

WEIGHT  
REDUCTION IS THE  
FIRST PRIORITY IN PERSONS WITH ABDOMINAL

**BESITY**

AND METABOLIC SYNDROME<sup>1</sup>

Protinex  
Lite-GP/CP



**Diet and exercise** remain the initial intervention of choice for population with metabolic disorder<sup>2</sup>



Primary weight loss goal is a **7% to 10% reduction** in total body weight during a period of 6-12 months<sup>3</sup>



Weight loss, even as little as **5% to 10%** favourably modulates many metabolic risk factors<sup>3</sup>

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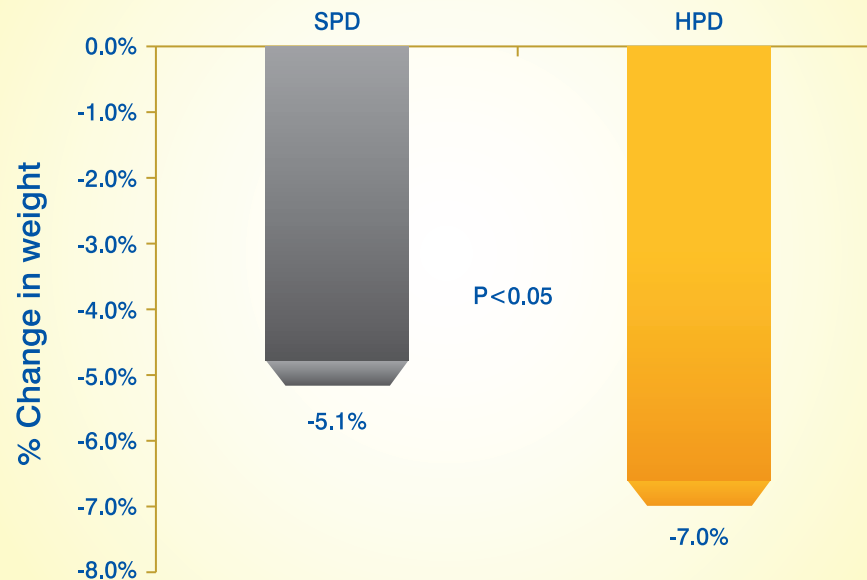






Higher % weight loss with high protein diet<sup>4</sup>

**% weight loss from baseline after 6 months of treatment**



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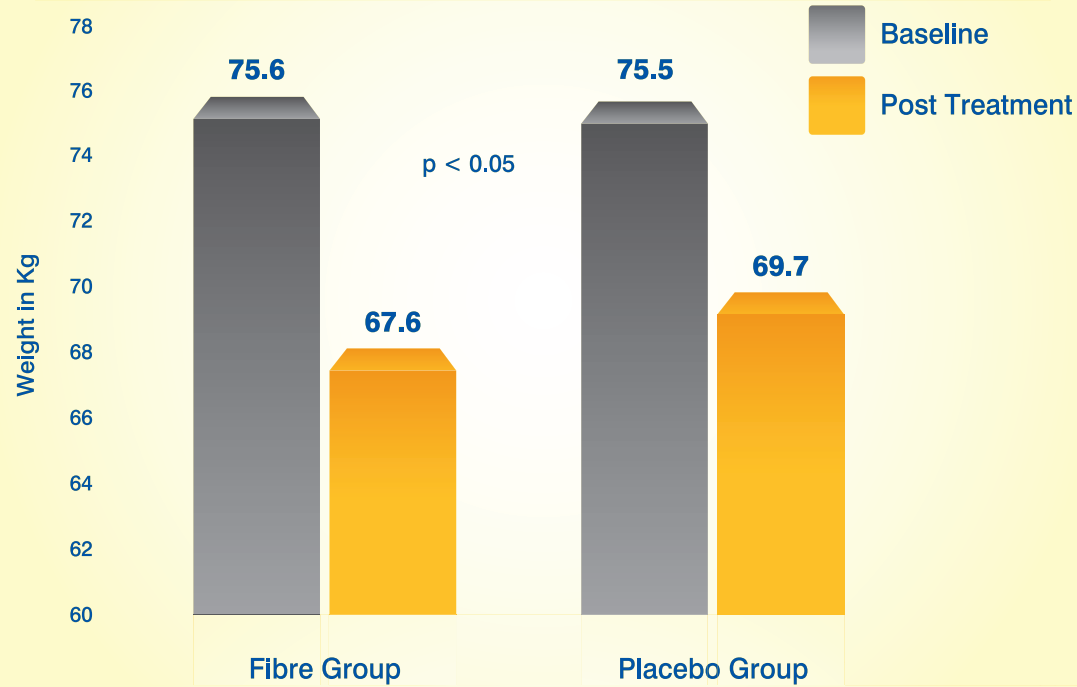




# Dietary fibre

Increases satiety & beneficially influences in weight loss<sup>5</sup>

## Effect of fibre supplement on body weight in overweight subjects after 24 weeks<sup>6</sup>



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## 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 ( $P < 0.05$ )<sup>7</sup>



Significantly higher weight loss ( $P < 0.05$ )<sup>7</sup>



Significant decrease in total fat mass ( $P < 0.05$ )<sup>7</sup>

Protinex  
Lite-GP/CP



Introducing

# Protinex<sup>®</sup>

## Lite<sup>^</sup>



Zero Sugar\*

Contains Nutrients# to support  
**WEIGHT MANAGEMENT**

**LOW**  
GI 17



**30%  
PROTEIN**

**ZERO  
SUGAR**

**HIGH  
FIBRE**

**LOW  
FAT**

**HIGH  
CALCIUM**



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





