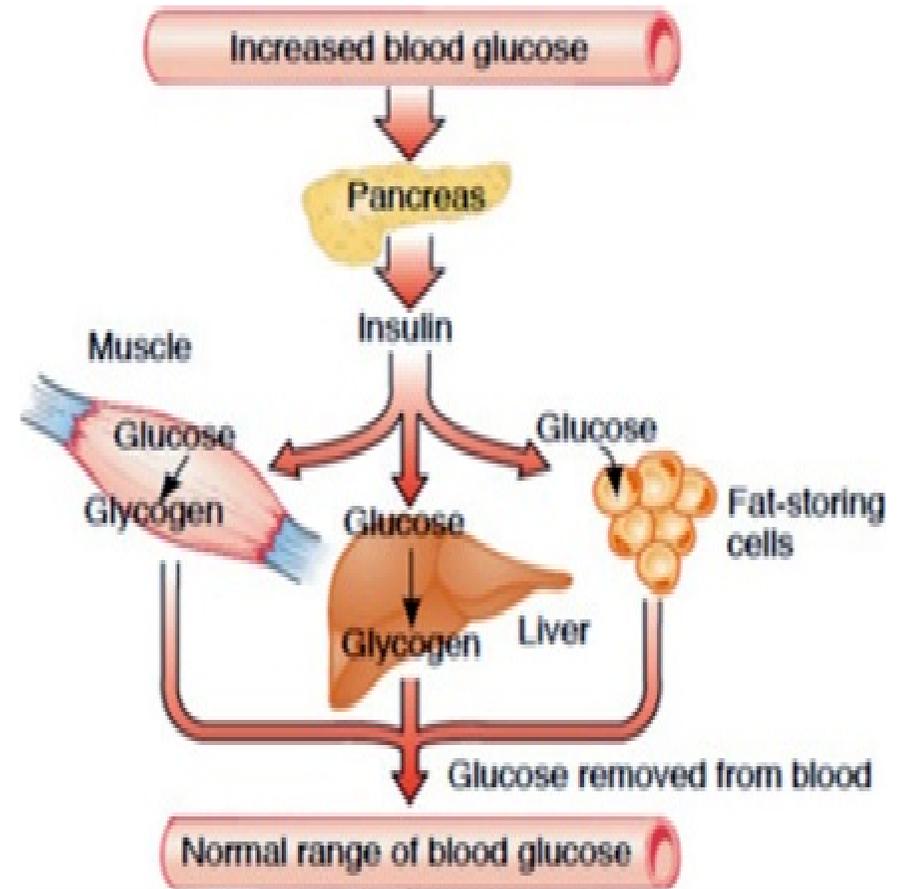


**DIABETIC
CARE PLUS+**



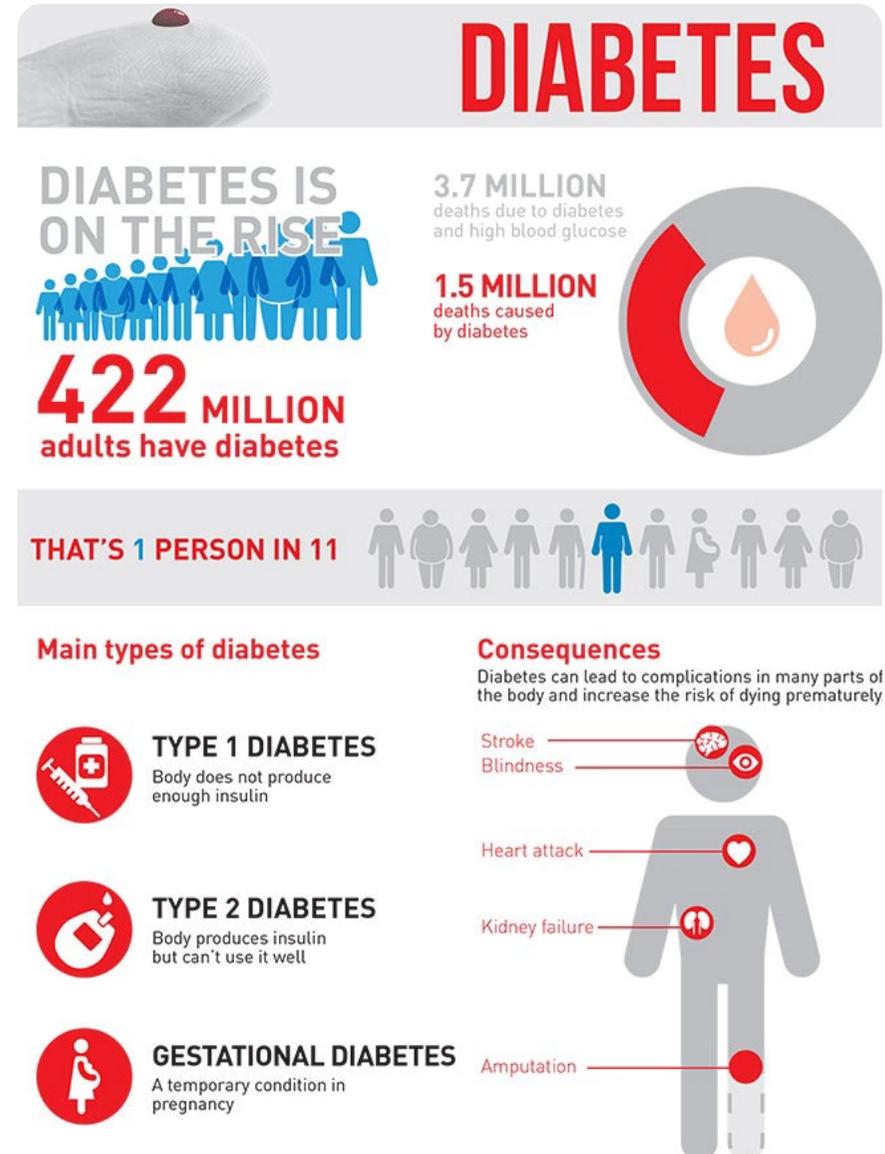
METABOLISM OF GLUCOSE

- 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 glycogen 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

- **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

TYPES -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

TYPES -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

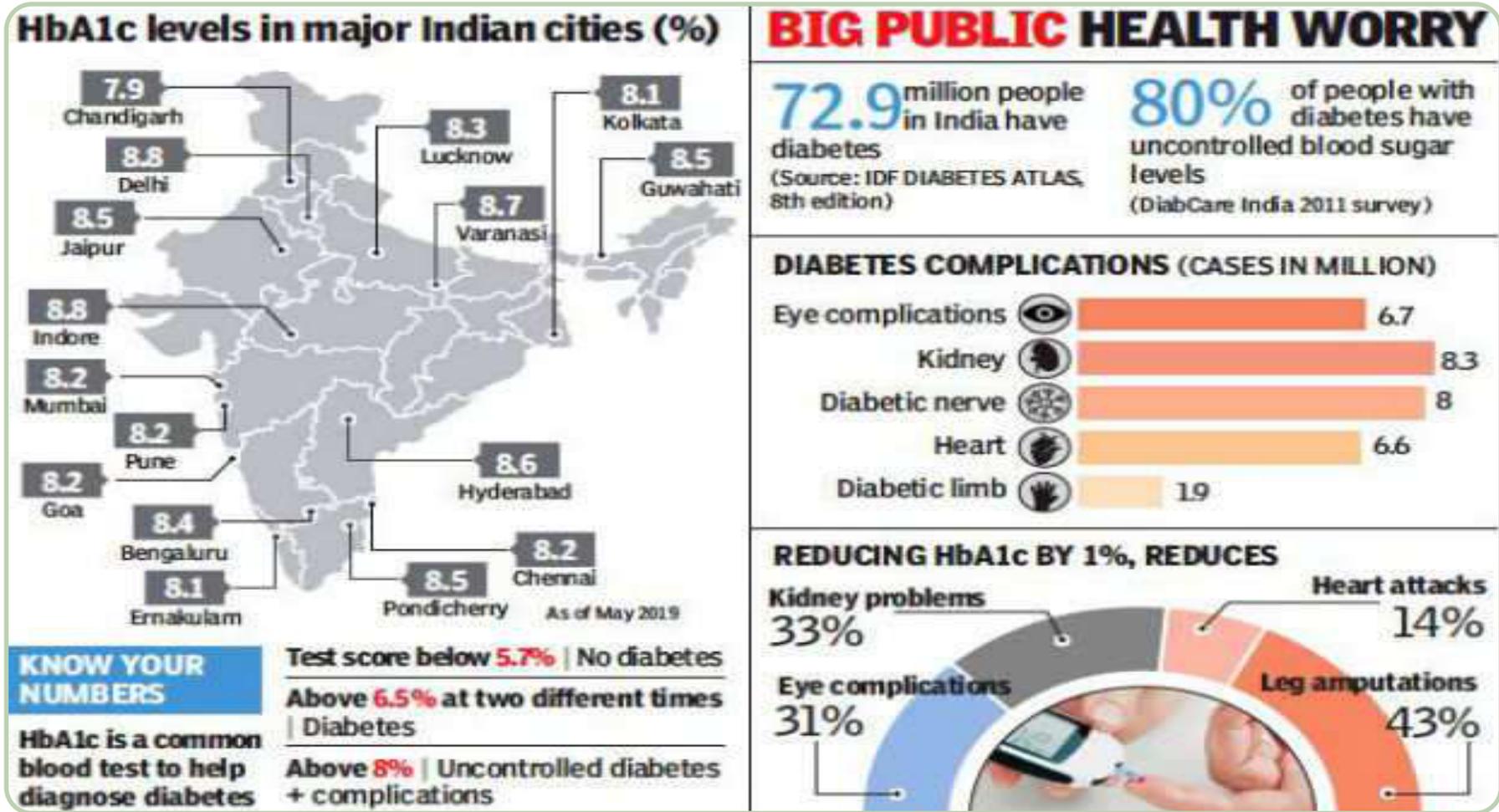
- High blood levels of Glucose
- Blurry Vision
- Fatigue
- Thirst
- Painful Urination
- Frequent Urination
- Sores that don't heal
- Nausea
- Vomiting
- Weight Loss



Let's talk about diabetes



SYMPTOMS OF DIABETES



HbA1c (HimoglobinA1C) 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

- **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++

- **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.



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.

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

Chirayta 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 danawater 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

- **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

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

