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NUTROX

— WELLNESS REDEFINED, LIVES TRANSFORMED —





Who We Are

Nutrox is a modern health and wellness startup dedicated to transforming lifestyles through smart nutrition, yoga, fitness, and holistic wellness solutions. Our platform is designed to help individuals achieve a healthier, more balanced life by combining personalized diet plans, guided yoga sessions, mental wellness practices, and expert health consultation in one seamless digital experience.

At Nutrox, we believe that good health is achieved through the perfect balance of mind, body, and lifestyle. Our mission is to make wellness simple, accessible, and sustainable for everyone by encouraging healthier habits, mental peace, and overall well-being through innovative and user-friendly wellness solutions.



Why Nutrox?

Empowering Better Choices, Building Healthier Lives



Modern lifestyles lead to stress, poor eating habits and health issues.



Busy schedules leave little time for fitness and self-care.



Lack of proper guidance results in confusing and unsustainable choices.



Rising cases of lifestyle diseases and mental health concerns.



Need for a holistic, personalized and accessible wellness solution.



Nutrox bridges the gap with smart nutrition, yoga, fitness and mental wellness – all in one platform.



Nutrox is your partner in building a healthier, happier and balanced life.



Our Key Focus Areas

At Nutrox, we focus on key areas that drive holistic wellness and long-term transformation.



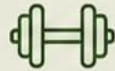
Nutrition & Diet Planning

Personalized nutrition plans for a balanced and healthy life.



Yoga & Meditation

Improving flexibility, reducing stress and enhancing mindfulness.



Fitness & Lifestyle Management

Customized fitness plans to build strength and sustainable habits.



Mental Wellness

Expert guidance for stress management and emotional health.



Expert Consultation

Professional support to help you achieve your health goals.



Digital Wellness Solutions

Smart digital tools for easy access to wellness anytime, anywhere.



Our Services

Holistic Solutions for Every Step of Your Wellness Journey

Nutrox offers a wide range of personalized services designed to help you achieve your health goals and live a balanced, healthy, and happy life.



Personalized Nutrition Plans

Customized diet plans crafted by experts to meet your unique health needs and goals.



Yoga & Wellness Programs

Yoga sessions and wellness programs to improve flexibility, strength, and mental well-being.



Fitness & Weight Management

Tailored fitness plans and guidance to help you achieve a healthier and stronger you.



Mental Wellness & Stress Management

Mindfulness practices and therapies to reduce stress, improve focus, and promote emotional well-being.



Expert Consultation

One-on-one consultations with health and wellness experts for the right guidance and support.



Health Assessments & Tracking

Regular health assessments and progress tracking to monitor your journey and celebrate your progress.



Your health. Your journey. Our expert care.



What Makes Nutrox Unique

Nutrox combines personalized care, expert guidance, and technology to deliver a truly holistic wellness experience.



Personalized Wellness Plans

Customized nutrition, fitness and yoga plans tailored to your body, goals and lifestyle.



Expert-Led Guidance

Access to certified nutritionists, yoga experts and fitness trainers for professional support.



Smart Technology Integration

AI-driven recommendations and progress tracking for smarter and faster results.



Holistic Approach

Combining nutrition, yoga, fitness and mental wellness for complete well-being.



Easy & Convenient Access

Book sessions, join programs and access resources anytime, anywhere.



Real Progress Tracking

Monitor your journey with insights and analytics to stay motivated.



Community Support

Be a part of a supportive community that inspires and motivates you.

