

# Manage Your PCOS, Boost Your Health, Shape Your Confidence and Unleash Your Best Self!



**EXCESSIVE  
HAIR LOSS**



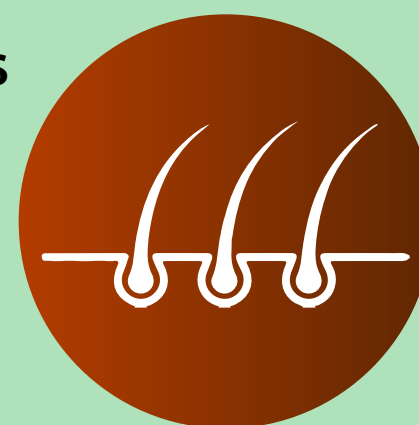
**HORMONAL  
IMBALANCE**



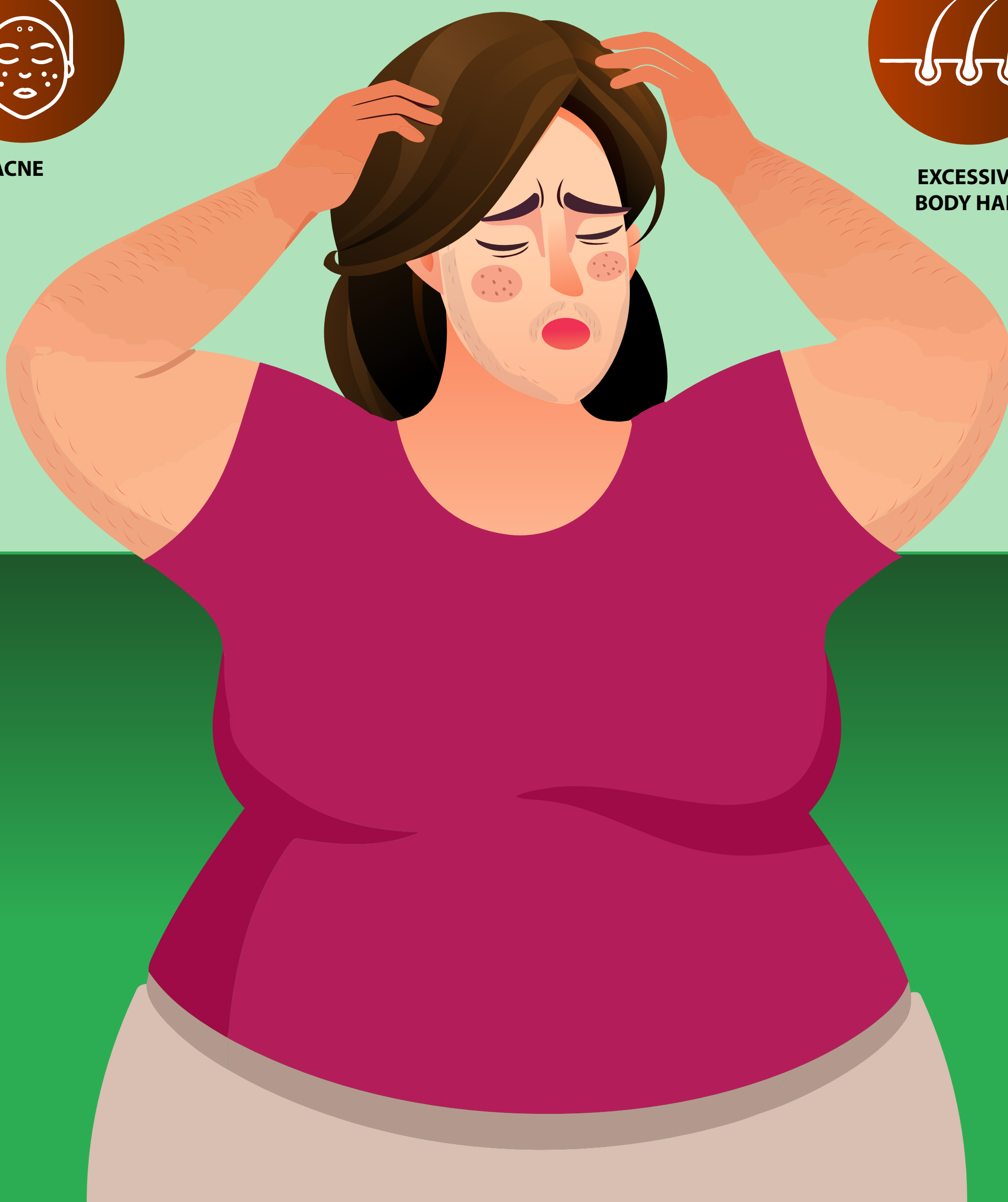
**IRREGULAR/  
MISSED PERIODS**



**ACNE**



**EXCESSIVE  
BODY HAIR**





**Priya**

A 30-year-old woman struggling with PCOS and obesity.



