

# DIABETIC CARE ATTA





## INTRODUCTION

Tvaraa Diabetic Care Atta is a Diabetic Care Food product brand & it is “NOT A MEDICINE” but “FOOD WITH MEDICINAL VALUES”.

You just need to replace your “Regular Chapati” by “Tvaraa Diabetic care atta Chapati” and in time you will gain control on your blood sugar levels.

## INGREDIENTS:

Multigrain Atta : Barley Flour, Emmer Wheat Floor, Khapli Gehu Atta, Oats Powder, Jeera Powder, Ajwain Powder  
“The secret is in proportion of contents”

## HOW IT WORKS?

- \* All grains used have “Low Glycemic Index” which results in slow release of sugar which can be digested by a diabetic person with low insulin levels
- Coarse material used in the Atta provides necessary fiber which improves your digestion, healthy stomach means half cure achieved.
- High calcium content of ingredients improve your body vitals and your overall well being.



**MRP: INR 400/- Per KG**

Recommended  
Monthly Course Package:  
4KG INR 1600/-

# How To Use

## Dosage:

Border Line diabetic: 80 gm/day or 3 Chapattis/day  
Regular Diabetic: 100-120gm/day or 4 Chapattis/day  
Heavy Diabetic: 160-180 gm/day or 6 Chapattis/day

## Preparation:

- Take the necessary flour quantity. Slowly add water and make the dough. Cook it on the Pan.  
Avoid cooking it directly over fire.
- For best results add 3-4 drops of castor oil while preparing the dough.
- You can also make Puri, Laddoo and other dishes from this atta and they will taste good but you need to be aware that more you cook/process more its diabetic care properties dilute.

## Diet Precautions for best Results while consuming Tvaraa Diabetic Care Atta:

Avoid consumption of all dairy products.  
Avoid eating Non-veg/Eggs as it is heavy to digest  
Avoid alcohol.



# India's World Records

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**IWR Foundation**

Jamshedpur, Jharkhand, India.

[www.indiasworldrecords.co.in](http://www.indiasworldrecords.co.in)

## Record Certificate

**Diabetic Care Atta(Flour) Launched And Manufactured by an  
Indian Company**

Tvaraa Industries , Pune , Maharashtra India has manufactured & launched a Multigrain Diabetic Care Atta .The name of the Product is " Tvaraa Diabetic Care Atta", it is available in 1 Kg. packet. The combination includes all natural Ingredients that are helpful in maintaining low GI. The name of the Proprietor is Mr. Santhana G. Iyer.



*Pranava Kumar.*

Founder – IWR Foundation

*Priyanka Mehta*  
Approved By

*V. M. Samuel*  
Recorded By

*Shadab.*  
Verified By

Record Number: 077/21

Record ID: IWR/04-0102/2021

Date: 01/02/2021



Mr. Santhana G. Iyer

Tvaraa Industries, Pune, Maharashtra India Has Manufactured & launched a Multigrain Diabetic Care Atta. Product name " Tvaraa Diabetic Care Atta ", It is available in 1 Kg. packet. The combination of includes all natural Ingredients that are helpful in maintaining low GI.

  
TVARAA

**DIABETIC  
CARE ATTA**

# INDIA STAR GOLDEN AWARD 2021

(On the occasion of World Environment Day)  
This Certificate is Proudly Presented to



**Santhana Iyer**

Pune, Maharashtra

for

Appreciable Work in the field of Health



**Veena Agarwal**  
Editor, India Star Book of Records  
Date: June 5, 2021  
<http://www.indiastarbookofrecords.in>

## Certificate of Appreciation

### TVARAA DIABETIC CARE ATTA

Santhana Gangatharan Iyer (born on March 6, 1983) of Pune, Maharashtra has manufactured and launched multi grain Atta by the name of "Tvaraa Diabetic care Atta" the combination of multi grains home made Atta having Low GI and high fiber naturals with no side effects. It is very effective for diabetes, cholesterol, Tvaraa ofreshen Smoothy (Juice) and also effective for diabetes blood sugar control, anti oxidant, detoxification, immunity booster.



**Veena Agarwal**  
Editor, India Star Book of Records  
Date: June 5, 2021

THIS CERTIFICATE DOES NOT NECESSARILY IMPLY AN ENTRY INTO INDIA STAR BOOK OF RECORDS AND INDIA STAR BOOK OF RECORDS HAS BEEN ESTABLISHED AS A RECORD BOOK AT INDIA STAR REGISTRATION NO. 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## What is Type I & Type II diabetes

Carbohydrates is one of the important food component of our daily diet. During digestion process Carbohydrates are converted to a form of Sugar known as Glucose which is used by cells in our body for energy. Insulin allows Cells in our body to take up this glucose and convert to energy. Without insulin body cells can not use glucose which is produced after Digestion.

Because of various reasons like Life style issues, stress, un-healthy food, irregular eating habits etc. the stress on Cells which are producing 'Insulin' becomes unbearable and they start to malfunction. Body does not produce sufficient Insulin.

When we consume food with high Glycemic index, glucose level in blood rises quickly but body can not produce sufficient Insulin and hence all body cells does not get energy while glucose level in blood remains high. This is called diabetes and it has lot of bad effects on body.

Food products like Tvaraa Diabetic care atta, Salad, fruits etc. have low Glycemic index and hence it releases Glucose slowly in our body. Since glucose levels are lower and distributed over a longer period, the lower production of Insulin can cope up and blood sugar is controlled.

## Few More Important Instructions:

Overall statistics says that there are maximum patients with Type II diabetes in the world. This Diabetes develops because of lifestyle issues over the years and hence there is no instant correction of this disease.

- Accept in your mind that Diabetes is a curable disease.
- Adopt healthy habits so that once your diabetes levels are under control, they do not slide back to unacceptable levels again.
- When you start consuming "Tvaraa Diabetic Care Atta" DO NOT stop your current medication prescribed by your doctor.
- Over the time, depending on your improvement in lifestyle habits and regular intake of "Tvaraa Diabetic Care Atta" you will start finding that your blood sugar levels are coming down.
- Reduce dosage of your medication with consultation of doctor while continuing with the Routine healthy Habits and consumption of "Tvaraa Diabetic care atta."

## What Result to Expect:

- Over the course of time you will find that your blood sugar levels are under control even after you stop using medicines or continue with a minimum dosage..

Time required for this process may take 3-6 months to few years  
depending on the original status of your diabetes





# Recommended With Diabetic Care Atta



## O freshen Smoothy for detoxification and anti oxidant

### Introduction:

100% Natural homemade Antioxidant Smoothy for detoxification.

### Ingredient:

- 1)Nyctanthes arbortristis
- 2)Cynodon dactylon
- 3)Agele marmelos

And other ingredients like Kalonji, Flake Seed, Jeera, Ajwain, Somp in proper proportion.

**MRP:1350.00**

### Dosage:

Twice a day empty stomach in the morning 30 minutes before breakfast and in the night 30 minutes after dinner.



Very good for Gut Health, Weight Management and Diabetes care. Helps in Cholesterol. An Immunity Booster and best for Skin and Hair Health.

### Direction for making Ofreshen Smoothy:

To make a glass of Ofreshen Smoothy simply mix 1 teaspoon (5g) of Ofreshen Smoothy in a Glass (200 ml) of normal drinking water stir well for 30 seconds and drink the mixture slowly sip by sip.





Control  
DIABETES  
Naturally



**TVARAA**

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