




THE TWIN POWER OF EVERYDAY GOODNESS!

VESTIGE
PRIME X-TRACT F

VESTIGE
PRIME X-TRACT V

VESTIGE PRIME
X-TRACT V & X-TRACT F



**“A healthy outside
starts from the inside.”**

Robert Urich

FRUITS & VEGETABLES



- Fruits and vegetables are very important components of our daily food plan
- They contain important vitamins, minerals and plant chemicals or phytochemicals
- They are rich in fibre and are mostly fat free
- A diet high in fruits and vegetables can help protect the body against many diseases
- When buying and serving fruits and vegetables, aim for variety to get maximum nutrients possible

FRUITS & VEGETABLES

- WHO recommends a minimum of **400 g** of fruits and vegetable a day
- **Harvard School of Public Health** reports that daily intake of fruits and vegetables gives a variety of nutrients and phytochemicals needed to help lower the risk of **heart disease**, **prevent cancer & maintain optimal health**





PHYTONUTRIENTS

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PHYTONUTRIENTS = PHYTO (PLANT) + NUTRIENTS = PLANT BASED NUTRITION

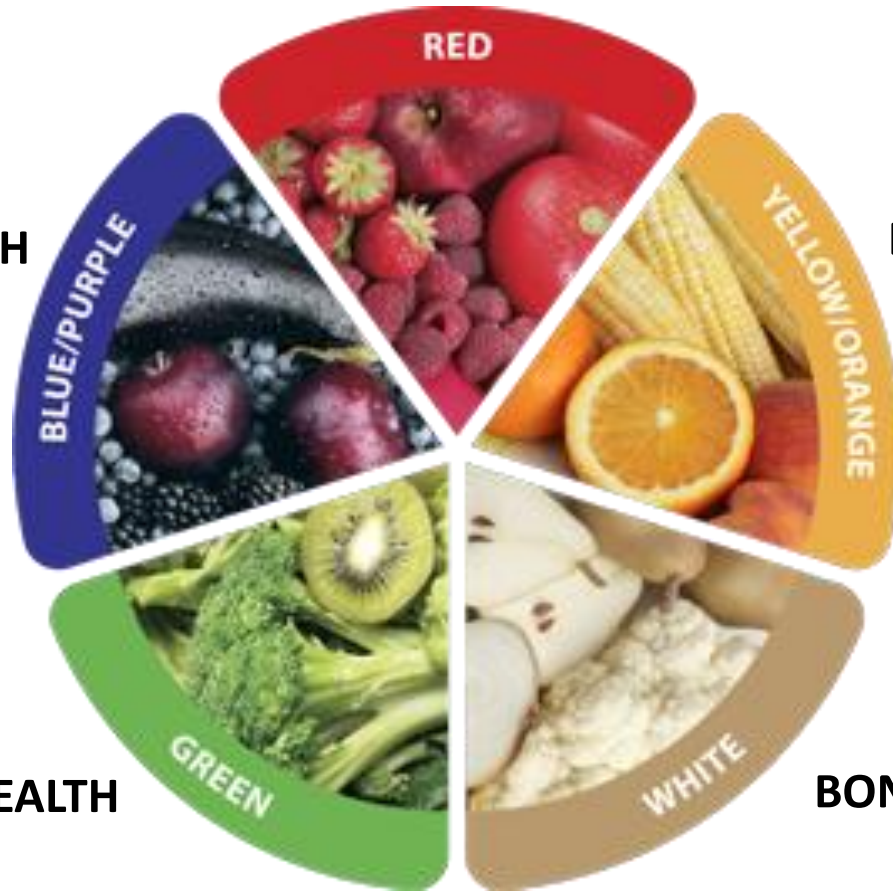
- Plant foods contains thousands of natural nutrients. These are called phytonutrients or phytochemicals
- These nutrients help protect the plants from germs, fungi, bugs, and other threats
- There are many phytonutrients which are found naturally in fruits & vegetables like carotenoids, lycopene, chlorophyll, anthocyanin, anthoxanthin, flavonoids, etc., which have many health benefits for the human body



HEART HEALTH

COGNITIVE HEALTH

BOOSTS IMMUNITY



LUNGS HEALTH

BONES HEALTH



The more you fill up on healthy food the less space you'll have for unhealthy food.

