

WEIGHT REDUCTION IS THE

FIRST PRIORITY IN PERSONS WITH ABDOMINAL

BESITY

AND METABOLIC SYNDROME¹

Protinex Lite-GP/CP







Diet and exercise remain the initial intervention of choice for population with metabolic disorder²



Primary weight loss goal is a

7% to 10% reduction

in total body weight during a period of 6-12 months³



Weight loss, even as little as

5% to 10%

favourably modulates many metabolic risk factors³

Protinex Lite-GP/CP



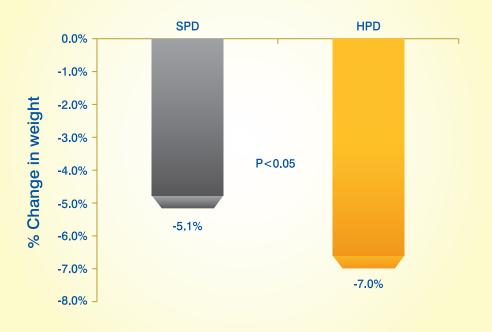






Higher % weight loss with high protein diet⁴

% weight loss from baseline after 6 months of treatment



Protinex Lite-GP/CP







Dietary fibre
Increases satiety & beneficially influences in weight loss⁵





Lite-GP/CP









Low-GI diets

According to a **Cochrane review** of 6 RCTs, individuals receiving an LGI diet showed beneficial effects compared to those on control diets in terms of:

Significant improvement in lipid profile (P<0.05)⁷



Significantly higher weight loss (P<0.05)⁷



Significant decrease in total fat mass (P<0.05)⁷







Lite-GP/CP

Introducing

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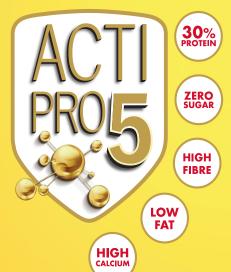




Contains Nutrients* to support

WEIGHT MANAGEMENT







Protinex Lite-GP/CP

• Ready to serve Nutritional Beverage Mix, Soyabean based Beverage (No added Sugar) (6.8.1).(Proprietary food)
*Sugar refers to sucrose #High protein & high fibre intake along with energy restriction help in weight management
^ Protinex Lite contains 30% reduced sugar when compared to Protinex Elaichi Flavour
Protinex Lite to be consumed as part of a healthy lifestyle and balanced diet







References:

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- 5. Martin. Nutritional Modulation of Insulin Resistance. Scientifica (Cairo). 2012; 2012: 424780.
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- 7. Thomas D, Elliott EJ, Baur L. Low glycaemic index or low glycaemic load diets for overweight and obesity.

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