

**Maintain Weight, Manage
Blood Pressure,
Master your Life By Becoming
the Best Version of You!**





Abhishek

A 42-year-old obese male with high blood pressure.



Dr. Sharma

A renowned consultant physician.



Praveen

Abhishek's friend

Hey Praveen, as you know that I have been obese since birth. For past 6 months, I have been trying to reduce my weight, but no weight change occurred yet. Rather, I am experiencing fatigue and headache. Should I consult a physician?

This is a good thought, dear friend. You should definitely consult a physician at the earliest.



AT DR. SHARMA'S OUT-PATIENT DEPARTMENT

Ok, I get your concern. Can you tell me your diet pattern?

Hello Dr. Sharma, I am Abhishek, 42 years old. I have been obese since birth, and for the past 6 months, I've been trying to lose weight by consulting with a trainer, but it isn't helping me. Instead, I've been experiencing fatigue and headaches. What should I do?



Ok, then let's do some basic investigations.

I eat normal home made food. I have not changed my diet routine.



AFTER INVESTIGATIONS

Your weight is 125kg, height is 1.61m, body mass index is 48.2kg/m^2 and blood pressure is 160/96 mmHg. This indicates that you are morbidly obese with high blood pressure.

Dr. Sharma, what does the investigation report say?



Holistic dietary management approach is essential for you, as it not only promotes weight loss but also manages the blood pressure. I recommend a high-protein meal, an active lifestyle and diet changes. This combination can help you lose weight effectively and improve your heart health.

Doctor, what are the benefits of consuming high-protein in my diet? What are the sources?



High-protein intake lowers the blood pressure levels and promotes weight loss. It increases satiety, making it easier to control your appetite, providing a feeling of fullness for a longer period. It also helps restrict calories and promote fat loss. High-protein food items include lean meat, like chicken, fish; low-fat dairy products like milk, cheese, cottage cheese and yogurt; eggs, legumes, nuts, and nut butter. Follow this regimen and consult me after 16 weeks.

Thank you, Dr. Sharma for your advice. I will follow the holistic approach as suggested by you.



After 16 weeks of commitment, Abhishek's weight drops from 125 kgs to 105 kgs and blood pressure also dropped to 125/78 mmHg. He now feels healthier, stronger and more active.

I can see a great change in your weight and your blood pressure is also under control.

Thank you, Dr. Sharma. I feel more energetic and active now. I will continue the ongoing diet to manage my health condition.



High Protein Meal Replacement supports in the journey of Weight Loss and Maintains Blood Pressure.

TAKE THE PLEDGE TO STAY FIT!

FIT INDIA

PLEDGE 2025

- To lead an active and a healthy lifestyle.
- To takeout 30 minutes everyday for my fitness and health.
- To encourage my family members & neighbors to stay fit and healthy.



Issued in Public Interest by

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