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## NE-II Energy health drink powder: Provides instant energy & helps in weight management

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### Abstract

Obesity is a leading preventable cause of death worldwide, with increasing prevalence in adults and children, and it is one of the most serious public health problems of the 21st century. Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis. Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility. Dieting and physical exercise are the mainstays of treatment for obesity. Diet quality can be improved by reducing the consumption of energy-dense foods such as those high in fat and sugars, and by increasing the intake of dietary fiber. Since obesity has grown to epidemic proportions, its effective management is a very important clinical issue. Despite the great amount of scientific effort that has been put into understanding the mechanisms that lead to overconsumption and overweight, at the moment very few approaches to weight management are effective in the long term. On the other hand, modern society is also affected by the growing incidence of eating disorders on the other side of the spectrum such as anorexia and bulimia nervosa which are equally difficult to treat. This review summarises the current available scientific literature regarding the effect of NE-II ENERGY HEALTH DRINK POWDER: helps to provide instant energy as well as helps in weight maintenance.

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## INTRODUCTION

Excessive consumption of synthetic energy drinks can have serious health effects resulting from high caffeine and sugar intakes, particularly in children, teens, and young adults. Excessive energy drink consumption may disrupt teens' sleep patterns and may be associated with increased risk-taking behavior. Excessive or repeated consumption of energy drinks can lead to cardiac problems, such as arrhythmias and heart attacks, and psychiatric conditions such as anxiety and phobias. Where as NE-II ENERGY HEALTH DRINK POWDER: helps to provide instant energy as well as helps in weight mentainance in natural way with out any side effect.

**Obesity** is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. People are considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight in kilograms by the square of the person's height in metres, exceeds  $30 \text{ kg/m}^2$ .<sup>[3]</sup>

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis.<sup>[2]</sup> Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric illness. Evidence to support the view that some obese people eat little yet gain weight due to a slow metabolism is limited; on average obese people have a greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass.<sup>[4][5]</sup>

Dieting and physical exercise are the mainstays of treatment for obesity. Diet quality can be improved by reducing the consumption of energy-dense foods such as those high in fat and sugars, and by increasing the intake of dietary fiber. Anti-obesity drugs may be taken to reduce appetite or inhibit fat absorption together with a suitable diet. If diet, exercise and medication are not effective, a gastric balloon may assist with weight loss, or surgery may be performed to reduce stomach volume and/or bowel length, leading to earlier satiation and reduced ability to absorb nutrients from food.<sup>[6][7]</sup>

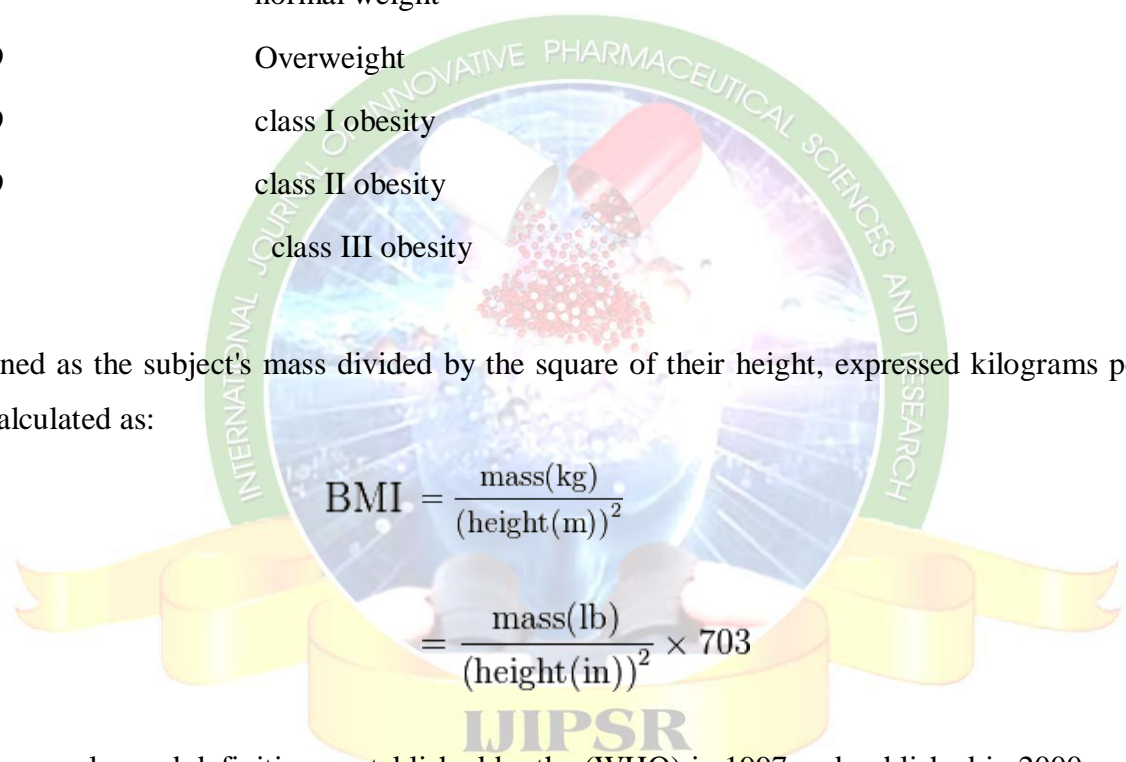
Obesity is a leading preventable cause of death worldwide, with increasing prevalence in adults and children, and authorities view it as one of the most serious public health problems of the 21st century.<sup>[8]</sup> Obesity is stigmatized in much of the modern world (particularly in the Western world), though it was widely

