

devruya health solution



THE HERBAL MIXTURE

“Nectar to Weight Management”



- Among the many health problems haunting us today, obesity occupies a major place. This health menace affects millions of women and men across the globe and even kids are not outside its grasp. Some people may get fat owing to genetic reasons, while for some others the root lies in lifestyle factors, diet and physical conditions. No matter what the reason is behind your obesity, you have to pick the right method to get rid of excess flab. Exercise does help you to get back in shape, but it is also important that you eat the right kind of food. Using specific foods, herbs and supplements also help obese men and women to shed that excess weight. Let us have a look at the various uses of the Herbal Mixture of INDIAN GOOSBERRY+GARCINIA+ BITTER COURD to **lose excess weight and maintain good health.**



- Considered the most despicable fruits of all, the three fruits namely (1) The Indian Gooseberry,(2) The bitter Gourd and(3) The garcinia are high in nutrients and provides numerous health benefits.
- The active ingredients are concentrated into extracts and made into a powder form taking extra care not to loose its health benefits and avoiding the unwanted bitter tastes and health hazardsTHE HERBAL MIXTURE



- The HERBAL MIXTURE is offered to you in measured doses in its original form without adding any additives , excipients, coloring agents or gluten so that the potency of each ingredient is maintained and maximum benefits are achieved with minimum or no side effects.
- It is dispensed to you in 30 daily doses, so that you need not worry about measuring. You just open one from each of 30 packets, drink with a glass of water on an empty stomach early in the morning and get your routine work ups or walking. Give the mixture to detoxify your system and boost your energy and immunity levels so that you feel fresh and energetic for the whole day.



- **GARCINIA CAMBOGIA.....**

is the latest weight loss wonder supplement. It is said to work so well that the prominent Dr. Oz has advocated for it, calling it the “Holy Grail of weight loss”. Despite this, many people are skeptical; after all, how many times have we discovered the “Holy Grail” only to reluctantly concede later that it wasn’t the one? To make sure that we can make a sound decision about whether or not this natural weight loss supplement works, we have put together a complete review that looks into all its aspects.

- **How does it work?**
- **There are 2 main ways that this extract works to help reduce weight.**
- **1. The first thing that it does is to suppress appetite. For someone who is looking to lose weight, this is beneficial in 2 ways: they eat less, and because they are eating less but still have to continue to supply their bodies with energy, they are in fact aiding the body to break down fat cells.**
- **2. The second way it works is by blocking an enzyme called citrate lyase which is the one responsible for converting carbohydrates into fats and sugars. This means that any fat that is consumed never really gets to make it to the cells but rather is excreted with the rest of the waste. It happens to be a highly effective method of losing weight – you can lose several pounds in a month.**
- **The immediate question, of course, is whether there is any scientific backing to these claims. Indeed there is. Garcinia cambogia contains HCA which, in a lab setting, has proven to reduce appetite and stop the absorption of fat from food. If you are interested in reading some scientific details pls send us a mail.**



- **BITTER GOURD**

- **Here are five (5) health benefits of taking Bitter Gourd in pure (natural) extract form.**
- **1. Acts as a blood purifier: The antimicrobial and antioxidant properties present in the extract help in treating skin problems, blood disorders, removing toxins from the blood and purifying it. It also improves blood circulation and helps to cure issues like rashes, acne, psoriasis, blood boils and even hinders the growth of cancerous cells in the body.**
- **2. Helps in weight loss: Eating or drinking the extract of Bitter Gourd stimulates the liver to secrete bile acids that are essential for metabolising fat in the body. Besides, a 100g serving of bitter gourd contains just 17 calories making it a great option for fitness enthusiasts**
- **3. Improves immunity: Bitter Gourd is an extremely rich source of vitamin C, which helps boost immunity. It also has powerful antiviral property, which stimulates the immune system and also aids in digestion.**
- **4. Great for diabetes: Bitter gourd has a certain insulin-like protein called polypeptide P that mimics the action of insulin and lowers blood sugar levels in diabetic patients.**
- **5. Fight acne: Consuming Bitter Gourd extract can help you get rid of acne, blemishes and skin infections and gives you a healthy and glowing skin.**



- **Top 5 Benefits OF Indian Goosberry Extract:**

- **1. Loaded With Nutrients And Antioxidants:**

- Indian Gooseberry is a tangy and nutrient rich fruit that is known for multiple health benefits. It is edible and contains a good amount of Vitamin C. Being used since old ages, it treats a number of ailments and improve skin and hair health as well. However, using Indian Goosberry can also be beneficial for weight loss.

- **2. Boosts General Metabolism:**

- Taking Indian Goosberry extract can aid your metabolism. Obesity is often caused by inadequate or improper metabolism in the human body. The toxins accumulated in the body get flushed out when you take Indian Goosberry Extract daily.

- **3. Enhances Protein Synthesis:**

- It goes without saying that those who have a slower body metabolism tend to pile up pounds sooner Indian Goosberry extract helps in pushing the body's rate of breaking down food. It improves the synthesis of protein by the body. In other words, more broken protein means, more energy for the body. So, food eaten does not get accumulated as fat.

- **4. Detox Regimen:**

- The accumulation of harmful toxins in the body often is the underlying factor behind sudden weight gain in many. The Indian gooseberry flushes out the toxins in the body and thereby not just aids in combating the cause, but also reduces the buildup of toxins which too leads to weight gain. Taking Indian Goosberry extract also increases the digestion rate of the body.

- **5. Natural Rejuvenator:**

- A natural rejuvenator, Indian Goosberry helps in boosting the energy levels in the body. It also helps in rehydrating the body as and when needed. This aids in keeping energy levels up when you are working out to lose weight.
- Apart from the above mentioned ways, Indian Goosberry also boosts the overall health. Good health is the key to a steady weight that does not fluctuate.