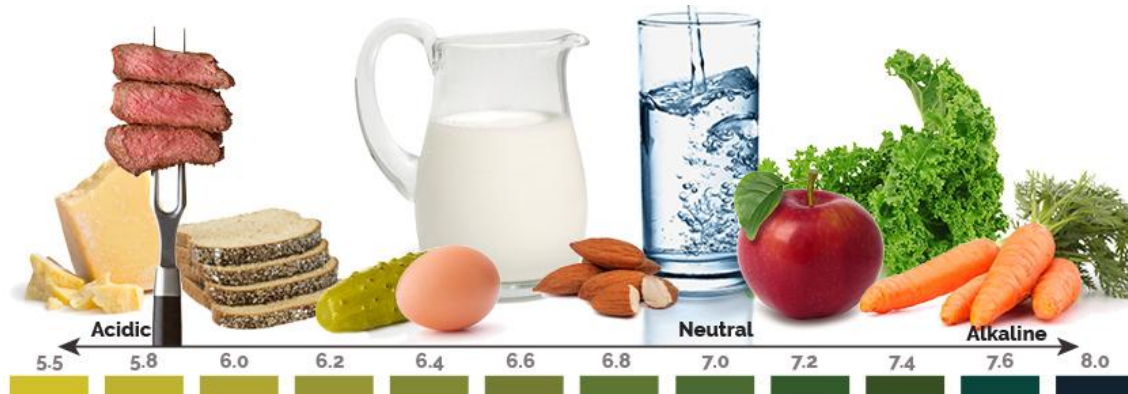
WATER

Fresh Vegetables and fruit



ROLE OF FRUITS & VEGETABLES IN MAINTAINING GOOD HEALTH

MAINTAINING BODY pH



- **Alkaline diets** have been shown to help in many chronic diseases & ailments such as hypertension, diabetes, arthritis, etc.
- Fruits & vegetables are generally considered as alkaline foods
- Experts also recommend to start the day with alkaline foods for better digestion and absorption of the nutrients throughout the day

BOOSTING IMMUNITY

- Food is one of the most powerful tools that helps us in resisting diseases
- A healthy body begins with a healthy immune system
- Fruits and vegetables are low in fat, calories and sodium but packed with flavour and essential nutrients
- Thus, they help in building a strong immune system which is capable of fighting diseases





DEGRADATION OF FOOD QUALITY



DEGRADATION OF FOOD QUALITY

- The quality of our food is not what it used to be about 30 years ago
- Crops grown decades ago were much richer in vitamins and minerals than the varieties most of us get today
- The researchers found a statistically significant nutrient decrease in the fruits and vegetables



FACTORS AFFECTING FOOD QUALITY

- Soil degradation
- Overuse of fertilizers
- Improper Transportation
- Improper Storage
- Food Processing
- Food Preparation
- Food Adulteration



NEWS REPORT ABOUT FOOD QUALITY

Here we have a video of one minute on decreasing food quality
File name: DNA.Mp4

INTRODUCING



THE
TWIN POWER
OF EVERYDAY
GOODNESS!



VESTIGE PRIME X-TRACT F

Contains 13 fruits

Your daily dose of phytonutrients from fruits.

VESTIGE PRIME X-TRACT V

Contains 7 Vegetables

Your daily dose of phytonutrients from vegetables.

TWIN POWER OF EVERYDAY GOODNESS

- Dried powders of fruits and vegetables
- Packed with natural goodness
- Your daily dose of phytonutrients (nutrients from plants) from fruits and vegetables
- Consume daily to fulfill your daily requirements of colourful fruits and green vegetables



VESTIGE

PRIME

X-TRACT F

—

Contains 13 Fruits



X-TRACT F — Combination of Fruit Powders




Contains 13 fruits:

1. Cranberry
2. Blueberry
3. Bilberry
4. Pomegranate
5. Mango
6. Lemon
7. Orange
8. Water melon
9. Pineapple
10. Guava
11. Banana
12. Papaya
13. Black Plum

- In addition to fruit powders, it contains nutritious additives like – cinnamon, turmeric, spirulina and noni
- It also contains Grape Seed extract, Aloe vera, Alfalfa and Beta Carotene with high antioxidant value