perceived as a symbol of wealth and fertility at other times in history, and still is in some parts of the world.<sup>[2][9]</sup> In 2013, the American Medical Association classified obesity as a disease.<sup>[10][11]</sup>

### Classification

BMI	Classification
< 18.5	Underweight
18.5-24.9	normal weight
25.0-29.9	Overweight
30.0-34.9	class I obesity
35.0-39.9	class II obesity
> 40.0	class III obesity

BMI is defined as the subject's mass divided by the square of their height, expressed kilograms per square meter and calculated as:



$$\begin{aligned}
 \text{BMI} &= \frac{\text{mass(kg)}}{(\text{height(m)})^2} \\
 &= \frac{\text{mass(lb)}}{(\text{height(in)})^2} \times 703
 \end{aligned}$$

The most commonly used definitions, established by the (WHO) in 1997 and published in 2000, provide the values listed in the table at right.<sup>3</sup>

Some modifications to the WHO definitions have been made by particular bodies. The surgical literature breaks down "class III" obesity into further categories whose exact values are still disputed.<sup>[17]</sup>

- Any BMI 35 or 40 is *severe obesity*
- A BMI of 35 and experiencing obesity-related health conditions or 44.9 is *morbid obesity*
- A BMI of 45 or 50 is *super obesity*

As Asian populations develop negative health consequences at a lower BMI than Caucasians, some nations have redefined obesity; the Japanese have defined obesity as any BMI greater than 25<sup>[18]</sup> while China uses a BMI of greater than 28.<sup>[19]</sup>

## Effects on health

Excessive body weight is associated with various diseases, particularly cardiovascular diseases, diabetes mellitus type 2, obstructive sleep apnea, certain types of cancer, osteoarthritis<sup>[2]</sup> and asthma.<sup>[2][20]</sup> As a result, obesity has been found to reduce life expectancy.<sup>[2]</sup>

## Mortality

Obesity is one of the leading preventable causes of death worldwide.<sup>[8][22][23]</sup> Large-scale American and European studies have found that mortality risk is lowest at a BMI of 25 kg/m<sup>2</sup><sup>[21][24]</sup> in non-smokers and at 27 kg/m<sup>2</sup> in current smokers, with risk increasing along with changes in either direction.<sup>[25][26]</sup> A BMI above 32 kg/m<sup>2</sup> has been associated with a doubled mortality rate among women over a 16-year period.<sup>[27]</sup> In the United States obesity is estimated to cause 111,909 to 365,000 deaths per year,<sup>[2][23]</sup> while 1 million (7.7%) of deaths in Europe are attributed to excess weight.<sup>[28][29]</sup> On average, obesity reduces life expectancy by six to seven years,<sup>[2][30]</sup> a BMI of 35 kg/m<sup>2</sup> reduces life expectancy by two to four years,<sup>[24]</sup> while severe obesity (BMI > 40 kg/m<sup>2</sup>) reduces life expectancy by ten years.<sup>[24]</sup>

## Morbidity

Obesity increases the risk of many physical and mental conditions. These comorbidities are most commonly shown in metabolic syndrome,<sup>[2]</sup> a combination of medical disorders which includes: diabetes mellitus type 2, high blood pressure, high blood cholesterol, and high triglyceride levels.<sup>[31]</sup>

