



KIZAARA

A DIFFERENT THINKING



**“DETAILED INFORMATION OF KIZAARA'S BEST
AYURVEDIC PRODUCTS”**

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AYUR IMMUNITY CARE 1 IS VERY HELPFUL FOR THE COMPLETE DEVELOPMENT OF THE BODY. AND ENHANCES THE IMMUNITY SYSTEM TO FIGHT ALL DISEASES. COLD, COUGH, ITCHING, SNEEZING, ALLERGIES, SINUS, HEADACHE, MIGRAINE, GAS PROBLEM, ASTHMA, PLATELET'S DECREASE, THROAT SOUND AT BEDTIME AND BODY CLEANLINESS, ALONG WITH BODY CLEANSING **AYUR IMMUNITY CARE 1** WORKS VERY WELL IN REMOVING CONSTIPATION AND TOXINS. **AYUR IMMUNITY CARE 1** IS A VERY GOOD ENERGY BOOSTER. **AYUR IMMUNITY CARE 1** HELPS A LOT IN THE DEVELOPMENT OF ALL BODY PARTS. AND MAKES THEM HEALTHY.

INGREDIENTS

ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	2.5 ML.
TRIPHALA (TERMINALIA CHEBULA, EMBICE, OFFICINALIS, TERMINALIA, BELLIEICA) FRUIT	1.0 GM.
KOKUM EXT. (GARCINIA CAMBOGIA) LEAF	250 MG.
TULSI (OSIMUM SANCTUM) PANCHANG	60 MG.
GINGER (ZINGIBER OFFICINALE) RHIZOME	60 MG.
GILOY (TINOSPORA CORDIFOLIA) STEM	75 MG.
ASHWAGANDHA (WITHANIA SOMNIFERA) ROOT	150 MG.
PUNARNAVA (BOERHAAVIA DIFFUSA) ROOT	250 MG.
MULHATHI EXT. (GLYCYRRHIZA GLABRA) STEM	60 MG.
MANDUKA PARNI (CENTELLA ASIASTICA) LEAF	60 MG.
APPLE EXT. (PYRUS MALUS) FRUIT	250 MG.
NONI EXT. (MORINDA CITRIFOLIA)	1.5 GM.



IN OUR AYUR IMMUNITY CARE 1

ALOEVERA JUICE IS A TREASURE TROVE OF NUTRITION. NUTRIENTS FOR EVERY PART OF THE BODY ARE PRESENT IN ALOE VERA. THEN THE MATTER SHOULD BE ABOUT HEALTH, SKIN AND HAIR. ALOE VERA CONTAINS MANY NUTRIENTS LIKE VITAMINS, FOLIC ACID, IRON, CALCIUM, MAGNESIUM.

TRIPHALA IS BENEFICIAL IN RESPIRATORY DISEASES. AND REGULAR INTAKE OF IT ALSO REMOVES THE DISCOMFORT OF BREATHING. TRIPHALA IS THE MOST EFFECTIVE MEDICINE TO OVERCOME DIGESTIVE PROBLEMS. EATING THIS TOO PROVIDES RELIEF IN PROBLEMS RELATED TO THE INTESTINE.

KOKUM HELPS A LOT IN REDUCING INFLAMMATION IN THE INTESTINE. AND ALSO GREATLY HELPS IN INCREASING THE PRODUCTION OF PROPER NUTRIENTS. KOKUM IMPROVES DIGESTION. AND ALSO INCREASES HUNGER.

TULSI IMPROVES THE IMMUNITY SYSTEM. BASIL LEAVES CONTAIN ANTI-OXIDANTS. WHICH HELP A LOT IN INCREASING THE IMMUNITY OF THE BODY. IT HAS ANTI-STRESS PROPERTIES. WHICH RELIEVES STRESS TO A GREAT EXTENT.

GINGER HAS ANTI-BACTERIAL AND ANTI-OXIDANT PROPERTIES. WHICH ARE VERY HELPFUL IN PROTECTING FROM MANY DISEASES. GINGER IS ALSO RICH IN VITAMINS. THOSE WHO GIVE ENERGY TO THE BODY.

IN OUR AYUR IMMUNITY CARE 1

GILOY HAS ANTIOXIDANT PROPERTIES. WHICH KEEP THE BODY HEALTHY BY FIGHTING DANGEROUS DISEASES. GILOY EXCRETES TOXINS FROM THE KIDNEYS AND LIVER. AND CLEANS THE BLOOD. CONSUMING GILOY REGULARLY INCREASES THE ABILITY TO FIGHT AGAINST DISEASES.

THE ANTIOXIDANT PRESENT IN **ASHWAGANDHA** WORKS TO STRENGTHEN YOUR IMMUNITY SYSTEM. WHICH GIVES YOU THE POWER TO FIGHT DISEASES LIKE COLD. ASHWAGANDHA WORKS TO INCREASE BOTH WHITE BLOOD CELLS AND RED BLOOD CELL. WHICH IS BENEFICIAL IN MANY SERIOUS PHYSICAL PROBLEMS.

PUNARNAVA HAS MANY MEDICINAL PROPERTIES. WHICH HELP A LOT IN IMPROVING HEALTH AND FIGHTING DISEASES. IT STRENGTHENS THE BODY AND BALANCES PHLEGM FLAWS. IN THIS WAY IT HELPS A LOT IN INCREASING IMMUNITY TO DISEASES.

MULETHI KEEP OUR BODY FREE FROM VIRUSES, BACTERIA AND INFECTIONS, MULETHI PLAYS AN IMPORTANT ROLE IN BUILDING A STRONG IMMUNITY SYSTEM. MULETHI GREATLY HELPS IN THE PRODUCTION OF CHEMICALS SUCH AS LYMPHOCYTES AND MACROPHAGES. WHICH IMPROVE YOUR BODY'S NATURAL PROTECTION SYSTEM.

MANDUKAPARNI IS AN ANCIENT INDIAN AYURVEDIC HERB. WHICH HAS BEEN USED SINCE ANCIENT TIMES FOR VARIOUS HEALTH PROBLEMS. WHICH ARE USED FOR EATING AND MEDICAL PURPOSES. IT IS A VERY USEFUL MEDICINE FOR STRENGTHENING THE IMMUNITY SYSTEM, PURIFYING BLOOD CIRCULATION AND FOR SKIN HEALTH.

PLENTY OF DIETARY FIBERS ARE FOUND IN **APPLES**. WHICH ARE VERY HELPFUL IN KEEPING THE DIGESTION RIGHT. REGULAR USE OF APPLES REMOVES MANY TOXINS PRESENT IN THE BODY.

NONI GIVES ENERGY TO THE BODY. AND PROTECTS US FROM DISEASES. DUE TO THE MEDICINAL PROPERTIES OF NONI FRUIT, IT HAS BEEN USED SINCE ANCIENT TIMES FOR INCREASING IMMUNITY AND DETOXIFICATION. NONI CONTAINS SUFFICIENT AMOUNT OF ANTI-OXIDANT, VITAMIN-C, VITAMIN-B3, VITAMIN-A AND IRON. NONI IS EFFECTIVE IN CURING MANY DISEASES.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR IMMUNITY CARE 1**.
- TAKE **AYUR IMMUNITY CARE 1** DAILY IN THE MORNING AND EVENING 20 TO 25 ML. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR IMMUNITY CARE 1**. YOU CAN EAT ANYTHING 1 HOUR BEFORE INTAKE OF **AYUR IMMUNITY CARE 1** AND AFTER 1 HOUR OF INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR IMMUNITY CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

AYUR ORTHO CARE 1 JOINT PAIN, BACK PAIN, RIB PAIN, CHRONIC INFLAMMATION, ARTHRITIS, KNEE PAIN, KNEE PROBLEMS, UNBEARABLE PAIN IN LEGS AND BODY PARTS, PAIN DUE TO DIFFERENCE BETWEEN BONES SPRAINS, SHOULDERS HEALS UNBEARABLE PAIN IN DISLOCATED BONE AND BODY PARTS. ORTHOPEDIC DISORDER IS LIKE ILLNESS, INJURY OR ILLNESSES. **AYUR ORTHO CARE 1** IS A VERY GOOD MEDICINE FOR ORTHOPEDIC DISORDERS. WHICH CURES ALL ORTHO DISORDERS AND ROOT PAIN. IT WORKS VERY WELL IN ORTHOPEDIC DISORDERS AS WELL AS OTHER DISORDERS. SUCH AS HEALING WOUNDS, HEALING WOUNDS, ELIMINATING BACTERIA AND INSECTS, PARALYSIS, ENHANCING DIGESTIVE POWER, INTELLIGENT, REMINISCENT, SKIN DISEASES, BLOOD DISEASES, MOUTH ULCERS, STOMACH DISEASES, CARDIOVASCULAR DISEASES, HIGH BLOOD PRESSURE, CHOLESTEROL, OBESITY, SUGAR (DIABETES).

INGREDIENTS

NIRGUNDI EXT. (VITEX NEGUNDO) ROOT	100 MG.
MALKAGNI EXT. (CELASTRUS PANICULATUS) SEED	100 MG.
SALAL GUGGAL EXT. (BOSWELLIA SERRATA) GUM	125 MG.
ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	2.0 ML.
RASNA EXT. (INULA RACEMOSA) LEAF	80 MG.
METHI EXT.(TRIGONELLA FOENUM GRAECUM) SEED	80 MG.
HADJOD EXT.(VITIS QUADRANGULARIS) PANCHANG	80 MG.
HALDI EXT.(CURCUMA LONGA) RHYZOME	60 MG.
AJWAIN EXT. (TRACHYSpermum AMNI) SEED	60 MG.
GINGER EXT. (ZINGIBER OFFICINALE) RHYZOME	60 MG.



IN OUR AYUR ORTHO CARE 1

NIRGUNDI IS A VERY GOOD MEDICINE. WHICH DESTROYS COUGH AND VATA. AND REDUCES PAIN. APPLYING IT AS A PASTE ON THE SKIN REDUCES INFLAMMATION. NIRGUNDI BENEFITS ARE AVAILABLE IN WOUND HEALING ETC. IT DESTROYS BACTERIA AND INSECTS.

