

## Ryan Fernando

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Company logo

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Ryan Fernando is a leading Indian celebrity and **Olympic sports nutritionist**, best known as the founder of Qua Nutrition, a chain of signature nutrition clinics offering highly personalized, science-based diet programs to clients across the globe. Over a career spanning more than two decades, he has coached elite athletes, Olympians, film stars, and high-performing professionals, gaining a reputation for dramatic yet sustainable body and performance transformations.