

DNAVITA HEALTH PROFILE

INFORMATION

Name: ABC

Date: 02.11.2017

Age: 38 Y

GENDER: Male

HEIGHT: 170.00 cm

WEIGHT: 75.00kg

FOOD HABIT: Vegetarian

PERSONAL HEALTH HISTORY: Diabetes, Heart Related Problem

FAMILY HEALTH HISTORY: Bone related Problems

ANALYSIS

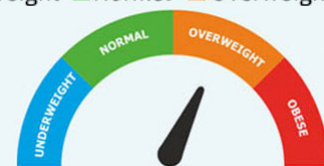
BODY COMPOSITION ANALYSIS:

PRESENT SCENARIO :

Existing Body Weight: 75.00kg
 Existing Height: 170.00 cm
 Body Fat %: 23.68 %
 Body Fat % Interpretation: **AVERAGE**
 Body Fat Mass (in Kg): 17.76 kg
 Lean Body Mass (in Kg): 57.24 kg
 BMI: 25.95
 BMI Interpretation: **OVERWEIGHT**

Current BMI (Body Mass Index)

■ Underweight ■ Normal ■ Overweight ■ Obese



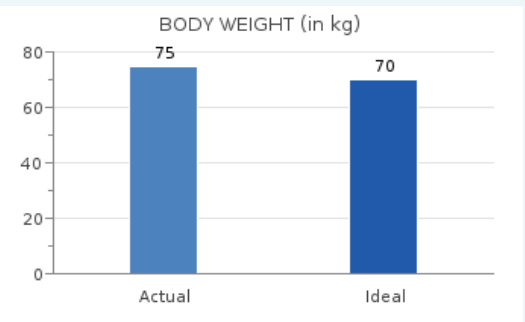
25.95
170.00 cm Height, 75.00kg Weight



(Note: BMI or Body Mass Index indicates Health Status of a person.)

DESIRED SCENARIO

- Your Ideal Body Weight: **70 kg**
(Note: Your existing Body Weight is 7% MORE than your Ideal Body Weight.)
- Desired Range Of Body Weight: **53 kg to 72 kg**
- Your Daily Calorie Requirements:
To achieve desired range of body weight: **2100 kcal to 2150 kcal**

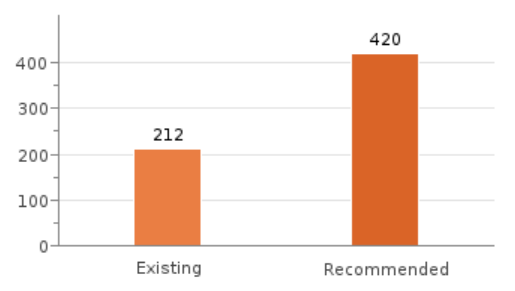


(Note: To achieve desired range of body weight, one must intake food as per revised daily calorie requirements for at least 6 months.)

DIET PROFILE

PROTEIN: **INADEQUATE**
 CALCIUM : **ADEQUATE**
 VITAMIN B12 : **INADEQUATE**
 IRON : **INADEQUATE**

PROTEIN ANALYSIS [Protein intake (gm/week)]



PERSONALIZED HEALTH TIPS

YOUR DNAVITA HEALTH PROFILE INDICATES THAT:

1



Your existing body weight is 7 % MORE than your Ideal Body Weight. Your body fat percentage is slightly high.

2

You are Overweight. It's time to get back in shape.



3



You have health issues like Diabetes, Heart Related Problem, High Fibre, Low Fat , Low Sugar and Low Sodium diet with lean protein and essential micronutrients can help in maintaining your overall health.

4

Bone related Problems, run(s) in your family history It is advisable that you consume foods rich in calcium, phosphorus & Vitamin D. Try to include milk and milk products like dahi, chhena, almonds, sesame (til) seeds etc. in daily diet.



5



Protein Intake is INADEQUATE. Include milk, dahi, paneer, soyabean, any type of dal, sattu, rajma, chana in daily diet. Inadequate protein in diet may lead to muscle loss, low blood pressure, fatigue, anemia.

6

Calcium Intake is ADEQUATE. Try to maintain existing food intake



7



Iron Intake is INADEQUATE. Include more dal and dal products, rice flakes (chiwra), raisins, dates, sunflower seeds, in your daily diet. Inadequate Iron in diet may cause anemia.

8

Vitamin B12 Intake is INADEQUATE. Include dairy products (milk, dahi) twice in your daily diet. Since you are a VEGETARIAN, you may consider taking additional supplements. Vitamin B12 is essential for the body to maintain its regular metabolic processes.



9



Product Recommendation (DNAVITA): DNAVITA is a Health Supplement "MADE FOR YOU" to provide Nutrition including Vitamins & Minerals considering your health condition, age, height, weight and food habits using ingredients given by PRAKRITI (Nature) for PRAKRITI (DNA) of yours.

We recommend DNAVITA with the following ingredients. Please check if you are allergic to any of these before use.

Ingredients	Why We Use Them
Rolled Oats	Cereal with grain protein, dietary fiber, essential minerals; oats fibre is known to ensure slower release of energy regulating blood glucose levels.
Milk Solids	Good source of protein, calcium, phosphorus and Vitamin B12
Soy Flour	Source of protein, dietary fibre, iron and calcium
Edible Vegetable Oil	A blend of edible oils with a good balance of healthy fats
Almonds	Source of protein, healthy fats, calcium, magnesium and potassium
Low Calorie Sweetener (E968,960)	Natural plant based sweetener, a better alternative to artificial sweetener
Nature Identical Flavouring Substance	Your preferred flavour element
Brown Rice	Cereal with grain protein and dietary fiber
Permitted Emulsifier (E322)	Natural stabilizing agent
Vitamins & Minerals	To meet your required daily dose of micronutrients.

Note: Combination of Milk Protein with Legume and/or Grain Protein in DNAVITA makes it a High Quality Protein. DNAVITA Health Profile is not meant for any treatment of any disease. Please consult your doctor before taking any action based upon DNAVITA Health Profile.

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