MALKANGANI IS A PLANT RICH IN MEDICINAL PROPERTIES. THE FRUITS, LEAVES AND ROOTS OF WHICH ARE USED TO CURE MANY TYPES OF DISEASES. IT'S OIL IS BENEFICIAL IN RIB PAIN, PARALYSIS, ARTHRITIS, NERVOUS DISEASES. THE OIL IS VERY HOT IN NATURE, CHEMICAL, INTELLIGENT, ENHANCES DIGESTIVE POWER, HELPS TO RELIEVE DISCOMFORT, IS A MEMORY-ENHANCER.

SALAL GUGGUL IS BENEFICIAL FOR THE TREATMENT OF MEDICINAL ARTHRITIS, CHRONIC INFLAMMATION, SKIN DISEASES, BLOOD DISEASES, CARDIOVASCULAR DISEASES, COLD SORES, SORE THROATS AND OTHER CONDITIONS.

ALOE VERA JUICE, ALOE VERA INTAKE IS VERY BENEFICIAL IN JOINT PAIN. ALOE VERA CONTAINS MANY NUTRIENTS LIKE VITAMINS, FOLIC ACID, IRON, CALCIUM, MAGNESIUM.

RASNA IT IS USED IN BURNING, SWELLING AND PAIN. ANY INJURY OR WOUND CAN BE HEALED QUICKLY BY ITS USE. AND IT DOES NOT EVEN CAUSE INFECTION.

IN OUR AYUR ORTHO CARE 1

METHI (FENUGREEK) WORKS AS A PANACEA IN JOINT PAIN. WHICH HAS BEEN USED FOR CENTURIES. AS PER THE AGE PROGRESSES, THE JOINTS START SWELLING. THE SINOVIAL FLUID (SYNOVIAL FLUID) OF THE JOINTS IS REDUCED. DUE TO WHICH UNBEARABLE PAIN OCCURS. THIS IS CALLED JOINT PAIN OR ARTHRITIS. METHI (FENUGREEK) WORKS VERY WELL IN SUCH CONDITION.

HADJOD IS USED TO CONNECT THE BROKEN BONES OF ANIMALS AND HUMANS. HENCE IT IS CALLED HADJOD. SODIUM, POTASSIUM, CALCIUM CARBONATE ARE FOUND IN HIGH AMOUNTS IN IT. THIS MAKES BONES STRONGER. HADJOD IS VERY USEFUL IN BONE JOINTS, HEMORRHOIDS, STOMACH DISEASES, ARTHRITIS, EAR DISEASES, ASTHMA, ULCERS, STOMACH CANCER, WOUNDS, CONSTIPATION, WORM DISEASE, HIGH BLOOD PRESSURE, CHOLESTEROL, OBESITY, DIABETES ETC.

REGULAR USE OF **TURMERIC (HALDI)** PROVIDES RELIEF IN JOINT PAIN. AND STAY HEALTHY FOR A LONG TIME. TURMERIC HAS BEEN USED AS A MEDICINE FOR CENTURIES. TURMERIC CONTAINS VITAMINS, MINERALS, FIBER AND PROTEIN. APART FROM THIS, TURMERIC IS ALSO A PAIN RELIEVER. TURMERIC HELPS A LOT IN RELIEVING PAIN ASSOCIATED WITH ARTHRITIS (OSTEOARTHRITIS, RHEUMATOID ARTHRITIS AND GOUT ARTHRITIS), MUSCLE PAIN AND FIBROMYALGIA. TURMERIC CONTAINS AN ELEMENT CALLED (CURCUMIN). WHICH HELPS A LOT TO RELIEVE PAIN.

CELERY (AJWAIN) IS AN EFFECTIVE HERB USED TO TREAT PROBLEMS LIKE JOINT PAIN, ARTHRITIS, KNEE PAIN, UNBEARABLE PAIN IN BODY PARTS DUE TO ITS ANTI-OXIDANT AND ANTI-BACTERIAL PROPERTIES.

GINGER HAS BEEN CONSIDERED AS ONE OF THE MOST IMPORTANT HERBS WITH MEDICINAL PROPERTIES IN THE AYURVEDIC TEXTS OF INDIA. GINGER CONTAINS A VERY EFFECTIVE SUBSTANCE CALLED GINGEROL. WHICH REDUCES MUSCLE AND JOINT PAIN.

WHAT TO EAT IN AN ORTHOPEDIC PROBLEM ?

EAT PROTEIN RICH THINGS: BEANS AND OTHER LEGUMES (BEANS), MUSHROOM, OATS (BARLEY PORRIDGE), AMARANTH GREENS, ORANGES, BROWN RICE, GREEN LEAFY VEGETABLES, FENUGREEK, DRUMSTICK, BATHUA, MUSTARD GREENS, GOURD, PUMPKIN, LUFFA, CABBAGE, POINTED GOURD, CAULIFLOWER, POTATO, PAPRIKA, SWEET POTATO, GINGER, BITTER GOURD, GARLIC, GINGER, MELON, WATERMELON, PAPAYA, CUCUMBER, PEARS, PINEAPPLE, POMEGRANATE, PEACH, GRAPE, MANGO, ALOE VERA, AMLA, APPLE, BANANA, PLUM, DRY PLUM, BLUEBERRIES AND STRAWBERRIES, SUNFLOWER SEEDS, CELERY, OLIVE OIL, FLAXSEED OIL, FISH OIL, POULTRY, SOY MILK, SOY BUDDY, SOY CHEESE, MILK AND CHEESE ARE GOOD SOURCES OF CALCIUM. TAKE THEM. AND DRINK PLENTY OF WATER.

WHAT NOT TO EAT IN AN ORTHOPEDIC PROBLEM?

AVOID EXCESSIVE SUGAR, DO NOT CONSUME CAFFEINE, DO NOT EAT RED MEAT, DO NOT CONSUME SOUR THINGS.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR ORTHO CARE 1**.
- TAKE **AYUR ORTHO CARE 1** ON AN EMPTY STOMACH 20 TO 25 ML FOR THE FIRST 15 DAYS IN THE MORNING. AND IN THE EVENING TAKE IT 1 HOUR BEFORE HAVING FOOD. AND IN THE EVENING TAKE IT 1 HOUR BEFORE HAVING FOOD. AND AFTER 15 DAYS, TAKE **AYUR ORTHO CARE 1** DAILY IN THE MORNING AND EVENING FOR 20 TO 25 ML AFTER 1 HOUR OF EATING. AND KEEP IN MIND, DO NOT EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR ORTHO CARE 1**. YOU CAN EAT ANYTHING 1 HOUR BEFORE INTAKE OF **AYUR ORTHO CARE 1** AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR ORTHO CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

KIZAARA
A DIFFERENT THINKING

FRIENDS, DO YOU KNOW THAT 67% OF INDIANS DIE OF HEART DISEASE ?

AYUR CARDIO CARE 1 IS USEFUL FOR A HEALTHY HEART. **AYUR CARDIO CARE 1** FIGHT AGAINST VARIOUS CARDIOVASCULAR DISEASES AND CONTROL BLOOD PRESSURE, REMOVES CHOLESTEROL PROBLEM. AND BY LOWERING THE PROBLEM OF HIGH CHOLESTEROL (LDL), INCREASES LEVELS OF GOOD CHOLESTEROL (HDL), BLOCKAGES OF THE ARTERIES, HEART BLOCKAGES, IMMUNITY SYSTEM, ANGINA, HEART ATTACK, CARDIAC ARREST AND HEART FAILURE. HELPS A LOT TO OVERCOME. HEALS HEART DISEASES. ALONG WITH MAINTAINING BLOOD PRESSURE NATURALLY, IT ALSO KEEPS THE HEART HEALTHY.

INGREDIENTS

ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	3.0 ML.
GUGGUL EXT. (COMMIFORA MOKUL) GUM	100 MG.
ARJUNA CHHAL (TERMINALIA ARJUNA) STEM BARK	250 MG.
DALCHINI (CINNAMOMUM CASSIA) STEM BARK	100 MG.
JATAMANSI (NARDOSTACHYS JATAMANSI) ROOT	100 MG.
ASHOKA CHHAL (POLYALTHIA LONGIFOLIA) BARK	125 MG.
HARAD (TERMINALIA CHEBULA) FRUIT	200 MG.
BAHEDA (TERMINALIA BELLIRICA) FRUIT	200 MG.
AMLA (EMBLICA OFFICINALIS) FRUIT	200 MG.



IN OUR AYUR CARDIO CARE 1

DRINKING **ALOE VERA** JUICE REDUCES CHOLESTEROL. BLOOD PRESSURE REMAINS CONTROLLED. ALSO PREVENTS HEART DISEASE. CONSUMING ALOE VERA JUICE IS BENEFICIAL IN RELIEVING HEART PROBLEMS.

GUGGUL ACCORDING TO AYURVEDA, THERE IS GUM FROM A TREE OF THICK AND WARM NATURE. IT IS BENEFICIAL FOR HEART DISEASE IN THE BODY. APPEARING BLACK AND RED IN COLOR, GUGGUL IS AROMATIC AND BITTER IN TASTE.

ARJUNA CHHAL ACCORDING TO AYURVEDA, IT IS BENEFICIAL IN TREATING HEART DISEASE. POWDER MADE FROM ITS BARK IS CONSIDERED VERY USEFUL IN HEART DISEASE, CHOLESTEROL, HIGH BLOOD PRESSURE AND OTHER DISEASES.

CONSUMPTION OF **DALCHINI (CINNAMON)** PROVIDES RELIEF IN MANY HEART RELATED PROBLEMS. ACTUALLY, FIBER AND CALCIUM ARE FOUND IN GOOD AMOUNTS IN IT. AND WITH THEIR HELP, THE LEVEL OF BAD CHOLESTEROL IS REDUCED. THE DECREASE OF SUCH CHOLESTEROL REDUCES THE RISK OF ARTERIAL BLOCKAGE.

JATAMANSI IS RICH IN MANY MEDICINAL PROPERTIES FROM THE POINT OF VIEW OF AYURVEDA. WHICH PROTECTS AGAINST DISEASES LIKE IMMUNITY SYSTEM, HEART, BLOOD PRESSURE, ETC. JATAMANSI IS BENEFICIAL IN BALANCING THE HEARTBEAT.

