



Nutrinal™ B4 Dietary Supplement Product

B4 Burn fat for a healthier body



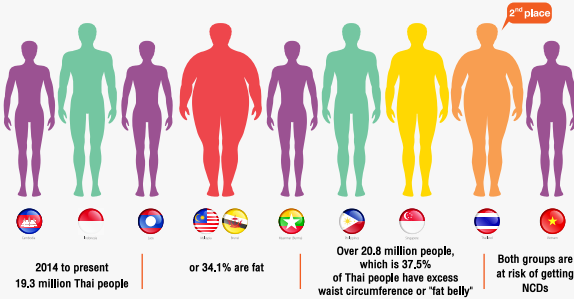
BURN
BOOST
BUILD
BALANCE



In Thailand today, 34.1 % or 19.3 million Thais are obese; for every 3 people you meet, there will be one who is obese. More than 20.8 million people or 37.5% have belly fat. The 2 groups mentioned are at risk of having NCDs. Thailand has the second highest obesity rate in ASEAN countries after Malaysia.

Obesity in Thailand has increased by more than 30%, or more than 20 million people are obese. According to the results of the Physical Examination from the Thai Public Health Survey, among Thais aged 15 years and above, 42.2% were found obese and 39.4% had belly fat. Bangkok has the highest prevalence of obesity at 47%, with women of up to 65.3% having central obesity, which leads to the risk of getting non-communicable diseases (NCDs); diabetes, high blood pressure, and Dyslipidemia. Cardiovascular diseases and cancer. The country is at risk which also increases the cost of medical care.

Prevalence of obesity in ASEAN countries and Thailand



Obesity incidence in Thailand has increased by more than 30%.

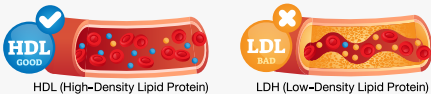
The current obesity situation

<p>2021 Overweight Thais or obesity in adults was at 42.2%.</p> <p>Bangkok having the highest belly fat rate of 56.1%</p>	<p>In children younger than 5 years old at 9.57%.</p> <p>Obesity affects the economy accounting for 1.27% of the country's GDP.</p>	<p>In the next 40 years, this will have an impact of 4.26% on the Thai economy to the country's total GDP.</p> <p>Obesity causes NCDs</p>	<p>Direct cost Medical treatment nearly 50 billion THB</p> <p>Indirect cost 150 billion THB</p>	<p>Labor efficiency decreased in terms of spending per person of 2,870 THB</p> <p>May rise up to 45,450 per individual by year 2060 if solution is not found</p>
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Obesity affects the economy

Body fat can be divided into 3 main types which have different impacts on health risk and body shape as follows:

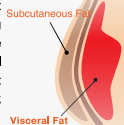
1. Excess fat in blood vessels (Cholesterol)



Cholesterol is a form of fat found in the blood that can be divided into several types, but there are 2 types which are most common: **LDL (Low-Density Lipid Protein)** and **HDL (High-Density Lipid Protein)**. LDL is bad for your health. When you eat high-fat foods regularly, this type of fat accumulates inside the walls of blood vessels and over time, the fats become plaque, which binds to the walls of blood vessels. This results in narrowing or clogging of the blood vessels. Atherosclerosis leads to other diseases such as high blood pressure, heart disease, stroke, and cardiac ischemia, etc.

2. Subcutaneous Fat

It is the culprit that enlarges your abdomen, thighs, upper arms, cheeks, neck, and other body parts. This fat accumulates deep under the skin layer before reaching the muscle layer. The more you have of this fat, the more your body will expand. This type of excess fat will definitely affect your looks and confidence. Excess fat under the skin is also a warning sign of an increased risk of health problems.



3. Excess fat in the abdomen (Visceral Fat)

This type of fat may not really affect your shape, but it is dangerous for your health because this excess fat will stick to internal organs in your abdomen: the stomach, intestines, and liver. Those organs are vital for your body to function. When accumulated over a long period of time, it can cause the body to malfunction and increase the risk of getting diseases.

Warning signs that you have too much visceral fat

- High blood pressure More than 130/85 mmHg
- High blood glucose levels while fasting More than 100 mg/dL
- High triglyceride level More than 150 mg/dL
- HDL Cholesterol Less than 40 mg/dL for men and less than 50 mg/dL for women
- Obvious protruding belly fat with layered wrinkle appearance.

So how will you find out if your abdominal fat is high or not?

There is a quick way to check if you have too much Visceral Fat. This method is called waist-to-hip ratio measurement. The first point is measured at the waist without pulling your stomach in. The second point to measure is the widest part of the hips, then divide the values as follows:

$$\frac{\text{Waist}}{\text{Hip Circumference}} = \text{Waist-to-Hip Ratio}$$

For men if the resulting value is greater than 0.95 and women greater than 0.8, then you have too much visceral fat.

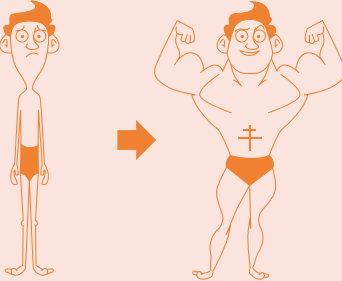
If the numbers you get is higher than the standard waist-circumference, that means you already have belly fat.

Weight loss along with fat loss

When you hear the question **"what is the best exercise for losing weight"**, the common answer to that is aerobic exercises, running, swimming, cycling, or anything that uses large muscle groups to push the heart to work continuously. There are also many people that focus on checking their weight, how much they have lost, which is a misconception because weight loss can be caused by water being expelled by the body, as well as fat loss and muscle loss.