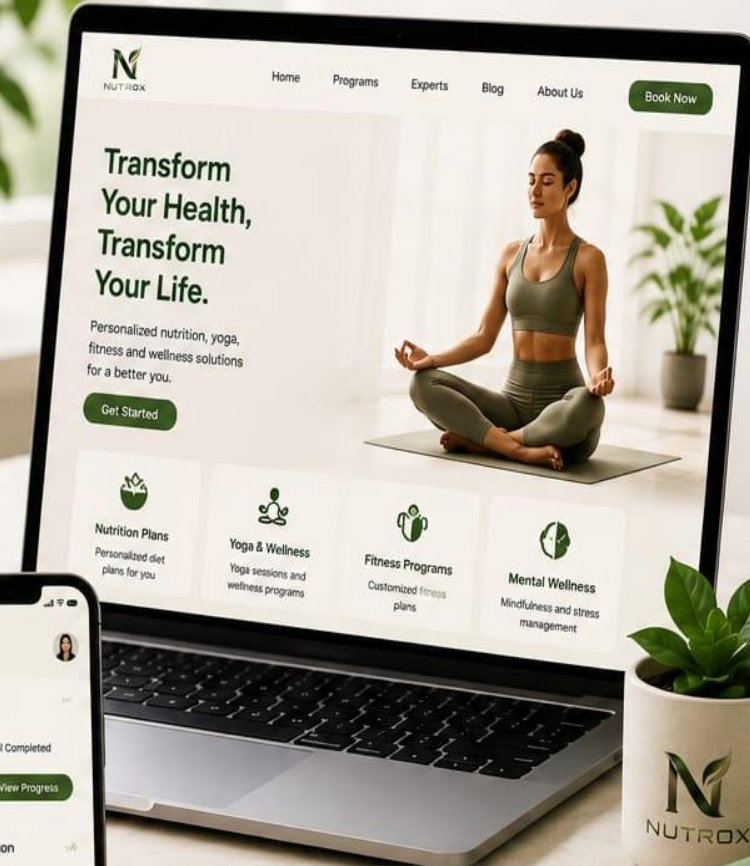


Trusted & Secure

Your data and privacy are always safe with our secure and reliable platform.



One Platform. Complete Wellness. Endless Possibilities.



- ✔ Personalized care for real results
- ✔ Expert guidance you can trust
- ✔ Technology that supports your journey
- ✔ Holistic wellness for mind and body
- ✔ A community that grows with you

Our Wellness Programs

Personalized programs for every health goal and lifestyle.



Weight Loss Program

Achieve your ideal weight with customized diet plans, fitness routines and expert guidance.



PCOS/PCOD Management

Holistic care to balance hormones, improve metabolism and support reproductive health.



Diabetes Care Program

Manage blood sugar levels effectively with personalized nutrition, lifestyle changes and expert support.



Every Program is Designed for Your Unique Needs.



Yoga Therapy

Improve flexibility, build strength and enhance mental clarity through expert-led yoga sessions.



Mental Wellness Program

Reduce stress, improve focus and build emotional resilience with mindfulness and therapy programs.



Fitness Coaching

Personalized workout plans and continuous support to help you stay fit and strong.



Personalized Plans



Expert Guidance



Holistic Approach



Sustainable Results



Online Support



Long-term Wellness



Your health journey is unique, and so are our programs.

Let's build a healthier, happier you!



How Nutrox Works

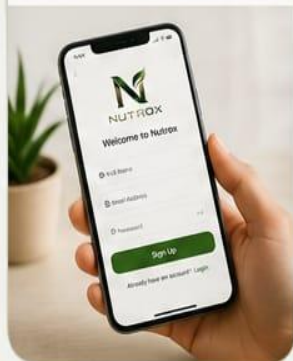
Your Personalized Wellness Journey in 6 Simple Steps

Nutrox makes wellness simple, accessible, and effective for everyone.



Sign Up

Create your account in just a few simple steps.



Health Assessment

Complete your health assessment and share your goals.



Personalized Plan

Get a customized plan based on your health needs and goals.



Expert Consultation

Connect with our experts for guidance, support and motivation.



Progress Tracking

Track your progress regularly and stay on the right path.



Achieve Goals

Achieve your health goals and live a healthier, happier life.



Personalized for You



Expert Guidance Every Step



Convenient & Time-Saving



Safe, Secure & Confidential



Holistic Approach for Lasting Results

 At Nutrox, we're with you at every step of your wellness journey.