ASHOKA CHHAL IS VERY HELPFUL IN SOLVING HEALTH PROBLEMS IN AYURVEDA. ITS LEAVES, BARK, FLOWERS, SEEDS AND EVEN ROOTS ARE USED AS MEDICINE.

IN OUR AYUR CARDIO CARE 1

HARAD IS AN AYURVEDIC MEDICINE AND HAS MANY SPECIES. WHICH ARE FULL OF DIFFERENT QUALITIES. IN AYURVEDA MEDICINE, HARAD IS AN EFFECTIVE MEDICINE SIMILAR TO NECTAR. HARAD HAS ANTI-BACTERIAL AND ANTI-INFLAMMATORY PROPERTIES. THE FRUIT, ROOT AND BARK OF HARAD ARE USEFUL. HARAD IS A VERY BENEFICIAL MEDICINE FOR HEART DISEASE.

BAHEDA IS AN EXTREMELY IMPORTANT MEDICINE. BAHEDA IS A VERY BENEFICIAL MEDICINE FOR HEART DISEASE. THE PROBLEM OF HEART DISEASE IS OVERCOME BY THE CONSUMPTION OF BEHEDA. BAHEDA REMOVES ALL THE THREE DOSHAS OF VATA, PITTA AND KAPHA. BEHEDA IS BENEFICIAL FOR EYES, HAIR, NOSE DISEASES, BLOOD DISORDERS AND CARDIOVASCULAR DISEASES.

AMLA HAS BEEN DESCRIBED AS NECTAR IN AYURVEDA. NATURE HAS GIVEN POWER TO ELIMINATE MANY DISEASES FROM ITS ROOTS. MANY SUCH ELEMENTS ARE FOUND IN AMLA, WHICH NOT ONLY INCREASE IMMUNITY IN THE BODY, BUT ALSO ELIMINATE DISEASES. AMLA IS RICH IN ANTI-OXIDANTS. MANY MINERAL ELEMENTS ARE FOUND INCLUDING POTASSIUM, CALCIUM, CARBOHYDRATES, FIBER, MAGNESIUM, IRON, VITAMIN-C. REGULAR INTAKE OF AMLA WORKS AS A PANACEA IN HEART DISEASE AS WELL AS DIABETES, HEMORRHOIDS, ULCERS, ASTHMA, BRONCHITIS AND LUNG DISEASE.

IN OUR AYUR CARDIO CARE 1

THE MAJOR DISEASES ASSOCIATED WITH HEART ARE: - ANGINA, HEART ATTACK, CARDIAC ARREST AND HEART FAILURE. THESE FOUR ARE DIFFERENT IN TERMS OF SEVERITY OF THE DISEASE. BUT MOST OF THE SYMPTOMS ARE ALMOST THE SAME. YOU CAN ALSO UNDERSTAND IT LIKE THIS. IF YOU ARE DRIVING. AND STUCK IN TRAFFIC, THE CAR IS RUNNING INTERMITTENTLY, SO SHE CAN BE CONSIDERED AS ANGINA. IF THE ENGINE IS RUNNING. BUT IF THE CAR IS STOPPED THEN THERE WILL BE A HEART ATTACK. IF BOTH THE CAR AND THE ENGINE ARE STOPPED. SO, YOU CAN SAY CARDIAC ARREST. IF THE DAMAGE TO THE ENGINE IS NOT REPAIRED ON TIME AND GRADUALLY IT BECOMES USELESS THEN IT IS CALLED HEART FAILURE.

WHAT TO EAT IN HEART PROBLEM ?

EAT WHOLE GRAINS IN HEART DISEASE, BROWN BREAD PASTA, BROWN RICE, STARCHY VEGETABLES SUCH AS PEAS, POTATOES, CABBAGE, SPINACH, FENUGREEK AND FIBROUS VEGETABLES INCLUDE RADISH, CARROT, CUCUMBER, BEET, CUCUMBER, GINGER, HONEY, LEMON, CORN, DRIED PEAS, LENTILS, ALMONDS, MEAT, CHICKEN AND EGG YOLK.

WHAT NOT TO EAT IN HEART PROBLEM?

RED MEATS, SUGAR, SALT, TRANS FAT FOODS SUCH AS: - DO NOT CONSUME POPCORN, CHIPS, COOKIES AND BISCUITS, ICE CREAM, BURGERS, PIZZA AND SANDWICHES.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR CARDIO CARE 1**.
- TAKE **AYUR CARDIO CARE 1** ON AN EMPTY STOMACH 20 TO 25 ML DAILY. AND IN THE EVENING, TAKE 20 TO 25 ML AFTER 1 HOUR OF EATING. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR CARDIO CARE 1**. YOU CAN EAT ANYTHING 1 HOUR BEFORE INTAKE OF **AYUR CARDIO CARE 1** AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR CARDIO CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

KIZAARA
A DIFFERENT THINKING

AYUR ENERGY CARE 1 PROVIDES MUSCLE STRENGTH, SEX POWER, SELF-HARM AND ENERGY IN THE BODY. **AYUR ENERGY CARE 1** CORRECTS SEX DISORDERS. AND IT ALSO INCREASES SEX POWER. BY REMOVING IMPOTENCE, INCREASE LIBIDO AND FERTILITY, ACCELERATES THE PACE OF METABOLISM BY INCREASING PHYSICAL STRENGTH AND INCREASING BLOOD CIRCULATION BY ELIMINATING PHYSICAL WEAKNESS. DUE TO WHICH THERE IS SUFFICIENT FLOW OF OXYGEN IN VARIOUS ORGANS OF THE BODY. **AYUR ENERGY CARE 1** ENHANCES SPERM AND SPERM QUALITY. **AYUR ENERGY CARE 1** INCREASES BODY STRENGTH AND ENDURANCE. PHYSICAL WEAKNESS IS A MAJOR CAUSE OF FATIGUE IN OUR BODY. DUE TO WEAKNESS, THERE IS A LOT OF DIFFICULTY IN PERFORMING EVERYDAY TASKS. AND THERE IS NO MIND IN WORK, TIRED SOON. WEAKNESS ALSO COMES DUE TO ILLNESS OR OTHER REASONS IN THE BODY. AND FATIGUE ALWAYS PERSISTS. **AYUR ENERGY CARE 1** ELIMINATES SYMPTOMS LIKE DIZZINESS, HEADACHE, JOINT AND MUSCLE ACHES, BESIDES FATIGUE DUE TO PHYSICAL WEAKNESS.

INGREDIENTS

GOKHRU (TRIBULUS TERRESTRIS) FRUITS	75 MG.
LAWANG (SYZGIUM AROMATICUM) BUDS	75 MG.
DALCHINI (CINNEMOMUM ZYLINCIIUM) PLANT BARK	40 MG.
GROUND PATER (TYPHA ELEPHANTINA) W.P.	40 MG.
KESAR (CROCUS SATIVUS) FLOWER PETALS	50 MG.
GINGER (ZINGIBER OFFICINALE) RHYZOMES	75 MG.
VANG BHASAM (BHASAM POWDER)	10 MG.
MOTI BHASAM (BHASAM POWDER)	10 MG.
LOH BHASAM (BHASAM POWDER)	10 MG.
ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	2.0 ML.
SATAWARI EXT. (ASPARAGUS RASMOSUS) RHYZOME	75 MG.
JAIPHAL EXT. (NUTMEG) (MYARISTICA FRAGRANCE) FRUITS	75 MG.
SHUDH SHILAJEET EXT.	50 MG.
AKARKARA EXT. (ANACYLUS PYRETHRUM) W.P.	75 MG.
ASHWAGANDHA EXT. (WITHANIA SOMNIFERA)	250 MG.
VIDARI KAND EXT. (PUERARIA TUBEROSA) WHOLE PLANT	75 MG.
KOUNCH BEEJ EXT. (KAPIKACHHU) (MUCUNA PRURIENS) SEED	75 MG.
SAFED MUSLI EXT. (CHLOROPHYTUM ARUNDINACEUM) ROOTS	250 MG.
SINDUR RAS	10 MG.
GINSENG (ARALIA QUINQUEFOLIA)	1.0 GM.
TRIPHALA (TERMINALIA CHEBULA)	100 MG.



IN OUR AYUR ENERGY CARE 1

GOKHRU IS ONE OF THE MEDICINAL HERBS. TRIBULUS TERRESTRIS IS A PLANT OF OR GOKSHURA OR GOKHRU. NO MATTER HOW SMALL THE PLANT LOOKS, BUT THE EFFECT IS TREMENDOUS. THIS PLANT IS ALSO KNOWN TO INCREASE MALE HORMONES IN MEN. NOT ONLY THIS, IT HELPS IN REMOVING MALE LIBIDO, ERECTILE DYSFUNCTION ETC. IT ACTS LIKE AN HERB TO INCREASE FERTILITY.

LAWANG CONSUMPTION OF LAWANG IS VERY IMPORTANT ACCORDING TO AYURVEDA SCIENCE TO KEEP THE BODY HEALTHY. EATING CLOVES ALSO INCREASES PHYSICAL ABILITY. TAKING IT DAILY WITH MILK AT NIGHT KEEPS THE BODY FIT. IT IS VERY BENEFICIAL FOR MEN.

DALCHINI IS EXTRACTED FROM THE BARK OF THE TREE. THIS REMOVES WEAKNESS. ENERGY IS OBTAINED. CINNAMON IS VERY EFFECTIVE IN KEEPING YOUR SEXUAL HEALTH RIGHT. INCREASE THE DESIRE TO SEX WITH THE INTAKE OF **GOUND PATER**, IT IS BENEFICIAL IN SPERM RELATED DISEASES, AND IN PURIFYING THE BLOOD.

KESAR ACTS AS AN ENERGY BOOSTER FOR US. AND ACCELERATES THE SPEED OF METABOLISM BY INCREASING BLOOD CIRCULATION. DUE TO WHICH THERE IS SUFFICIENT FLOW OF OXYGEN IN VARIOUS ORGANS OF THE BODY. AND THE BODY REMAINS HEALTHY.