Complications are either directly caused by obesity or indirectly related through mechanisms sharing a common cause such as a poor diet or a sedentary lifestyle. The strength of the link between obesity and specific conditions varies. One of the strongest is the link with type 2 diabetes. Excess body fat underlies 64% of cases of diabetes in men and 77% of cases in women.<sup>[32]</sup>

Health consequences fall into two broad categories: those attributable to the effects of increased fat mass (such as osteoarthritis, obstructive sleep apnea, social stigmatization) and those due to the increased number of fat cells (diabetes, cancer, cardiovascular disease, non-alcoholic fatty liver disease).<sup>[2][33]</sup> Increases in body fat

alter the body's response to insulin, potentially leading to insulin resistance. Increased fat also creates a proinflammatory state,<sup>[34][35]</sup> and a prothrombotic state.<sup>[33][36]</sup>

Medical field	Condition
Cardiology	<ul style="list-style-type: none"> <li>• ischemic heart disease:<sup>[37]</sup> angina and myocardial infarction</li> <li>• congestive heart failure<sup>[2]</sup></li> <li>• high blood pressure<sup>[2]</sup></li> <li>• abnormal cholesterol levels<sup>[2]</sup></li> <li>• deep vein thrombosis and pulmonary embolism<sup>[38]</sup></li> </ul>
Endocrinology and Reproductive medicine	<ul style="list-style-type: none"> <li>• diabetes mellitus<sup>[2]</sup></li> <li>• polycystic ovarian syndrome<sup>[2]</sup></li> <li>• menstrual disorders<sup>[2]</sup></li> <li>• infertility<sup>[2][41]</sup></li> <li>• complications during pregnancy<sup>[2][41]</sup></li> <li>• birth defects<sup>[2]</sup></li> <li>• intrauterine fetal death<sup>[41]</sup></li> </ul>
Neurology	<ul style="list-style-type: none"> <li>• stroke<sup>[2]</sup></li> <li>• meralgia paresthetica<sup>[43]</sup></li> <li>• migraines<sup>[44]</sup></li> <li>• carpal tunnel syndrome<sup>[45]</sup></li> <li>• dementia<sup>[46]</sup></li> <li>• idiopathic intracranial hypertension<sup>[47]</sup></li> <li>• multiple sclerosis<sup>[48]</sup></li> </ul>
Psychiatry	<ul style="list-style-type: none"> <li>• depression in women<sup>[2]</sup></li> <li>• social stigmatization<sup>[2]</sup></li> </ul>
Rheumatology and Orthopedics	<ul style="list-style-type: none"> <li>• gout<sup>[50]</sup></li> <li>• poor mobility<sup>[51]</sup></li> <li>• osteoarthritis<sup>[2]</sup></li> <li>• low back pain<sup>[52]</sup></li> </ul>
Dermatology	<ul style="list-style-type: none"> <li>• stretch marks<sup>[39]</sup></li> <li>• acanthosis nigricans<sup>[39]</sup></li> <li>• lymphedema<sup>[39]</sup></li> <li>• cellulitis<sup>[39]</sup></li> <li>• hirsutism<sup>[39]</sup></li> <li>• intertrigo<sup>[40]</sup></li> </ul>
Gastrointestinal	<ul style="list-style-type: none"> <li>• gastroesophageal reflux disease<sup>[2][42]</sup></li> <li>• fatty liver disease<sup>[2]</sup></li> <li>• cholelithiasis (gallstones)<sup>[2]</sup></li> </ul>

Oncology <sup>[49]</sup>	<ul style="list-style-type: none"> <li>• breast, ovarian</li> <li>• esophageal, colorectal</li> <li>• liver, pancreatic</li> <li>• gallbladder, stomach</li> <li>• endometrial, cervical</li> <li>• prostate, kidney</li> <li>• non-Hodgkin's lymphoma, multiple myeloma</li> </ul>
Respirology	<ul style="list-style-type: none"> <li>• obstructive sleep apnea<sup>[2][20]</sup></li> <li>• obesity hypoventilation syndrome<sup>[2][20]</sup></li> <li>• asthma<sup>[2][20]</sup></li> <li>• increased complications during general anaesthesia<sup>[2][5]</sup></li> </ul>
Urology and Nephrology	<ul style="list-style-type: none"> <li>• erectile dysfunction<sup>[53]</sup></li> <li>• urinary incontinence<sup>[54]</sup></li> <li>• chronic renal failure<sup>[55]</sup></li> <li>• hypogonadism<sup>[56]</sup></li> <li>• buried penis<sup>[57]</sup></li> </ul>

### Other illnesses

Certain physical and mental illnesses and the pharmaceutical substances used to treat them can increase risk of obesity. Medical illnesses that increase obesity risk include several rare genetic syndromes (listed above) as well as some congenital or acquired conditions: hypothyroidism, Cushing's syndrome, growth hormone deficiency, and the eating disorders: binge eating disorder and night eating syndrome.<sup>[2]</sup> However, obesity is not regarded as a psychiatric disorder, and therefore is not listed in the DSM-IVR as a psychiatric illness. The risk of overweight and obesity is higher in patients with psychiatric disorders than in persons without psychiatric disorders.