The Key Ingredients of X-tract F

INGREDIENTS	BENEFITS (of individual ingredients)	
<p>Cranberry</p>	<ul style="list-style-type: none"> • Improves immune system • Prevents Urinary Tract Infection • Has anti-cancerous properties, contains anthocyanin (a phytonutrient) 	
<p>Blueberry</p>	<ul style="list-style-type: none"> • Supports digestion • Protects body from free radical damage • Lowers blood pressure • Improves memory 	
<p>Bilberry</p>	<ul style="list-style-type: none"> • Effective for digestive problems • provides improved vision • Prevents hardening of blood vessels • Beneficial for GI problems 	

The Key Ingredients of X-tract F

INGREDIENTS

BENEFITS (of individual ingredients)

Pomegranate

- Provides anti-inflammatory effects
- Lowers the risk of heart diseases
- Helps fight bacterial and fungal infections
- Improves memory
- Beneficial for gastro-intestinal disorders



Mango

- Also called King of Fruits
- Alkalizes the body
- Improves eye health
- Strengthens the immune system
- Promotes brain health



X-TRACT F — Combination of Fruit Powders

- Helps to fulfill the daily requirement of essential and colourful fruits ranging from yellow, orange, red, maroon, purple and black
- It is full of antioxidants and fibre that helps to fight free radicals and keep you full for longer
- The added extracts gives an extra boost of antioxidants and essential vitamins and minerals



VESTIGE

PRIME

X-TRACT V



Contains 7 Vegetables






X-TRACT V – Combination of Vegetable powders

Contains 7 Vegetables:



1. **Wheat Grass**
2. **Spinach**
3. **Beans**
4. **Mint**
5. **Celery**
6. **Carrot**
7. **Beetroot**

- In addition to vegetable powders, it contains nutritious additives like – licorice, cinnamon, turmeric, spirulina and noni
- It also contains extracts of Green Tea, Grape Seed, Bilberry, Amla, and Aloe Vera
- It contains added phytochemicals like Beta Carotene and Quercetin known for their antioxidant properties

The Key Ingredients of X-tract V

INGREDIENTS	BENEFITS (of individual ingredients)	
Wheat Grass	<ul style="list-style-type: none"> • Promotes weight loss • Cleanse the liver • Stimulates circulation • Stimulates thyroid gland • Improves digestion 	
Spinach	<ul style="list-style-type: none"> • Promotes Gastrointestinal health • Anti-inflammatory property • Boosts immunity • Prevents anemia • Provides anti-aging benefits 	
Beans	<ul style="list-style-type: none"> • Reduces cardiovascular risk • Improves immunity • Improves bone health • Promotes eye health 	

The Key Ingredients of X-tract V

INGREDIENTS	BENEFITS (of individual ingredients)	
<p>Mint</p>	<ul style="list-style-type: none"> • Aids in digestion • Treats nausea and headaches • Prevents respiratory disorders • Good for skin • Promotes oral health 	
<p>Celery</p>	<ul style="list-style-type: none"> • Has anti-hypertensive properties • Improves liver health • Lowers inflammation • Boosts digestion and reduces bloating 	



X-TRACT V – Combination of Vegetable Powders

- Helps to fulfill the daily requirement of essential and dark green leafy vegetables
- It is full of phytochemicals, chlorophyll and fibre that keep you full for longer
- The added extracts gives an extra boost of essential vitamins and minerals



Main benefits of X-tract V & F

Detox

Immunity Boost

Weight Loss

Improves Skin & Hair

Snack Replacement



How to consume

- Add 1 whole Sachet of Vestige Prime X-tract V or X-tract F in 1 glass of water (200 ml)
- Stir thoroughly with spoon or in a shaker
- Consume immediately

Once pouch is open, consume immediately



When to consume

- It can be consumed in mid-meals
- You can start your day with Vestige Prime X-tract V, which will give a feeling of fullness and alkalizes your body
- In the evening time you can enjoy Vestige Prime X-tract F which will not only curb your hunger but will also provide you essential phytonutrients





DP- 1100/-
BV- 605.00
PV- 33.61
MRP- Rs.1275/-



DP- 1250/-
BV- 687.50
PV- 38.19
MRP- Rs.1440/-



THANK YOU
