



HEALTHY WEIGHT
PROTECTS
YOU FROM
MANY DISEASES!



Nutrilong Slim Combi Pack

Healthy solution for weight management!



INTRODUCTION

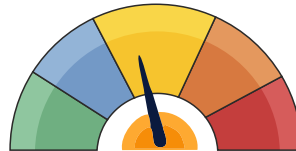
In this world of hustle and bustle, everyone wants to look fit and live fit. But are we giving judicious attention to ourselves? The answer to this question lies in various segments. In context to the management of the various lifestyle disorders like obesity, hypertension, diabetes, cardiac disorders, people do focus only on diet as a solution. But it's the time, we must realize the various segments of keeping ourselves fit. Diet, exercise, balancing the amount of salt and sugar intake, leading a stress free life is crucial in weight loss journey.

WHAT IS OBESITY?

An alarming epidemic of obesity has spread worldwide posing a threat globally. The World Obesity Federation predicts that by 2030, 1 in 5 women and 1 in 7 men will have obesity. Worldwide more than 1 billion people are obese-650 million adults, 340 million adolescents and 39 million children, according to WHO.

Obesity is an abnormal or excessive fat accumulation causing risk to health. It can be understood by knowing the BMI. Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

$$\text{BMI} = (\text{kg}/\text{m}^2)$$



A body mass index (BMI) over 25 is considered overweight, and over 30 is obese.

How to count BMI?

RISK FACTORS OF OBESITY

Overweight and obesity are major risk factors for a number of chronic diseases including,

- Cardiovascular diseases such as heart disease and stroke.
- Diabetes and its associated complications like blindness, limb amputations, and the need for dialysis.
- Risk of some cancers, including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney and colon .
- The risk of these noncommunicable diseases increase if a person is overweight and grows more serious as the body mass index (BMI) increases.

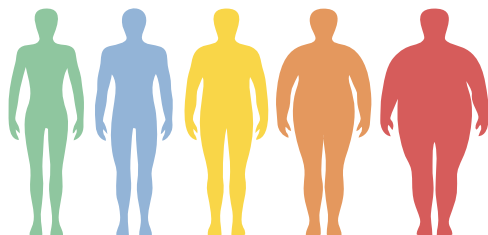
CAUSES OF OBESITY

Causes of overweight and obesity are preventable and reversible. Alongwith other factors involved, the

fundamental cause of obesity is an imbalance of calories consumed and calories expended.

73%
of urban Indian
are overweight

Almost
1/2
of urban Indian
are obese!



Max Risk Age: 28 - 38 years

Highest risk of weight gain, for men & women
Average person goes from healthy to obese at 38 yrs



Average Indian needs to lose weight to get healthy

NEED TO LOSE 11 KG

Takes them 12 years to gain weight
Requires 3 months to lose it

25.5

Average BMI > 25 is obese
BMI guidelines by Indian Health Ministry

NEED OF SLIM COMBIPACK

Weight management includes maintenance of healthy body metabolism, burning of fat and release of energy. It also involves water and pH balance and boosting appetite. All these functions are taken care of by Nutrilong Slim Combipack. Nutrilong Slim Combipack includes 3 products Nutrilong Slim tablet, Nutrilong Slim Capsule and Nutrilong Slim tea. It is a complete package that helps in managing weight. The details of each product is as follows,

Slim Tablet

Natural Weight Loss Supplement









Nutrilong Slim Tablet possesses the goodness of fucoxanthin and corn silk powder along with kokum, pippali, coffee, guggul and other herbs. This Tablet

contains a pigment, fucoxanthin, which may increase a protein called UCP1. This may signal the body to convert the fat in adipose tissue into heat and energy.

What is Fucoxanthin & Corn silk?

- Fucoxanthin is a brown carotenoid pigment that imparts brown or olive green colour to brown algae. It possesses powerful antioxidants and anti-inflammatory activity.
- Corn silk is the golden thread like filament that is seen covering the corn. Corn silk powder has potential antioxidant, anti obesity effects of maysin, a major flavonoid of corn silk.
- It is known that maysin decreases the levels of intracellular lipid droplets and triglycerides (TG), and also its oral administration decreases weight gain and epididymal fat weight.
- Health benefits of Fucoxanthin and corn silk can be understood in following way:

Health benefits of Fucoxanthin	 Promotes weight loss	 Improves blood lipid profiles	 Decreases insulin resistance	 Inhibits the proliferation of a variety of cancer cells	 Exerts an anti-diabetic effect	 Protects intestinal health
Health benefits of Corn Silk	Anti-obesity effects	Anti-depressant effect	Adjuvant in Hyperglycemia	Diuretic agent	Hemato-protective effect	Anti-fatigue agent

Each 1000 mg of Nutrilong Slim Tablet is prepared by the following ingredients:

Kokum Dry Extract (Garcinia cambogia)	150 mg	Sunthi Dry Extract (Zingiber officinale)	30 mg
Narangi Dry Extract (Citrus aurantium)	150 mg	Coffee Dry Extract (Coffea arabica)	30 mg
Pippali Dry Extract (Piper longum)	45 mg	Guggul Dry Extract (Commiphora mukul)	30 mg
Lanka Dry Extract (Capsicum annum)	15 mg		

Directions for use:

- Take 1 tablet twice a day before a meal or as advised by the physician.