GINGER HAS BEEN USED SINCE ANCIENT TIMES TO INCREASE SEX POWER. ITS FRAGRANCE GREATLY HELPS IN INCREASING YOUR SEXUAL DESIRE AND ABILITY. GINGER ALSO INCREASES BLOOD FLOW IN YOUR BODY. SPREADS BLOOD MORE EASILY IN THE CENTRAL PART OF YOUR BODY WHICH IS ESPECIALLY NECESSARY FOR SEXUAL PERFORMANCE.

VANG BHASAM IS USED IN HUMANS FOR ANY TYPE OF SEX RELATED PROBLEM. IT IS A VERY POPULAR MEDICINE IN AYURVEDA. WHICH MANY DOCTORS DO TO CURE ALL KINDS OF DISEASES RELATED TO SEX. WHERE THERE IS A PROBLEM RELATED TO SEX. VANG BHASMA IS USED IN SOME FORM OR THE OTHER IN AYURVEDA.

MOTI BHASAM IS AN AYURVEDIC MEDICINE PREPARED FROM PEARL. IT CONTAINS CALCIUM ELEMENTS AND OTHER ELEMENTS LIKE MAGNESIUM, MANGANESE, SILICON, PHOSPHORUS IN SMALL AMOUNTS. ON THE BASIS OF AYURVEDIC TEXTS, THE ANCIENT HERBS, CHEMICALS AND METALS LIKE GOLD, SILVER, PEARL BHASMA WERE USED TO REMOVE PHYSICAL DEBILITY AND USED TO PREPARE PHYSICAL MEDICINES TO INCREASE PHYSICAL STRENGTH.

LOH BHASAM REMOVES THE WEAKNESS OF MAN AND MAKES THE BODY STRONG. THE USE OF IRON ASH IS THE MOST IMPORTANT OF THE INDIAN CHEMICALS. IT IS THE MOST POPULAR MEDICINE TO INCREASE BLOOD AND PURIFY BLOOD.

ENERGY IS CONSUMED BY DRINKING **ALOEVERA** RAS REGULARLY. ALOEVERA RAS CONTAINS MANY NUTRIENTS, VITAMINS AND MINERALS. WHICH IMPROVES THE SYSTEM OF THE BODY. AND THIS BRINGS ENERGY TO THE BODY. DRINKING THIS ALSO INCREASES THE BODY'S IMMUNITY.

SATAWARI IS ALSO CALLED AN APHRODISIAC. THIS MEANS HERBS THAT WORK TO INCREASE DESIRE. ASPARAGUS IS FAMOUS AS A MEDICINE FOR ENHANCING SEXUAL DESIRE.

IN OUR AYUR ENERGY CARE 1

JAIPHAL INCREASES THE SEX POWER. IT CONTAINS A LOT OF MINERAL, POTASSIUM, CALCIUM, IRON AND MAGNESIUM. WHICH INCREASES IMMUNITY. IMPOTENCE IS CURED BY USING NUTMEG. IT IS ALSO USED TO INCREASE SEXUAL POWER.

THE MAIN PURPOSE OF **SHILAJIT** IS TO MAKE THE BODY HEALTHY, POWERFUL, AND ATHLETIC BY STRENGTHENING IT ITS INTAKE NOT ONLY INCREASES THE SEX POWER. RATHER, IT ALSO HAS MANY OTHER EFFECTS ON THE BODY. WITH WHOSE HELP OLD AGE ALSO GOES AWAY.

CONSUMED **AKARKARA** REMOVES PHYSICAL FATIGUE AND WEAKNESS. THIS GIVES INSTANT ENERGY. IF ANY MAN OR WOMAN LACKS SEXUAL AROUSAL. SO ITS USE IS VERY BENEFICIAL. BECAUSE IT IS APHRODISIAC (SEX ENHANCER STIMULATION) AS WELL AS A METAL ENHANCER (ENHANCER SEMEN).

ASHWAGANDHA IS CONSIDERED ONE OF THE FINEST MEDICINES IN AYURVEDA. IT IS NOT JUST A PLANT. RATHER, IT IS ALSO AN EXCELLENT MEDICINE TO ELIMINATE MANY DISEASES FROM THE SUBSTRUCTION. ASHWAGANDHA HAS BEEN CONSIDERED A MEDICINE MORE THAN SIX THOUSAND YEARS OLD. IT HAS BEEN GIVEN A SPECIAL PLACE IN AYURVEDA. THE VEDAS ALSO DESCRIBE ITS VIRTUOUS FACTS. IF MEN LACK SEXUAL ABILITY. AND IF THEY ARE UNABLE TO ENJOY SEXUAL PLEASURE, THEN CONSUME ASHWAGANDHA. IT NOT ONLY HELPS A LOT IN ENHANCING SEXUAL ABILITIES. BUT ALSO IMPROVES THE QUALITY OF SEMEN (SPERM).

VIDARIKANDA ENDS HIS SEXUAL DEBILITY AND FEELS NEW YOUTH. VIDARIKANDA IS A MEDICINAL VINE. WHICH IS FOUND IN THE FOOTHILLS OF HIMALAYAS, ALONG THE BANKS OF RIVERS, STREAMS. PROTEINS AND CARBOHYDRATES ARE FOUND IN ABUNDANCE IN THE FRUITS (TUBERS) OF VIDARI KAND. VIDIDARKAND IS AN ELEMENT THAT INCREASES SPERM BOOSTING POWER. IT IS AN EXCELLENT ENHANCER FOR MEN, SEMEN ENHANCER, WEAKNESS, PREMATURE EJACULATION, IMPOTENCE AND 100% RESULTS FROM ITS USE IN SEXUAL DEBILITY.

KOUNCH BEEJ IS USED FOR THE TREATMENT OF FATIGUE, LACK OF SEXUAL DESIRE AND TO INCREASE IT. THIS GREATLY HELPS IN REDUCING IRRITABILITY WITHIN THE BODY. THIS HERB IS VERY POWERFUL FOR SEXUAL ACTIVITY. CONCH SEED IS ALSO VERY HELPFUL IN RETURNING THE PHYSIOLOGICAL HORMONES IN GENERAL AND INCREASING THE SEX TIME. MANY MEN ARE UNABLE TO BECOME FATHERS. THIS MAY BE DUE TO PHYSICAL DEFICIENCY AND OTHER REASONS CONCH SEEDS ARE VERY BENEFICIAL TO OVERCOME THIS PROBLEM OF MEN AND TO OVERCOME OTHER DISEASES.

IN OUR AYUR ENERGY CARE 1

SAFED MUSLI IS MOST EFFECTIVE FOR DISEASES LIKE IMPOTENCE. BECAUSE THE MEDICINAL PROPERTIES PRESENT IN IT MAKE THE QUALITY OF SEMEN HIGH. THE WHITE PESTLE ALSO BENEFITS IN INCREASING SPERM COUNT AND SEXUAL STRENGTH. PREMATURE EJACULATION IS ALSO TREATED WITH THE USE OF WHITE PESTLE. WHITE PESTLE IS KNOWN TO INCREASE THE MATING CAPACITY OF MEN.

SINDUR RAS IS ALSO VERY SUCCESSFUL FOR STRENGTHENING THE BODY, FOR INCREASING SEMEN, FOR SYSTEMATIC ORGANIZATION, FOR REMOVING DREAM DEFECTS ETC. IT IS A VERY GOOD MEDICINE FOR INCREASING SEMEN, FOR THICKENING SEMEN, FOR QUICK FALL AND DREAMING.

GINSENG HAS BEEN A NAME IN AYURVEDA FOR THOUSANDS OF YEARS. IT IS A MEDICINAL PLANT. WHICH IS USED FOR THE TREATMENT OF MANY SERIOUS DISEASES. IT HAS AN AMAZING ABILITY TO INCREASE THE STIMULATION OF THE BODY, STRENGTHEN THE IMMUNITY SYSTEM AND COMBAT MANY INFECTIONS. ACCORDING TO EXPERTS, GINSENG WORKS AS A GREAT ENERGY BOOSTER. GINSENG IS ALSO CONSIDERED BENEFICIAL FOR THE TREATMENT OF SEXUAL DISEASES. IT PROVES TO BE VERY HELPFUL IN SEXUAL DYSFUNCTION.

REGULAR CONSUMPTION OF **TRIPHALA** REMOVES WEAKNESS. IT IS CONSIDERED NECTAR FOR HEALTH. IT HAS TREMENDOUS BENEFICIAL PROPERTIES. TRIPHALA CAN ALSO BE USED TO RELIEVE PROBLEMS LIKE DREAMING AND SPERM RELATED PROBLEMS.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR ENERGY CARE 1**.
- TAKE **AYUR ENERGY CARE 1** EVERY MORNING AND EVENING AFTER 1 HOUR OF EATING WITH 20 TO 25 ML WITH HOT MILK. IF THERE IS NO MILK DUE TO ANY REASON, YOU CAN TAKE IT WITH WATER. MILK IS VERY GOOD FOR BEST RESULTS AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER THE USE OF **AYUR ENERGY CARE 1**. YOU CAN EAT ANYTHING 1 HOUR BEFORE INTAKE OF **AYUR ENERGY CARE 1** AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR ENERGY CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

WITH THE USE OF **AYUR ALLERGY CARE 1** WE CAN CURE ALL TYPES OF ALLERGIC DISEASES. SUCH AS ALLERGIC DISEASES ARE CONDITIONS CAUSED BY HYPERSENSITIVITY OF THE IMMUNITY SYSTEM. AND THESE DISEASES INCLUDE FEVER, FOOD ALLERGIES, ATOPIC DERMATITIS (A CONDITION THAT MAKES YOUR SKIN RED WITH A LOT OF ITCHING), ALLERGIC ASTHMA AND ANAPHYLAXIS. SYMPTOMS INCLUDE RED EYES, ITCHY RASHES, SNEEZES, RUNNY NOSE, SHORTNESS OF BREATH OR SWELLING.

INGREDIENTS

GILOY DRY (TINOSPORA CORDIFOLIA) DRY STEM	500 MG.
NEEM DRY (AZADIRACHTA INDICA) DRY LEAF	300 MG.
HALDI DRY (CURCUMA LONGA) DRY RHYZOME	150 MG.
TULSI (OSIMUM SANCTUM)	300 MG.
BRAHMI LEAF (BACOPA MONNIERI)	150 MG.
GUAVA LEAF (PSIDIUM GUAJAVA)	100 MG.
LEMON (CITRUS LIMON)	100 MG.