Certain medications may cause weight gain or changes in body composition; these include insulin, sulfonylureas, thiazolidinediones, atypical antipsychotics, antidepressants, steroids, certain anticonvulsants (phenytoin and valproate), pizotifen, and some forms of hormonal contraception.<sup>[2]</sup>

### Causes

At an individual level, a combination of excessive food energy intake and a lack of physical activity is thought to explain most cases of obesity. A limited number of cases are due primarily to genetics, medical reasons, or

psychiatric illness. In contrast, increasing rates of obesity at a societal level are felt to be due to an easily accessible and palatable diet, increased reliance on cars, and mechanized manufacturing.

A 2006 review identified ten other possible contributors to the recent increase of obesity: (1) insufficient sleep, (2) endocrine disruptors (environmental pollutants that interfere with lipid metabolism), (3) decreased variability in ambient temperature, (4) decreased rates of smoking, because smoking suppresses appetite, (5) increased use of medications that can cause weight gain (e.g., atypical antipsychotics), (6) proportional increases in ethnic and age groups that tend to be heavier, (7) pregnancy at a later age (which may cause susceptibility to obesity in children), (8) epigenetic risk factors passed on generationally, (9) natural selection for higher BMI, and (10) assortative mating leading to increased concentration of obesity risk factors (this would increase the number of obese people by increasing population variance in weight).

### Health problems associated with synthetic health drinks

Excessive consumption of synthetic energy drinks can have serious health effects resulting from high caffeine and sugar intakes, particularly in children, teens, and young adults. Excessive energy drink consumption may disrupt teens' sleep patterns and may be associated with increased risk-taking behavior. Excessive or repeated consumption of energy drinks can lead to cardiac problems, such as arrhythmias and heart attacks, and psychiatric conditions such as anxiety and phobias.

### COMPOSITION OF NE-II ENERGY HEALTH DRINK POWDER



## Management of Obesity with NE-II ENERGY HEALTH DRINK POWDER: helps to provide instant energy as well as helps in weight mentainance.

The main treatment for obesity consists of dieting and physical exercise. The Diet Management Program with NE-II ENERGY HEALTH DRINK POWDER: helps to provide instant energy as well as helps in weight mentainance. The Nature,s blend of plant extracts (phytochemicals) has been found successful in controlling human appetite and body weight.

### SUPPLEMENT FACTS

#### Presentation: POWDER

Usage: As a food supplement. It is a combination of Natural vitamins and minerals Natural Antioxidant Phyto-Nutrients in human appetite and body weight

**Contra-indications:** Product is contra-indicated in persons with Known hypersensitivity to anycomponent of the product hypersensitivity to any component of the product.

**Recommended usage:** Once or twice a day along with portion controlled nutritious meals and exercise.

“Do not exceed the recommended daily dose”.

**Administration:** Taken by oral route at any time with food.

**Precautions:** Food Supplements must not be used as a substitute for a varied and balanced diet in weight management program and in healthy lifestyle. This Product is not intended to diagnose, treat, cure or prevent any diseases. Do not exceed the recommended daily dose.

**Warnings:** If you are taking any prescribed medication or has any medical conditions always consults doctor or healthcarepractitioner before taking this supplement.

**Side Effects:** Mild side effects like nausea, headache and vomiting in some individuals have beenreported.

**Storage:** Store in a cool, dry and dark place.

### SUMMARY & CONCLUSION



Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility. Dieting and physical exercise are the mainstays of treatment for obesity. Body weight maintenance can be achieved through manipulation of energy expenditure (EE, mainly heat production also known as thermogenesis), appetite suppression/satiety enhancement, and fat and glucose absorption blocking. Phytochemicals found in NE-II ENERGY HEALTH DRINK POWDER: helps to provide instant energy as well as helps in weight maintenance could alter appetite beyond the effects expected by normal nutrient loads.

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