Slim Capsule

Natural Weight Loss Supplement



Nutrilong Slim capsule is the perfect and advanced combination that helps promote healthy weight loss and proper water balance. It also supports liver health, colon cleansing and provides support for

your immune system. It contains the following major ingredients that generate energy by fat burning due to improved body metabolism.

Ingredients

Mechanism

Apple cider vinegar	Apple cider vinegar consumption along with a restricted calorie diet can decrease appetite, body weight, BMI, hip circumference, plasma triglyceride, total cholesterol concentration and also increase HDL-C level in overweight or obese individuals.
Choline bitartrate	It is a water soluble dietary supplement that promotes burning of fat due to its lipotropic effect, promotes liver metabolism.
Chromium picolinate	It reduces severe hunger cravings by improving metabolism.
Vitamin D	It might effectively reduce the formation of new fat cells and reduce fat accumulation.
Vitamin B 12	It is an essential water-soluble vitamin, crucial for cell metabolism.
Inositol	Decreases BMI scores.
D-Biotin	Helps in burning fat.
5-Hydroxytryptophan	Increases the feeling of satiety associated with a decrease in BMI.

Each 500 mg of Nutrilong Slim Capsule is prepared by the following ingredients:

Green tea (Camelia sinensis)	75 mg	Chromium picolinate	0.001 mg
Apple Cider Vinegar (Malus pumila)	50 mg	Vitamin D	0.003 mg
Pippali Dry Extract (Piper longum)	15 mg	Vitamin B 12	0.004 mg
Miri Dry Extract (Piper nigrum)	15 mg	Inositol	100 mg
Sunthi Dry Extract (Zingiber officinale)	15 mg	D-Biotin	5 mg
Papaya(Carica papaya)	30 mg	5-Hydroxytryptophan	50 mg
Choline bitartrate	25 mg		

Directions for use:

- Take 2 capsules twice a day before meals for 1 St month, followed by 1 capsule twice a day as maintenance or as directed by the physician.

Slim Tea



Natural Weight Loss Supplement

INTRODUCTION

Nutrilong Slim Tea is a research product that focuses on weight loss in a healthy manner. Replacing the consumption of age-old tea containing sugar, with green tea is one of the keys to weight loss.

What is EGCG?

This Nutrilong Slim Tea contains EGCG (Epigallocatechin Gallate), a polyphenol that is abundant in green tea. Consumption of EGCG can contribute to weight loss because EGCG controls the body fat by inhibiting adipogenesis. EGCG has been reported to have fat reduction effects by inhibiting energy intake in diet-induced obesity, inhibiting lipogenesis, inhibiting α -amylase activity in vitro, inhibiting lipid digestion, stimulating energy expenditure in vivo, promoting fat oxidation, and promoting lipolysis.

Moreover Nutrilong Slim tea contains White kidney Bean extracts that help in natural weight loss due to its starch blocking properties. Thus, white kidney bean extract, with Garcinia, Salacia and black pepper may help keep cravings in control in a healthy way, promoting energy and supporting natural weight loss.



Each 3g of Nutrilong Slim Tea is prepared by the following ingredients:

White kidney bean (<i>Phaseolus vulgaris</i>)	300 mg	Dalchini Dry Extract (<i>Cinnamomum zeylanicum</i>)	50 mg
Methi Dry Extract (<i>Trigonella foenum graecum</i>)	200 mg	Pippali Dry Extract (<i>Piper longum</i>)	50 mg
Saptranga Dry Extract (<i>Salacia oblonga</i>)	200 mg	Sonth Dry Extract (<i>Zingiber officinale</i>)	50 mg
Kokum Dry Extract (<i>Garcinia cambogia</i>)	200 mg	Mulethi Dry Extract (<i>Glycyrrhiza glabra</i>)	50 mg
Tagar Dry Extract (<i>Valeriana wallichii</i>)	50 mg	EGCG (<i>Epigallocatechin gallate</i>)	50 mg

Directions for use:

- Add 3 gm to 150 ml of hot water, stir or shake until the granules completely dissolve & then sip it slowly. This may be repeated up to 1-2 times a day before a meal or as directed by the physician.

TOPTIME CONSUMER PRIVATE LIMITED

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