-



- **How Does Indian Goosberry extract Help To Lose Weight:**
- Apart from enhancing the metabolism and eradicating the built-up toxins in the body, consumption of the extract can also aid weight loss in other ways.
- It helps in hydrating the body and keeps you full for a longer time. When you feel occasional pangs of hunger, you can have a packet of the powder with water to keep you full for quite some time. This way, you can ride over the temptation of munching on snacks.
- When you consume the extract daily on an empty stomach with water, your body gets the supply of Vitamin C and other nutrients. It offers you the required energy to do exercise or hit gyms. You will not get tired after working out easily.
- Studies suggest that Indian Goosberry along with bitter gourd extracts helps in keeping sugar levels under check and manages the weight. This particularly helps diabetics in losing flab. It is said that Indian goosberry helps in reducing hunger and craving for snack as it curbs heightened sugar level spikes in the body.



- **Are there side effects?**

- There are 2 reasons: one is because it does have side effects and the second is because the people who talk about these side effects do not supply complete information. Here are some of the side effects that have been known to occur with this extract:
- 1. People have reported headaches and stomach upsets, but this seems to be more from additives and excipients used to make it in a tablet or capsule form
- 2. Some people talk of a fine skin rash that develops a few days after they start taking the product, again, from additives and excipients used to make it in a tablet or capsule form
- 3. Some people have reported fatty stools – nothing that requires medical attention, just the notion of it is uncomfortable for some.
- All these side effects seem to be deriving from one thing: the kind of product that they consumed. For it to be effective and not have any side effects, **it has to have the ingredients combined exactly right: Garcinia extract with 60% HCA or hydroxycitric acid, Fresh and Naturally grown Bitter melon extract and Indian Gooseberry extract(from the farms with no chemical manures are added), And while making the product no fillers, no binders, no artificial ingredients are added to make it as a tablet or capsule. In short... the ingredients in its natural form with natural flavour and effect.**
- Some people who report these side effects admit that they did not look into containing 60% HCA these details and it is understandable; when we buy supplements, we usually just take them without giving the ingredients a keen eye.



- Some people have complained that they are sleepless after they take it. There is a good reason for that and the cure is very simple: exercise. When you take this supplement, because your body is not getting energy from the usual channels, it starts to break down what is stored inside. It also helps in the production of serotonin, a hormone that will keep you feeling sated and also happy.
- When the body breaks down fat into energy and you don't use it up, the result is that when it comes to time to sleep, your body is still too charged to go to sleep naturally. That and the slight feeling of a happy buzz is what will keep you awake.
- **The solution to this is to exercise so that you can use up the extra energy. So yes, like all diet supplements that work, you still have to do your daily workout if you want to experience the full benefits without any side effects.**



- Conditions of Use and Important Information: This information is meant to supplement, not replace advice from your doctor or healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects. This information may not fit your specific health circumstances. Never delay or disregard seeking professional medical advice from your doctor or other qualified health care provider because of something you have read on WebMD. You should always speak with your doctor or health care professional before you start, stop, or change any prescribed part of your health care plan or treatment and to determine what course of therapy is right for you
- **Here are some of the testimonials from some satisfied customers**
- Olivia Krage....Denmark:I get a lot of energy daily with my morning dose and I have shed at least 10 Kgms in last three months.
- DR. IPPOKRATIS Athens: A very good product with . Definite results
- Helen Manaloto USA : A true herbal mixture with definite results.
- Miguel Duran Colombia: A great product for any age.
- Mary Brown USA: A good booster and keeps me” fit as a fiddle” for the day
- Linda Kuthan USA: A definite Rejuvenator and a good weight management product with very little efforts.
- These only a few of our satisfied customers.



- For of the rapid weight loss that is initiated, We recommends that you take the HERBAL MIXTURE for more than 12 weeks. If you do, you will be getting rid of the extra fat that your body does not need , and this could lead to a Healthy Life style.
- **Who should not be taking it?**
- Certainly. No testing has been done on pregnant women, so no matter how much weight you gain in pregnancy, do not take the extract because no one knows how your fetus will react to it. It is also not recommended when you are breast feeding because similarly, its effect on babies has not been determined.
- The other group of people who should not take it is those with any serious heart related problems. Because the HERBAL MIXTURE increases metabolism, there could be an increase in heart rate. A weak heart may not be able to withstand this increase. People who are using blood thinners are also advised not to use it.
- As you can see, this weight loss supplement is safe for the average person who is looking to lose weight. If you have been having doubts, you now have the whole story – that so long as you buy the legitimate brand and take the recommended dosage, you should have no problems at all.
- **Our recommendations**
- I believe that it can work for anyone who would like to lose weight. It's a great weight loss supplement that, in conjunction with a healthy diet, will help to ensure that you achieve your desired results.
- You will find the best place in us to find your supply of herbal mixture, and after trying a few different providers of supplements in capsules and tablet form with additives, coloring agents and gluten etc., etc., You will say “ I found two that I'm quite happy with, one ships US wide and one is an international supplier.”
- Shipping is fast and discrete and your order should arrive to your door within a few days.
- To order pls send a mail to devruya7484@gmail.com , info@devruya.co.in or vish@devruya.co.in



- **HOW SUPPLIED:** To preserve the originality and natural freshness of the ingredients , we supply the mixture (the extracts of each ingredient in free flowing powder form soluble in water) in a pinewood box . You will have 30 doses of each supplement dispensed by qualified pharmacists in its original form in this box.
- **HOW TO USE IT:** Take one pkt from each of the supplement from the box and dissolve it in a glass of water and consume early in the morning on an empty stomach. Please avoid any food for one hour except Water.