**Rhea**

Priya's younger sister.



**Dr. Gupta**

Renowned gynecologist.

Meet Priya, a 30-year-old woman struggling with PCOS and obesity. She is 160 cm tall and weighs 85 kgs. Her BMI is 33.2 kg/m<sup>2</sup>. Although she's following a PCOS remedy at home that she found online, she feels trapped in her body.

Ugh, why do I feel like this every time I look at myself? It makes me feel like I'm not even in control of my own body. My face has become so dull because of these acne and facial hair growth. It's just so frustrating. I feel so out of place!



Her continued sedentary lifestyle and unhealthy eating habits have lowered her confidence, preventing her from socializing.

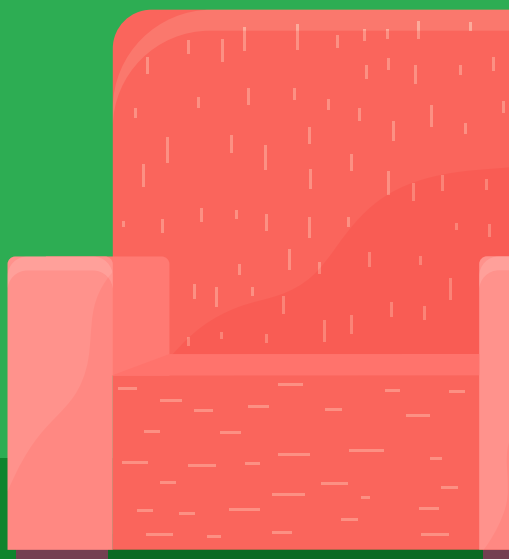
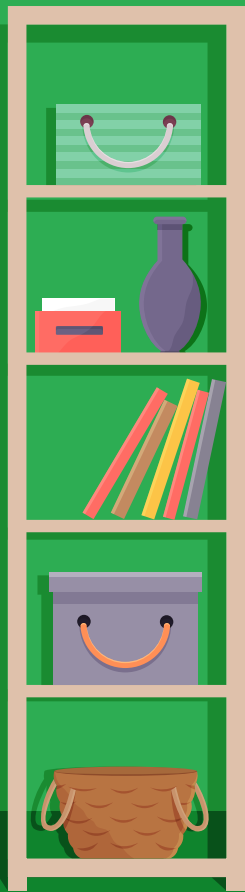


She is also unable to concentrate at work, and due to low self-confidence, she is hesitant to give presentations or participate in discussions.

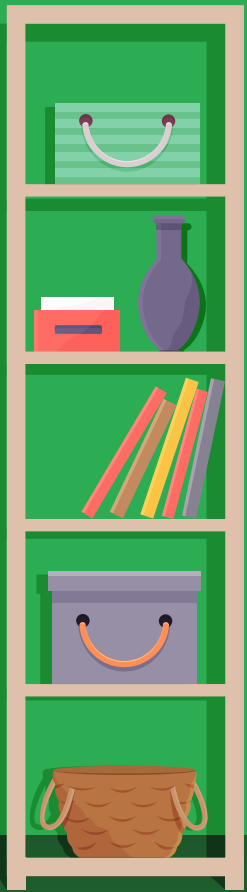


Her sister, Rhea, encourages her to seek medical advice.

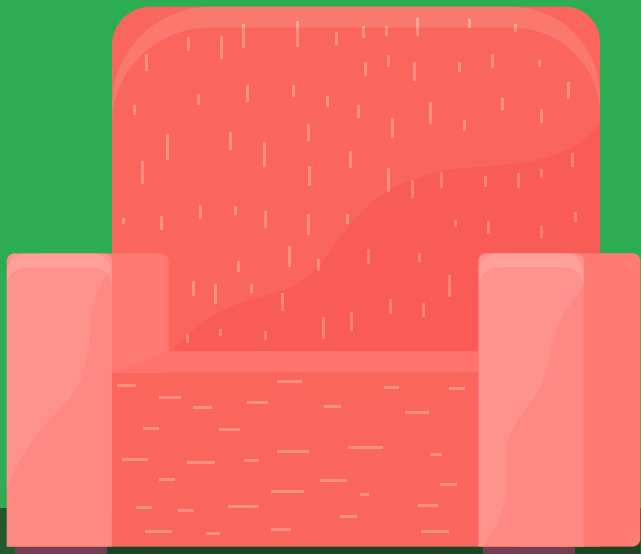
Priya, I've been noticing that you're not yourself lately. What's been going on?