IN OUR AYUR ALLERGY CARE 1

GILOY IS ALSO A VERY GOOD ANTI-BIOTIC, ANTI-VIRAL AND ANTI-AZID. GILOY IS USED AS A NATURAL MEDICINE FOR ALLERGIES. THIS ONE CREEPER OR VINE. WHICH, AFTER APPLYING IN TREES, WALLS AND POTS, ETC., CLIMBS EASILY WITH THE HELP OF ROPE IT IS OFTEN SEEN IN PARKS MOUNTED ON TREES. THE TREE TO WHICH GILOY FORMS THE BASE. ITS QUALITIES ARE ALSO INCLUDED IN IT. FOR EXAMPLE, NEEM TREE HAS THE PROPERTIES OF NEEM IN ITS GROWN GILOY.

NEEM DRY IS KNOWN AS 'ALL DISEASE PREVENTION' IN AYURVEDA. NEEM IS VERY BENEFICIAL IN ALLERGIC DISEASES. IN MANY PEOPLE, ALLERGIES ARE CAUSED BY WEATHER CHANGES. DUE TO WHICH THE SKIN HAS TO FACE ALLERGIES, ITCHING, BURNING SENSATION ETC.

HALDI DRY MEDICINE IS USED IN ALLERGIC DISEASES. THE MAIN CAUSE OF ALLERGY IS BACTERIA PRESENT ON THE BODY. THEREFORE, ANTI-BACTERIAL PROPERTIES PRESENT IN TURMERIC HELP A LOT IN CURING ALLERGIES.

TULSI HAS ANTI-BACTERIAL AND ANTI-VIRAL PROPERTIES. BASIL HAS THE STRENGTH TO FIGHT EVERY INFECTION. TULSI IS USEFUL IN MORE THAN 200 DISEASES. TULSI REDUCES HARMFUL MICROBES FROM DRINKING WATER. IT HAS THE ABILITY TO FIGHT COUGHS, COLDS, CHRONIC BACTERIAL DISEASE, SKIN DISEASES, RESPIRATORY ODOR, FACIAL LUSTER, ALLERGIES, ITCHING AND SO ON. BASIL HAS CANCER AS WELL AS CORONA VIRUS.

IN OUR AYUR ALLERGY CARE 1

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BRAHMI HAS ANTI-ALLERGIC PROPERTIES. IT HELPS A LOT IN CURING ALLERGY PROBLEMS. BRAHMI BALANCES THE KAPHA DOSHA, WHICH HELPS A LOT IN REDUCING ALLERGY SYMPTOMS SUCH AS ITCHING, RASHES AND IRRITATION IN THE EYES.

GUAVA OR GUAVA LEAVES AND FRUIT HAVE ANTI-ALLERGIC PROPERTIES. THEY HELP A LOT IN FIGHTING ALLERGIES. APPLYING A PASTE OF GUAVA LEAVES CURES SKIN ALLERGIES. AT THE SAME TIME, EATING ROASTED GUAVA ALSO REDUCES THE PROBLEM OF ALLERGIES. GUAVA CONTAINS A LOT OF VITAMIN C WHICH HELPS A LOT IN REDUCING ALLERGIES.

LEMON CONTAINS VITAMIN C, ANTI-INFLAMMATORY, ANTI-HISTAMINE AND ANTIOXIDANT PROPERTIES, WHICH HELPS A LOT IN REDUCING ALLERGY SYMPTOMS.

WHAT TO EAT IN AN ALLERGIC PROBLEM ?

ALLERGIES INCLUDE GARLIC, ONION, TURMERIC, GINGER, HONEY, YOGURT, ORANGES, STRAWBERRIES, APPLES, WATERMELON, CAULIFLOWER, PAPAYA MANGOES AND EAT FISH.

WHAT NOT TO EAT IN AN ALLERGIC PROBLEM?

DO NOT CONSUME THE THINGS THAT YOU ARE ALLERGIC TO.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR ALLERGY CARE 1**.
- TAKE **AYUR ALLERGY CARE 1** EVERY MORNING AND EVENING FOR 20 TO 25 ML AFTER 1 HOUR OF EATING. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR ALLERGY CARE 1**. YOU CAN EAT ANYTHING 1 HOUR BEFORE INTAKE OF **AYUR ALLERGY CARE 1** AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR ALLERGY CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

A DIFFERENT THINKING

AYUR GYNAE CARE 1 IS REDUCING EXCESSIVE BLOOD PRESSURE, CLEANING THE BLOOD AND MAKING NEW BLOOD, MAKE THE BODY STRONG AND HELPS WOMEN A LOT DURING MENSTRUATION. **AYUR GYNAE CARE 1** INCREASES ENERGY AND STRENGTH BY REMOVING PHYSICAL WEAKNESS IN WOMEN. **AYUR GYNAE CARE 1** REMOVES HORMONAL DISORDERS IN WOMEN. REGULATES MENSTRUATION NATURALLY. AND **AYUR GYNAE CARE 1** PROVIDES ESSENTIAL NUTRITION TO WOMEN FOR THE NATURAL GROWTH OF THE BODY. INCREASE IMMUNITY SYSTEM, TO PREVENT TUMOR GROWTH, FEVER, COLDS, COLD SORES, IN URINARY PROBLEMS, HEMORRHOIDS, DIGESTIVE SYSTEM PROBLEMS, IN LIVER PROBLEMS, TO RELIEVE CONSTIPATION, IN CANCER, UNDER STRESS, IRRITABILITY, VOMITING, DIZZINESS, INCREASING EYESIGHT, IN THE PROBLEM OF SUGAR, IN HEART DISEASES, FOR HAIR, STRENGTHEN BONES, RHEUMATOID ARTHRITIS, IN INFLAMMATION, IN ARTHRITIS, IN HEADACHE, IN JOINT PAIN, IN MUSCLE PAIN, IN SKIN PROBLEMS, FOR SEXUAL POWER BY STOPPING DREAMING AND REMOVING INFERTILITY, WHITE WATER (LEUCORRHEA) PROBLEM, IN SEX RELATED PROBLEMS, IN VIRAL INFECTIONS, IN BACTERIAL INFECTION, IN FUNGAL INFECTIONS, AND **AYUR GYNAE CARE 1** WORKS VERY WELL AS AN ENERGY BOOSTER.

A DIFFERENT THINKING



INGREDIENTS

KASIS SHUDDHA	15 MG.
DARU HARIDRA EXT. (BERBERIS ARISTATA) RHYZOME	15 MG.
CHIRAYTA EXT. (SWERTIA CHIRATA) PANCHANG	15 MG.
KABAB CHINI EXT (PIPER CUBEBA) BUD	20 MG.
JALAP EXT.(IPOMOEES TUREPETHUM) PANCHANG	20 MG.
BACH EXT (ACORUS CALAMUS) PANCHANG	20 MG.
SHIVLINGI EXT. (BROYNIA LACINIOSA)	20 MG.
NAGKESAR EXT. (MESUA FERREA) FLOWER	20 MG.
LAWANG EXT. (SYZYGIIUM AROMATICUS) BUD	60 MG.
TEJPAT EXT.(CINAMOMUM CASSIA) LEAF	60 MG.
PIPLI EXT. (PIPER LONGUM) SEED	60 MG.
GUDUCHI EXT. (TINOSPORA CORDIFOLIA) STEM	60 MG.
VIDNGA EXT. (EMBELIA RIBES) PANCHANG	60 MG.
ANANTMUL EXT. (HEMIDESMUS INDICUS) ROOT	60 MG.
DEODAR EXT. (CEDRUS DEODARA) BARK	60 MG.
JATAMANSI EXT. (NARDOSTACHYS JATAMANSI) ROOT	10 MG.
BALA EXT (SIDA CORDIFOLIA) FRUIT	15 MG.
MANGO EXT.(MANGIFERA INDICA) SEED	15 MG.
BAD CHHAL EXT (FICUS BENGALENSIS) BARK	15 MG.
SHALMALI EXT (BOMBAX MALABARICUM) RHYZOME	15 MG.
BEAL EXT (AEGLE MARMELOS) FRUIT	15 MG.
CATECHU EXT (ACACIA CATECHU) BARK	15 MG.
GINGER EXT (ZINGIBER OFFICINALE) RHYZOME	15 MG.
BHRING RAJ EXT (ECLIPTA ALBA) PANCHAG	15 MG.
JEERA EXT (CUMINUM CYMINUM) SEED	15 MG.
HARAD EXT. (TERMINALLA CHEBULA) FRUIT	20 MG.
LODHRA EXT. (SYMPLOCOS RACEMOSA) BARK	20 MG.
AMLA EXT (EMBLICA OFFICINALIS) FRUIT	20 MG.
ASHWAGANDHA EXT(WITHANIA SOMNIFERA) ROOT	60 MG.
KAMALA EXT (NELUMBIUM SPECIOSUM) RHYZOME	30 MG.
BAHERA EXT (TERMINALIA BELLIRICA) FRUIT	60 MG.
JAMUN EXT (EUGENIA JAMBOLANA) FRUIT	60 MG.
MUSTA EXT (CYPERUS ROTUNDUS) SEED	75 MG.
SHATAWARI EXT (ASPARAGUS RACEMOSUS) ROOT	125 MG.
DASHMOOL EXT (DASHMOOL) ROOT	125 MG.
ASHOKA EXT (SARACA INDICA) BARK	500 MG.
ALOEVERA RAS (ALOEVERA BARBADANSIS)	2 ML.
TULSI (OCIMUM SANCTUM) PANCHAG	60 MG.
PUNARNAVA (BOEHAAVIA DIFFUSA) W.P.	60 MG.
HALDI (CURCUMA LONGA) RHIZOME	30 MG.
KHAIR (SENEGALIA CATECHU) CHHAL	60 MG.



IN OUR AYUR GYNAE CARE 1

KASIS SHUDDHA IS GOOD FOR REMOVING WEAKNESS AFTER QUITTING DISEASE AND TO MAKE THE BODY STRONG BY CREATING NEW BLOOD IN THE BODY. KASIS SUDHA BRINGS STRENGTH AND STIFFNESS IN LOOSE LIMBS.