Future Vision & Roadmap

“Building a healthier tomorrow, one step at a time.”



Mobile App Launch

Seamless experience with personalized plans, tracking & expert support on the go.



AI Health Assistant

Smart AI-powered recommendations tailored to your health journey.



Smart Health Tracking

Advanced tools to track nutrition, fitness, sleep and overall well-being.



Corporate Wellness

Expanding workplace wellness solutions for healthier and more productive teams.



Global Expansion

Bringing Nutrox to more communities across India and the world.



New Services & Programs

Innovative programs for every age and every health goal.



Innovation Driven



Impacting More Lives



Building a Healthier Future



Sustainable Growth & Expansion

The future of wellness is personalized, accessible and empowering.”

Success Metrics & Impact

Measuring growth, outcomes, and long-term value creation across our wellness ecosystem.

SUCCESS METRICS



250,000+
Lives Impacted



96%
Participant Satisfaction



85%
Program Completion Rate



40%
Improvement in Wellness Outcomes

IMPACT HIGHLIGHTS



WORKFORCE WELLNESS

- Increased employee engagement
- Reduced absenteeism
- Improved productivity



COMMUNITY IMPACT

- Health awareness initiatives
- Sustainable wellness programs
- Inclusive participation



BUSINESS OUTCOMES

- Higher retention rates
- Better organizational culture
- Long-term value creation



KEY ACHIEVEMENT

Delivering measurable wellness transformation through data-driven programs and continuous innovation.



SUCCESS STORIES & TESTIMONIALS

Real Results. Real Impact. Real Transformation.

OUR IMPACT AT A GLANCE



15,000+
Successful
Transformations

Helping individuals
achieve sustainable
health improvements.



200+
Expert
Dietitians

Guided by certified
nutrition professionals
delivering expert care.



4.9★
Google
Rating

Trusted and appreciated
by our members across
India.



NABH
Certified
Platform

Maintaining the highest
standards of healthcare
quality and safety.

WHAT OUR MEMBERS SAY



"Nutrox helped me build healthier eating habits with a plan that actually fit my lifestyle."

– Verified Member



"The expert guidance and personalized approach made a noticeable difference in my health journey."

– Verified Member



"Professional support, regular monitoring, and sustainable results exceeded my expectations."

– Verified Member



TRANSFORMING LIVES ACROSS KEY PROGRAMS



WEIGHT MANAGEMENT

Members achieved
healthier lifestyles
through personalized
nutrition planning.



DIABETES MANAGEMENT

Improved health
outcomes through
structured dietary
guidance.



GUT HEALTH PROGRAMS

Better digestion,
energy levels, and
overall wellness
achieved.



HORMONAL BALANCE & THYROID CARE

Customized nutrition
support for long-term
hormonal balance and
thyroid wellness.



15,000+ LIVES TRANSFORMED THROUGH SCIENCE-BACKED NUTRITION



PERSONALIZED



DATA-DRIVEN



SUSTAINABLE WELLNESS



NUTROX

— WELLNESS REDEFINED —

WEIGHT LOSS



“Nutrox helped me lose 12 kg in 4 months while maintaining a healthy lifestyle. The personalized plan and expert support made all the difference!” ”

 — Verified Member

DIABETES MANAGEMENT



“My sugar levels improved significantly with Nutrox’s personalized nutrition guidance. I feel more energetic and in control of my health. ”

 — Verified Member

GUT HEALTH




“The gut health program completely changed my energy levels and digestion. I feel lighter, healthier and more active every single day!” ”

 — Verified Member



15,000+ LIVES TRANSFORMED

THROUGH SCIENCE-BACKED NUTRITION 



THANK YOU

—  Empowering Wellness, Transforming Lives  —



Thank you for your time and attention.

We appreciate the opportunity to share our vision, programs, and commitment to creating healthier communities and stronger organizations.

— VISIT US —



www.nutrox.in



— • **Let's Build a Healthier Future Together** • —

Partner with us to drive measurable wellness outcomes and sustainable growth.

