



Most Awarded Brand

Individual Details			
Name :		Address :	
Age :		City & State :	
Gender :		Pin Code :	
E-mail :		Mobile :	

Parameters	Normal Range	Description
B.M.I.	® < 25	Body Mass Index is a measure of Body Fat based on Height & Weight.
Body Fat %	® of Male < 20%; ® of Female < 25%	It is the total mass of Fat divided by total Body Mass.
Water	® > 55%	Water is of major importance to all living things.
Muscles	® of Male > 45%; ® of Female > 36%	It produces movement for the human.
Bone (Kg)	® > 3 Kg	It support and protect the various organs of the Body.
Visceral Fat	® Range 1 - 13	Fat that is stored within the abdominal cavity.
B.M.R.	® of Male: 1493; ® Female: 1662	Base Metabolic Rate is the number of calories required to keep your body functional at rest.
Metabolic Age		Metabolic Age is a comparison between a person's B.M.R. against the average B.M.R. for an age.

Parameters	Date: 1	Date: 2	Date: 3	Readings	Prescribed
Height (cm)				-	-
Weight (kg)				-	-
Fat %				® > 30%	Nutricharge S&F
Bone (Kg)				® < 3 Kg	Nutricharge BJ
Muscles %				® of Male < 45%	Nutricharge Gainer
				® of Female < 36%	
B.M.I.				® > 25	Nutricharge S&F
				® < 20	Nutricharge Gainer

Necessary Supplements for ALL (Above 12 yrs)

Nutricharge ProDiet contains high quality Soya protein isolate from DuPont USA, dietary fiber from Matsutani, Japan and cocoa from Belgium.

Nutricharge Man tablet is a daily health supplement to help meet daily needs of Vitamins and Minerals.

Nutricharge Woman is a first ever health supplement for women in India that contains 53 key nutrients . 13 vitamins and 15 minerals, 14 fruit extracts, 6 botanicals and 5 amino-acids.

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