DARU HARIDRA IS AN AYURVEDIC MEDICINAL PLANT. WHITE WATER (LEUCORRHEA) PROBLEM IS OVERCOME IN WOMEN BY ITS USE GREATLY HELPS TO REDUCE EXCESSIVE BLOOD PRESSURE DURING MENSTRUATION. ITS USE IS BENEFICIAL IN PAIN AND CRAMPS DURING MENSTRUATION. **CHIRAYTA** HAS THE PROPERTY OF PURIFYING THE BLOOD. CHIRAYTA IS VERY GOOD IN BLOOD PRODUCTION. IN ADDITION, CHIRAITA IS AN ANTI-BIOTIC DRUG. WHICH HELPS A LOT IN INCREASING IMMUNITY. BY CONSUMING IT DAILY, GERMS ARE DESTROYED. AND DISEASES STAY AWAY. TUMOR GROWTH, COLDS, RHEUMATOID ARTHRITIS, PAIN, JOINT PAIN, SKIN DISEASE, FATIGUE, WEAKNESS, MUSCLE ACHES, SEX RELATED PROBLEMS, HEADACHE, ARTHRITIS, DIGESTIVE PROBLEMS, LIVER PROBLEM, INFECTION ETC. **KABAB CHINI** USE IN URINARY PROBLEM, PILES, CHRONIC COLD-COUGH, MOUTH SORES, FOUL SMELL, THE YELLOW LAYER ON THE TONGUE SOLIDIFIES, BAD TASTE OF MOUTH, THROAT DOWN, IT IS VERY BENEFICIAL FOR SEXUAL POWER BY STOPPING DREAMING AND ELIMINATING INFERTILITY. KABAB SUGAR IS ALSO KNOWN AS COLD SUGAR. IT HAS A SMALL STALK LIKE PEPPER. **JALAP** IS A MEDICINAL VINE. IT IS MAINLY A DENOMINATOR IN AYURVEDA (USEFUL MEDICINE FOR RELIEVING CONSTIPATION AND CHRONIC WOUNDS) IS USED AS . IT REMOVES THE PUS IN THE UTERUS, STOMACH, HEAD AND LIVER. CLEANS THE BLOOD. JALAP HELPS CLEAN THE STOMACH AND CURE FEVER DUE TO IMBALANCE OF TRIDOSHA. JALAP IS BENEFICIAL IN TREATING INFLAMMATION AND CONSTIPATION. **BACH** HELPS IN THE NORMAL DELIVERY. THIS MAKES IT EASIER FOR A CHILD TO BE BORN. USE OF BACH IS VERY BENEFICIAL TO REMOVE WEAKNESS AFTER DELIVERY. **SHIVLINGI** SEEDS ARE USED IN INDIAN FOLK LITERATURE ACCORDING TO MANY SPECIES WOMEN USED TO CONCEIVE. EVEN TODAY, THE NAME OF SHIVALINGI COMES IN THE MAIN HERBS THAT REMOVE STERILITY IN AYURVEDA. SHIVLINGI HAS BEEN USED AS AN APHRODISIAC AND FERTILITY ENHANCING HERB SINCE ANCIENT TIMES. WITH THE CONSUMPTION OF **NAGAKESAR** A WOMAN GETS A CHILD. MANY TIMES WOMEN START BLEEDING HEAVILY DURING MENSTRUATION. ALTHOUGH MENSTRUAL BLEEDING IS COMMON. BUT EXCESSIVE BLEEDING IS A PROBLEM. THIS PROBLEM IS ALSO KNOWN AS MENORRHAGIA. IF YOU ARE SUFFERING FROM THIS PROBLEM. SO THE USE OF NAGAKESAR IS THUS VERY BENEFICIAL. CONSUMPTION OF **LAWANG** IS USEFUL DURING PREGNANCY TO INCREASE THE BODY'S IMMUNITY. MINERALS PRESENT IN CLOVES SUCH AS MAGNESIUM, SODIUM AND PHOSPHORUS ARE BENEFICIAL FOR HEALTH. AND ALSO WORK TO DEVELOP THE BRAIN OF THE NEWBORN BABY.

IN OUR AYUR GYNAE CARE 1

TEJPAT MENSTRUAL PROBLEMS ARE A COMMON PHENOMENON IN GIRLS. THAT IS WHY BY CONSUMING TEJPAT, THEY GET RID OF THIS PROBLEM. TEJAPTA IS CAPABLE OF REMOVING INFERTILITY IN WOMEN, ELIMINATING INFERTILITY. THIS REMOVES THE PROBLEM OF UTERINE DYSFUNCTION IN WOMEN. AND IT IS EASY TO CONCEIVE.

PIPPALI THERE ARE MANY MENSTRUAL AND MANY HEALTH PROBLEMS ASSOCIATED WITH PIPPALI WOMEN. WHICH IS VERY UNCOMFORTABLE AND PAINFUL. TO AVOID THIS TYPE OF PROBLEMS, WOMEN SHOULD TAKE PIPPALI REGULARLY. THIS HELPS A LOT IN STOPPING HEAVY MENSTRUAL FLOW. AND ALSO TREATS PAIN DURING MENSTRUATION.

GUDUCHI HAS BEEN USED AS AN AYURVEDIC MEDICINE SINCE ANCIENT TIMES IN GUDUCHI, THERE IS A GLUCOSIDE CALLED GUILLOIN AND TINOSPORIN, PALMERIN AND TINOSPORIC ACID ARE FOUNDAPART FROM THIS, COPPER, IRON, PHOSPHORUS, ZINC, CALCIUM AND MANGANESE ARE ALSO FOUND IN ABUNDANCE IN GUDUCHI.

VIDANGA IS VERY USEFUL IN REMOVING THE IMPURITIES OF THE BLOOD, AS WELL AS IN REMOVING TOXINS FROM THE BODY DUE TO THE ANTIHYPERTENSIVE PROPERTIES INVOLVED IN THE VINDGA.

ANANTMOOL WOMEN WHO HAVE AN ABORTION DUE TO SOME REASON OR CHILD DIE AT THE TIME OF BIRTH, IN THAT CASE, THE INTAKE OF ANANTMOOL IS VERY BENEFICIAL.

DEODAR PURIFIES BLOOD. BENEFICIAL IN INCREASING EYESIGHT, BENEFICIAL IN DIABETES PROBLEM, BENEFICIAL IN HEART DISEASES, BENEFICIAL FOR HAIR, BENEFICIAL IN STRENGTHENING BONES DEODAR IS VERY BENEFICIAL IN OTHER DISEASES.

JATAMANSI REDUCES SYMPTOMS OF MENSTRUATION. SUCH AS TROUBLE SLEEPING, HEADACHE, IRRITABILITY, DIZZINESS, FATIGUE, STRESS ETC. IN TODAY'S WOMEN, PAIN DURING MENSTRUATION HAS BECOME A COMMON PRACTICE. IN SUCH A SITUATION, BY CONSUMING JATAMANSI TO THESE WOMEN, RELIEVES THE PAIN DURING MENSTRUATION. CONSUMPTION OF JATAMANSI IN MENSTRUATION IS BENEFICIAL FOR WOMEN.

BALA IS AN ANCIENT AYURVEDIC MEDICINE. WHICH IS KNOWN AS SIDA CORDIFOLIA IN AYURVEDA. STRENGTHENING OF BONES, STRENGTHENING OF MUSCLES AND JOINTS, IT IS VERY BENEFICIAL IN CURING BLADDER IRRITATION AND CURING HEART DISEASES.

MANGO (MANGIFERA INDICA) IS VERY BENEFICIAL FOR THE TREATMENT OF MEDICINAL DIABETES, STRESS, VIRAL INFECTIONS, INFLAMMATION, BACTERIAL INFECTIONS, FUNGAL INFECTIONS, STOMACH DISCOMFORT, CANCER AND OTHER CONDITIONS.

BAD CHHAL IS VERY BENEFICIAL FOR STERILITY IN WOMEN. ITS INTAKE REMOVES THE PROBLEM OF INFERTILITY FOR WOMEN.

IN OUR AYUR GYNAE CARE 1

SHALMALI IS A NATURAL TREE USED IN ANCIENT AYURVEDA MEDICINE. WHICH IS KNOWN FOR ITS BENEFICIAL MEDICINAL PROPERTIES. THIS NATURAL TREE IS USED IN AYURVEDA TO CORRECT APHRODISIAC PROBLEMS THAT INCREASE THE STRENGTH OF THE BODY.

BEAL REGULAR INTAKE OF BEAL CLEARS THE BLOOD. AIDS IN PREVENTION OF HEART RELATED DISEASES, GAS, RELIEF OF CONSTIPATION PROBLEM, IS VERY HELPFUL IN CONTROLLING CHOLESTEROL LEVEL. ALSO BENEFICIAL FOR NEW MOTHER. IT IS HELPFUL IN IMPROVING THE HEALTH OF THE MOTHER. AND ALSO ENHANCES BREAST MILK PRODUCTION. FOR PREVENTION OF CANCER, BEAL IS VERY USEFUL IN OTHER DISEASES, WHICH HELP IN CLEANING THE BLOOD.

CATECHU USE OF CATECHU IS VERY USEFUL IN CURING MOUTH BLISTERS, SORE THROAT, DIABETES, LEUKORRHEA, ARTHRITIS, INFECTION PREVENTION, LIVER DISEASES.

GINGER IS EFFECTIVE IN REDUCING MORNING SICKNESS DURING PREGNANCY (MORNING SICKNESS, NAUSEA, VOMITING, DIZZINESS). LIKE VITAMIN B6. OFTEN, WOMEN SUFFER FROM MORNING SICKNESS IN THE EARLY MONTHS OF PREGNANCY. IN THIS CASE, THE USE OF GINGER HELPS A LOT IN PREVENTING NAUSEA.

