

Welcome to Fitrasta: Your Personalized Supplement Solution

Welcome to Fitrasta!

Our mission is to enhance your lifestyle through tailored nutrition, workout and mental wellness plans

We'll cover vegetarian/non-vegetarian needs, personalization, and a disclaimer. Personalized plans are 2-8x more effective.

Let's begin!

 by Danis Arora





The Foundation: Why Supplement?

Supplements bridge nutritional gaps in modern diets. They address deficiencies impacting energy, immunity, and health. Key nutrients are often lacking. For example, Vitamin D (41.6% deficiency) and Magnesium (48% below RDA). Supplements optimize performance, recovery, and well-being. The supplements industry will reach \$230.7B by 2027.

1

Fill the Gaps

Modern diets often lack essential nutrients.

2

Boost Your Health

Address deficiencies impacting energy and immunity.

3

Optimize Performance

Enhance your well-being with key supplements.

Supplement Essentials for Vegetarians

Vegetarian diets may lack certain nutrients. Here are some essential supplements for vegetarians:

Vitamin B12

Crucial for nerve function.

Iron

Prevents anemia, supports energy. Take 18mg daily.

Omega-3s

Supports heart and brain health. Take 500 -1000 mg EPA/DHA combined daily.

Vitamin D

Bone health and immunity. Take 600-2000 IU daily.

Vegetarians are at higher risk of B12 deficiency.



Supplement Essentials for Non-Vegetarians

Here are some supplements to optimize nutrition in a meat-inclusive diet:

Creatine

Enhances muscle strength.
Dosage: 3-5g daily.

Research highlights creatine's benefits for performance.

Omega-3s

Supports heart and brain health. Dosage: 500-1000mg EPA/DHA daily.

Probiotics

Supports gut health. Dosage: 1-10 billion CFU daily.

Magnesium

Supports muscle and nerve function. Dosage: 200-400mg daily.

Fitrasta's Personalization Process

Fitrasta assesses individual needs through:

Questionnaire

We analyze your lifestyle and health goals.

Supplements are matched to your unique profile.

Blood Test Data

Case Studies: Tailored Supplement Plans

Here are examples of tailored supplement plans:

- 1 Vegetarian Athlete**
Enhanced performance with B12, Iron, and Creatine.
- 2 Office Worker**
Improved energy with Vitamin D, Magnesium, and Omega-3s.
- 3 Senior Citizen**
Supported bone health with Vitamin D, Calcium, and Probiotics.

Personalized plans have a 30% higher adherence rate.

Important Disclaimer: Individual Variability

Recommendations may vary. Factors include genetics, health conditions, and lifestyle. Consult a healthcare professional before starting any new regimen. Dosages are general guidelines. They may need adjustment.

Fitrasta is not a substitute for a doctor's advice. Individual results may vary.

- 1 **Genetics**
- 2 **Health Conditions**
- 3 **Lifestyle**
- 4 **Goals**
(fatloss, muscle gain, prevention of PCOS etc)



Unlock Your Potential with Fitrasta

Recap: Fitrasta offers personalized Holistic wellness programmes . Explore our platform today!

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Personalized



Effective



Optimized