Every day it feels like my body's not mine—PCOS, weight gain—it's like I can't win. I've tried so hard, but nothing changes. Why can't I just feel okay with how I look?



Priya, I can see you're struggling. Maybe it's time to see a gynecologist and get proper advice.



I don't know, Rhea. You know I've already tried everything, but I still don't understand why I'm not getting the results.

I know you're trying, Priya, with your diet and exercise. But sometimes, our body needs more. A gynecologist can help identify what's missing and guide you.

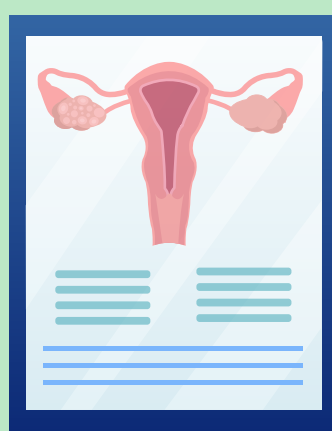
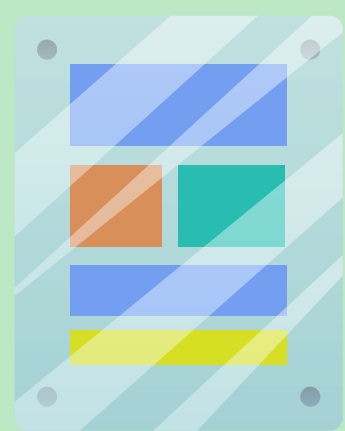


## AT DR. GUPTA'S OUT-PATIENT DEPARTMENT

Hello Dr. Gupta, my sister Priya has been struggling with her weight and she has also discovered that she has PCOS. Her weight is impacting her confidence and self-esteem, and despite her efforts, she hasn't seen positive results. Can you guide us on how she can lose weight and regain her confidence?



Priya, managing PCOS and weight requires a comprehensive approach. Weight management improves hormonal imbalances and prevents reproductive & metabolic complications. I recommend a high-protein, fiber-rich diet, an active lifestyle, and dietary changes to help you lose weight and improve overall health, and regain your confidence and self-esteem.



High-protein foods and dietary fiber promote weight loss by increasing satiety, helping control appetite, and supporting fat loss. Choose lean meats like chicken and fish; low-fat dairy products such as milk, cheese, cottage cheese, and yogurt; eggs; tofu; legumes; nuts; and nut butters.

Dr. Gupta, what are the benefits of consuming high-protein and fiber-rich diet? What food items contains high-protein?



Include fruits, vegetables, whole grains (brown rice) in your diet. Limit foods and drinks that include sugar, consume low-fat or fat-free dairy products, and avoid eating processed foods.

Dr. Gupta, what dietary changes will you suggest me for weight loss?



Also, white kidney beans and green tea help aid fat loss. Fruits, beans, grains, and nuts contain myo-inositol, which helps improve fertility. Additionally, engage in active aerobic exercise to lose body fat. Follow this regime and follow-up with me after 16 weeks.



You've got this, Priya. Just follow Dr. Gupta's advice; I'm here for you. **WE CAN DO THIS!!**



After 16 weeks of commitment, Priya's weight has dropped to 62.5 kgs. Her BMI is now 24.4 kg/m<sup>2</sup>, and she feels positive, energetic, and has regained her self-confidence.

Before 16 weeks

After 16 weeks



DURING FOLLOW-UP APPOINTMENT

You've done an incredible job, Priya. Keep up the great work!

I can't believe this is me, Dr. Gupta! I feel more energetic and confident about myself. Thank you! And I will follow the same regime to maintain my weight and manage my PCOS condition.



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- To encourage my family members & neighbors to stay fit and healthy.



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PCOS: Polycystic Ovary Syndrome

# Nutrition and Dietary Supplements. 2024;16:27-35. doi: 10.2147/NDS.S432746

References:

• Hazlehurst JM. et al., Clin Endocrinol (Oxf). 2022 Apr 6;97(2):208–216. | • Moon J. et al., J Obes Metab Syndr. 2020 Jul 23;29(3):166–173. | • Unfer V. et al., Endocr Connect. 2017 Sep 20;6(8):647–658. | • Nolan R. et al., Nutrients. 2020 May 13;12(5):1398. | • Maleki, V. et al., Reprod Biol Endocrinol 19, 147 (2021).

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