BHRINGRAJ IS USED IN AYURVEDA AS AN ENERGY BOOSTER DUE TO ITS MEDICINAL PROPERTIES. WITH ITS USE, THE ENERGY THAT IS LOST WITH AGE IS BROUGHT BACK AGAIN. APART FROM THIS, IT IMPROVES THE IMMUNE SYSTEM AND PREPARES THE BODY TO FIGHT AGAINST DISEASES. IT IS ALSO USED TO INCREASE PHYSICAL ENERGY. ALMOST EVERY WOMAN HAS PROBLEMS LIKE VERTIGO, ABDOMINAL CRAMPS, NAUSEA, ABDOMINAL PAIN DURING MENSTRUATION. IN SUCH A SITUATION IT IS GOOD TO EAT **JEERA** ALONG WITH NUTRITIOUS DIET. SOME WOMEN HAVE TO CONTEND WITH IRREGULAR MENSTRUATION. IN THIS STAGE SOME WOMEN TAKE MEDICINES. WHICH IS NOT CORRECT. THIS HAS ITS CONSEQUENCES LATER.

HARAD HAS MANY BENEFITS. HARAD IS CONSIDERED VERY GOOD IN MAKING SEX LIFE ENJOYABLE AND IN SOLVING PROBLEMS RELATED TO SEX LIFE. THE DRIED FRUIT OF THE HARITAKI TERMINALIA CHEBULA TREE IS CALLED.

LODHRA IS CONSIDERED TO BE THE MAIN MEDICINE FOR FEMALE DISEASES IN AYURVEDA. IT IS A MEDICINE THAT WORKS ON HORMONES. WOMEN HAVE TO FACE MANY PROBLEMS DURING THEIR PERIODS. THESE INCLUDE IRREGULAR PERIOD CYCLES, ABDOMINAL AND BACK PAIN, EXCESSIVE BLEEDING.

AMLA EATING AMLA IS VERY BENEFICIAL. IF AMLA IS EATEN DAILY, THEN THE VITAMIN AND MINERAL PERIODS PRESENT IN THE AMLA GET RID OF THE PROBLEMS RELATED TO IT.

ASHWAGANDHA IS GOOD FOR EVERYONE'S HEALTH. BUT IT IS PARTICULARLY BENEFICIAL FOR WOMEN'S HEALTH. THERE ARE MANY HORMONAL CHANGES IN THE BODY OF WOMEN. BECAUSE OF WHICH THEIR HEALTH IS AFFECTED.

IN OUR AYUR GYNAE CARE 1

APART FROM THIS, THE NUTRIENTS FOUND IN ASHWAGANDHA HELPS A LOT IN FIGHTING THE BODY'S BACTERIA, VIRUSES AND GERMS. AND KEEPS THE BODY HEALTHY.

KAMALA IS BENEFICIAL IN VOMITING, STOMACH PAIN, MODERATE CONSTIPATION, STRONG HEARTBEAT, DIZZINESS, TINGLING OR NUMBNESS, STOMACH IRRITATION AND SWELLING, INDIGESTION, BELCHING ETC.

BAHEDA RELIEVES CONSTIPATION. IT MAKES THE STOMACH STRONG. INCREASES APPETITE. AIR CURES DISEASES WITH THE HELP OF DIARRHEA. IT ALSO REMOVES DEFECTS OF BILE. RELIEVES HEADACHES, ELIMINATES PILES. MAKES EYES AND BRAIN HEALTHY AND POWERFUL. IT ELIMINATES PHLEGM. WIPES HAIR WHITENESS. AND MAKES HAIR BEAUTIFUL. DEFECATES THE DEAF-PHLEGM AND BILE. IT CORRECTS HOARSENESS (SORE THROAT). IT DESTROYS INTOXICATION, BLOOD DISORDERS AND STOMACH WORMS. AND IT IS ALSO VERY USEFUL IN TUBERCULOSIS (TB) AND LEPROSY (LEPROSY, WHITE SPOTS).

JAMUN ARE DELICIOUS TO EAT. IT ALSO HAS MANY MEDICINAL PROPERTIES. THE AMOUNT OF MINERALS IN BERRIES IS HIGH. PROTEIN AND CALCIUM ARE FOUND IN HIGH QUANTITY IN ITS SEEDS. BERRIES ALSO CONTAIN IRON AND VITAMINS.

MUSTA OR MOTHA IS ASTRINGENT, PUNGENT AND BITTER IN TASTE, COLD ON DIGESTION, LIGHT IN DIGESTION AND FIBER-RICH. IT INCREASES APPETITE. AND ALSO DIGESTS FOOD. THIS ELIMINATES THIRST. ELIMINATES SKIN DISEASES ESPECIALLY ITCHING. PURIFIES MOTHER'S MILK. AND ELIMINATES INFECTION OF THE VULVA.

SATAWARI IS CONSIDERED AN EXCELLENT TONIC FOR PREGNANT WOMEN. IT NOURISHES THE WOMB AND PREPARES THE ORGANS OF THE PREGNANT WOMAN FOR CONCEPTION. AND PREVENTS ABORTION. AND FOLATE (FOLIC ACID) DOES NOT ALLOW CHILDREN IN THE WOMB TO HAVE PROBLEMS WITH THE SPINE, BRAIN. FOLATE (FOLIC ACID) REDUCES ALL THE DEFECTS AND RISKS ASSOCIATED WITH CHILDBIRTH. IT REGULATES THE PRODUCTION OF MOTHER'S MILK. AND ENHANCES ITS QUALITY. FOLATE (FOLIC ACID) ALONG WITH VITAMIN B12 AND VITAMIN C HELPS IN THE BREAKDOWN, USE AND FORMATION OF PROTEINS IN THE BODY. FOLATE (FOLIC ACID) HELPS IN MAKING RED BLOOD CELLS. AND ALSO CREATES DNA.

DASHMOOL IS VERY BENEFICIAL FOR WOMEN WHO GIVE BIRTH TO CHILDREN. AND AFTER THE BIRTH OF THE CHILD, FEVER, COUGH, LOSS OF APPETITE, WEAKNESS ETC. PROTECT THE TENTACLES. MOTHER-CHILD IS SAFE DUE TO ITS USE.

ASHOKA IS PARTICULARLY BENEFICIAL IN SOME DISEASES OF WOMEN. IT IS BENEFICIAL FOR BOTH MENSTRUAL PAIN OR WHITE LEUCORRHOEA.

ALOEVERA JUICE MANY NATURAL AND MEDICINAL PROPERTIES ARE FOUND IN ALOEVERA JUICE. ENERGY IS CONSUMED BY DRINKING ALOE VERA JUICE REGULARLY. ALOE VERA JUICE CONTAINS MANY NUTRIENTS, VITAMINS AND MINERALS. WHICH IMPROVES THE SYSTEM OF THE BODY. AND THIS BRINGS ENERGY TO THE BODY. DRINKING THIS ALSO INCREASES THE BODY'S IMMUNITY. ALOE VERA JUICE IS BENEFICIAL FOR BOTH OUR HEALTH AND BEAUTY.

IN OUR AYUR GYNAE CARE 1

TULSI EVERY PART OF THE TULSI PLANT HAS BEEN DESCRIBED AS BENEFICIAL FOR HEALTH IN AYURVEDA. IT HAS MANY MEDICINAL PROPERTIES. TULSI IS NOT JUST A PLANT. SCIENTISTS HAVE PROVED THAT TULSI HAS MANY THERAPEUTIC PROPERTIES. RESEARCH HAS BEEN CONDUCTED TO INCREASE THE MEDICINAL PROPERTIES OF BASIL USING GENETIC TECHNOLOGY AT A UNIVERSITY IN THE US. ACCORDING TO THE SCIENTISTS INVOLVED WITH THIS RESEARCH, BREAST CANCER DRUG CAN BE DEVELOPED FROM TULSI. MANY DISEASES ARE CURED BY USING TULSI AND THE BODY IS ALSO BALANCED. IF WOMEN COMPLAIN OF IRREGULARITY IN PERIODS, IT IS BENEFICIAL TO USE TULSI. APART FROM THIS, REGULAR CONSUMPTION OF TULSI ALSO REMOVES IRREGULARITY OF THE MENSTRUAL CYCLE.

PUNARNAVA A MEDICINAL PLANT IS DESCRIBED IN AYURVEDIC TEXTS KNOWN AS PUNARNAVA. WHICH LITERALLY MEANS RESURRECTION (REVIVAL) AND THIS IS WHAT THIS PLANT IS USED FOR. IT CONTAINS ELEMENTS LIKE VITAMIN C, IRON, PROTEIN, CALCIUM AND SODIUM. PUNARNAVA IS A MEDICINE THAT HELPS IN KEEPING MANY TYPES OF DISEASES AWAY FROM THE BODY AND ALSO IN THEIR TREATMENT. ITS USERS ALSO AVOID GETTING VULNERABLE TO SERIOUS DISEASES. CONSUMPTION OF PUNARNAVA IS ALSO BENEFICIAL TO AVOID MANY TYPES OF KIDNEY DISEASES.

HALDI IS USED AS A MEDICINE IN AYURVEDA. HALDI HAS ANTI-BACTERIAL PROPERTIES. THE AMINO ACID PRESENT IN HALDI HELPS IN GOOD SLEEP. IT IS BELIEVED THAT HALDI REDUCES THE CALCIUM PRESENT IN MILK AND OTHER MINERALS PRESENT IN THE BODY.

KHAIR OR KHADIR AYURVEDIC TEXTS STATE THAT KHAIR OR KHADIR IS A GOOD MEDICINE FOR SKIN DISEASES LIKE LEPROSY, ECZEMA ETC. KHAIR (KHADIR) IS PUNGENT AND ASTRINGENT IN TASTE. ITS EFFECT IS COLD. IT HAS THE PROPERTIES OF FEELING HUNGRY AND DIGESTING FOOD EASILY. IT IS STRONG IN BODY AND TEETH STRONG. IT GIVES RELIEF FROM STOMACH ACHE.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR GYNAE CARE 1**.
- TAKE **AYUR GYNAE CARE 1** EVERY MORNING AND EVENING FOR 20 TO 25 ML AFTER 1 HOUR OF EATING FOOD. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR GYNAE CARE 1**. YOU CAN EAT ANYTHING 1 HOUR BEFORE INTAKE OF **AYUR GYNAE CARE 1** AND 1 HOUR AFTER INTAKE.
- IT IS MANDATORY TO PROVIDE **AYUR ENERGY CARE 1** TOGETHER.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR GYNAE CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

FRIENDS, DO YOU KNOW THAT INDIA IS CALLED THE CAPITAL OF DIABETES IN THE WORLD.