Therefore, Fat loss must be practiced in conjunction with good diet discipline. With proper exercise that help strengthen muscles and choosing the right dietary supplements for the body will result to better fat loss and make muscle building more effective. As a result, you become healthier, happier, and live longer.

WEIGHT LOSS Vs FAT LOSS



lose weight
=
lose water+muscles
+**Fat**

Easy to get tired,
physically worn out,
feel old

Fat loss
=
lose fat

Become fit, firm,
and look young.

Total Daily Energy Expenditure (TDEE)

24 Hr	60-65% Basal Metabolic Rate (BMR)
Some Time	25-35% Activity Effect
Some Time	5-10% Thermogenic Effect (TEF)

5 vital extracts

That help double efficiency of burning



BURNS

Accelerate your metabolism with orange extract, **MOROSIL**™ and **APPERFIT** Both work hand in hand to promote metabolism and speed up energy metabolism.



Aperfit is a pepper grain from Africa and that is cultivated in Europe

WHY APPERFIT?

- An African pepper extract with 6-paradol 2% as the component
- Natural Ingredients
- Used extraction technology called Supercritical CO2 Extraction.
- Non-GMO carrier is used to prepare extracts.
- Free from harmful stimulants
- With thermogenic effects that boost energy expenditure/ Calorie burning

Morosill is a kind of Moro citrus, that is quite dark in color because it is grown in the conservation area of UNESCO. It is cultivated in a specific climate, the phytochemicals excrete to give it the ability to endure extreme conditions making its phytochemicals different from other kinds, and it is also certified by Korea Health Claim.

Morosill provides a wide range of important substances, such as Anthocyanin, Flavonoids, Hydroxycinnamic acids, and Vitamin C that work on a genetic level.

- Reduces the size of fat cells.
- Inhibits the accumulation of fat.
- Inhibits transcription factor that is associated with fat synthesis.
- It helps to adjust body composition without losing muscle mass, fat mass is what you lose.
- Suitable for people who live a sedentary lifestyle but it also helps those who like to exercise.
- Korea Health claim certified. It can be proven, and it is labeled in Korea that it can help with weight loss and reduce body fat.



BOOST



NUTRINAL

Enhances energy with **InnovaTea** extract. 98% natural caffeine which is extremely safe meeting international standards. It helps to increase the rate of oxidation in the body, making you feel refreshed.

BUILD



L-carnitine fumarate effectively works to improve energy and help muscles grow firm and strong, which also accelerates fat burning that converts fat into stored energy for muscle cells.

BALANCE

Help balance the body with African Mango extract with a vital substance called Irvingia IRV-300-P that aids to adjust the proportions of the body. Assists in controlling Blood sugar and cholesterol levels, reduce inflammation. Combined with Citrus Aurantium extract rich in different vitamins and minerals. The key is P-Synephrine, which works to refine the function of the liver that produces many enzymes that play an important role in regulating the digestive system. It does not cause any side effects to the cardiovascular system and the central nervous system. It can reduce the risk of various diseases.



BODY WEIGHT [KG]

BODY FAT [%]

FAT MASS [KG]

CITRUS AURANTIUM EXTRACT 98%

- A substance extracted from Bitter Orange family. It originated from East Africa. It is rich in a variety of vitamins and minerals such as terpenes, flavonoids, and coumarin.
- Contains a crucial substance, p-Synephrine which is responsible for stimulating the metabolism and regulating the digestive system.
- It helps control and suppress appetite. It does not cause side effects to the cardiovascular system and central nervous system.



WEIGHT LOSS

BASAL METABOLIC RATE [KCAL/D]

Adipose tissue

It is a fat that is common in the body, secretes important hormones such as Leptin, Adiponectin, and Resistin.

Leptin

It is responsible for sending signals to the hypothalamus telling the brain that you are already full. This results to eating less and increase fat burning rate.

↑ Fat = Leptin ↑

Adiponectin

Having high levels of Adiponectin, indicates that the body has a small amount of fat, but if the body has low secretion of Adiponectin, it can cause obesity.

↓ Fat = Adiponectin ↑

The main feature of IGOB 131 Irvingia IRV-300-P is to help reduce the level of leptin and increase the secretion of the adiponectin.

Benefits

- Weight Control
- Lower blood sugar levels
- Reduce inflammation
- Fat loss in the abdomen area
- Adjust body proportions
- Lower cholesterol levels

BURNS

The mechanism works on a genetic level in the metabolic process. It stimulates AMPK, causing fat to be burned and reduce fat accumulation by controlling the genes involved in accumulating fat, in the end providing relevant results.

BUILD

Key Substance Citrus Aurantium The B4 formula contains SYNEPHRINE that has gone through specific research which focuses on stimulating the energy metabolism. It has been found that citrus aurantium from others often give importance to the group of bioflavonoid and hesperidin that are not related to helping with weight control.



BOOST

Increase the rate of metabolism to produce heat which is called thermogenic effect. This is done by stimulating the function of brown fat cells that contain a lot of mitochondria. Therefore, it results to thermogenic effect. The outcome of this process makes you feel hot and prolonged sweating is expected to occur, specifically for those people who exercise.

BALANCE

weight. Having Apple Cider Vinegar and Chromium AAC as components, these extracts help control blood glucose levels.

Directions : take 1-2 capsules a day and drink plenty of water 15-30 minutes before a meal.