AYUR DIABETES CARE 1 DUE TO OUR DETERIORATING LIFESTYLE, OUR BODY HAS BECOME HABITATION TO MANY DISEASES. ONE OF THESE DISEASES IS DIABETES. AT ONE POINT OF TIME, THIS DISEASE USED TO HAPPEN ONLY TO PEOPLE ABOVE 50 YEARS. BUT TODAY EVERYONE SUFFERS FROM IT. USING **AYUR DIABETES CARE 1** CAN CURE DIABETES. DIABETES IS ONE SUCH CONDITION. WHICH HINDERS THE ABILITY OF THE BODY TO INCREASE BLOOD SUGAR EXCESSIVELY. WHICH IS KNOWN AS BLOOD SUGAR. THE RESULT OF **AYUR DIABETES CARE 1** IS VERY GOOD. THROUGH **AYUR DIABETES CARE 1**, UP TO 570 SUGAR LEVELS HAVE BEEN CURED. AND A LOT OF PEOPLE HAVE ALSO STOPPED TAKING INSULIN.

INGREDIENTS

JAMUN PHAL (EUGENIA JAMBOLANA) FRUIT	250 MG.
KARELA (MOMORDICA CHARANTIA) FRUIT	250 MG.
GURMAR (GYMNEMA SYLVESTRE) LEAF	250 MG.
TRIPHALA (TERMINALIA CHEBULA) FRUIT	300 MG.
NEEM (AZADIRACHTA INDICA) LEAF	50 MG.
METHI (TRIGONELLA FOENUM GRAECUM) SEED	100 MG.
GILOY (TINOSPORA CORDIFOLIA) STEM	100 MG.
VIJAYSAR EXT (PTEROCARPUS MARSUPIUM) STEM	100 MG.
ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	1.0 ML.



IN OUR AYUR DIABETES CARE 1

JAMUN PHAL ARE SIMILAR TO NECTAR FOR DIABETIC PATIENTS. THE JAMBOLIN PRESENT IN ITS SEEDS DOES NOT ALLOW THE BODY TO CONVERT THE STARCH (SUGAR MIXED IN FOOD) WITH FOOD INTO SUGAR DUE TO WHICH THE SUGAR IN THE BLOOD DOES NOT EXCEED THE NORMAL BERRIES INCREASE APPETITE. AND DIGESTS FOOD. DIRT COMES OUT FROM THE BODY. ITS SOURNESS AND ACIDIC PROPERTIES REMOVES BLOOD-DEFECTS. ITS REGULAR INTAKE CONTROLS THE AMOUNT OF GLUCOSE IN THE BLOOD. **KARELA** JUICE IS VERY BENEFICIAL FOR DIABETES PATIENTS. BITTER GOURD JUICE KEEPS THE BLOOD SUGAR LEVEL NORMAL IN THE BODY IN A NATURAL WAY. IT ACTIVATES INSULIN IN THE BODY. AND WHEN THIS HAPPENS, THE SUGAR PRESENT IN THE BODY IS USED ADEQUATELY. AND IT DOES NOT TURN INTO FAT.

GURMAR HAS MANY BENEFITS. BECAUSE IT IS AN AYURVEDIC MEDICINAL TREE. WHICH HAS BEEN USED IN LARGE QUANTITIES IN AYURVEDA FOR THE TREATMENT OF DIABETES FOR CENTURIES. THIS HERB IS FOUND IN TROPICAL (HOT SPOT FORESTS) FORESTS.

TRIPHALA IS QUITE USEFUL IN AYURVEDA FOR DIABETES. IT IS BENEFICIAL IN ALL URINARY DISORDERS AND DIABETES. THAT IS WHY TRIPHALA IS CALLED THE PRECIOUS GIFT OF AYURVEDA.

IN OUR AYUR DIABETES CARE 1

NEEM IS A MEDICINAL PLANT. WHICH IS USED EXTENSIVELY TO TREAT MANY DISEASES. NEEM IS ONE SUCH PLANT OR TREE FOUND ALMOST ALL OVER INDIA. AND EVERY PART OF IT IS VERY BENEFICIAL WITH THERAPEUTIC PROPERTIES. ACCORDING TO SOME STUDIES AND EXPERTS, NEEM CONTAINS ACTIVE INGREDIENTS WITH ANTI-BIOTIC PROPERTIES. WHICH ARE VERY HELPFUL IN CONTROLLING DIABETES.

METHI IS VERY HELPFUL IN CONTROLLING DIABETES. THE FIBER CALLED GALACTOMANNAN PRESENT IN FENUGREEK REDUCES THE ABSORPTION OF SUGAR IN THE BLOOD. WITH THIS, THE BLOOD SUGAR LEVEL OF THE BODY IS CONTROLLED. AND THERE IS PREVENTION FROM DIABETES. **GILOY** CONTAINS MANY OTHER NUTRIENTS LIKE PHOSPHORUS, COPPER, CALCIUM, ZINC. GILOY IS RICH IN ANTIOXIDANTS. THE ANTI-INFLAMMATORY AND ALKALINE PROPERTIES PRESENT IN GILOY HELP IN DIGESTION. IN DIABETES, IT IS HELPFUL IN REDUCING BLOOD GLUCOSE LEVELS. GILOY IS A BOON FOR DIABETIC PATIENTS. THE **VIJAYSAR** TREE HAS BEEN USED FOR MEDICINAL USE SINCE ANCIENT TIMES. THE BENEFITS OF VIJAYSAR ARE MAINLY KNOWN TO OVERCOME A SERIOUS PROBLEM LIKE DIABETES. BY CONSUMING VIJAYSAR, IT REMOVES THE SYMPTOMS OF DIABETES LIKE FREQUENT URINATION, FREQUENT HUNGER AND THIRST, BODY PAIN AND BURNING SENSATION ETC. OTHER NUTRIENTS PRESENT IN VIJAYSAR ALSO INCLUDE IRON. **ALOEVERA RAS** DIABETES IS CONTROLLED BY THE CONSUMPTION OF ALOEVERA RAS. ALOEVERA HAS ALSO BEEN CONSIDERED BENEFICIAL IN MANY STUDIES AS A TREATMENT FOR DIABETES. CONSUMPTION OF ALOEVERA RAS GREATLY HELPS IN REDUCING SUGAR LEVEL. APART FROM ALL THIS, ELEMENTS LIKE CHROMIUM AND MANGANESE ARE ALSO FOUND IN IT. THOSE WHO MAINTAIN INSULIN LEVELS IN THE BODY. AND PROTECT YOU FROM DIABETES.

IF YOU TAKE CARE OF YOUR LIFESTYLE AND DIET THEN YOU CAN KEEP DIABETES BALANCED. EVERYONE NEEDS TO KNOW SOME SYMPTOMS OF DIABETES. IT HAS MANY VISIBLE SYMPTOMS. WHICH IF YOU PAY ATTENTION IN TIME. SO THIS DISEASE CAN BE CONTROLLED.

❖ **BELOW, WE ARE TELLING YOU SOME SUCH SYMPTOMS OF DIABETES.**

- | | |
|---|---------------------------------|
| ✓ FREQUENT URINATION | ✓ WEAK EYESIGHT |
| ✓ COMPLAINING OF CONSTANT BODY PAIN | ✓ SUDDEN GAIN OR LOSS OF WEIGHT |
| ✓ FREQUENT SKIN AND PRIVATE PARTS INFECTION OR CAVITY | ✓ CHRONIC FATIGUE OR WEAKNESS |
| ✓ EARLY WOUND HEALING | ✓ EXCESSIVE HUNGER |
| ✓ DRY THROAT OR FREQUENT THIRST | ✓ IRRITABILITY IN BEHAVIOR |

WHAT TO EAT IN A DIABETES PROBLEM ?

FISH, SUNFLOWER SEEDS AND OIL, PUMPKIN SEEDS, FLAXSEED AND FLAXSEED OIL, SESAME AND SESAME OIL, SPINACH, WALNUTS, SOY, CABBAGE, FLOWER CABBAGE, CORN, SWEET POTATOES, GREEN BEANS, MUSTARD GREENS, PEAS, GINGER GARLIC, ONION, CARROT, CUCUMBER, APPLE, BANANA, PLUM, MANGO PAPAYA, PINEAPPLE, GUAVA, WATERMELON, POMEGRANATE, GRAM FLOUR, BROWN RICE, MILLET BREAD, EAT LENTILS, DRIED FRUITS, ALMONDS, CASHEWS AND PISTACHIOS.

WHAT SHOULD NOT BE EATEN IN DIABETES PROBLEM ?

SUGAR, GLUCOSE, JAGGERY, HONEY, SWEETS, CREAM BISCUITS, ICE CREAM, CAKES, CHOCOLATE, PASTRIES, JAM, JELLY, OIL PICKLES, FRIED PAPAD, SAGO, NAMKEEN, KACHORI, BUTTER, MILK CREAM, DO NOT CONSUME CHEESE, COCONUT, PEANUTS, EGG YOLK, FRIED CHICKEN, COLD DRINKS, SYRUP, POTATOES AND RAW BANANAS.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR DIABETES CARE 1**.
- TAKE **AYUR DIABETES CARE 1** EVERY MORNING AND EVENING FOR 20 TO 25 ML 1 HOUR BEFORE MEALS. AND IT IS MANDATORY TO TAKE **AYUR NONI JUICE 1** TOGETHER. IF THE PATIENT IS VERY WEAK THEN ALSO TAKE **AYUR ENERGY CARE 1**. AND KEEP IN MIND THAT **AYUR DIABETES CARE 1**, **AYUR NONI JUICE 1** AND **AYUR ENERGY CARE 1** CAN BE TAKEN AT AN INTERVAL OF 30 MINUTES. AND DO NOT EAT ANYTHING IMMEDIATELY AFTER CONSUMING THEM. YOU CAN EAT ANYTHING 1 HOUR BEFORE INTAKE AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR DIABETES CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

USING **AYUR LIVER CARE 1** CAN CURE LIVER DISEASES. THE LIVER IS A PART OF THE SHAPE OF A FOOTBALL. LIVER DISEASE CAN BE GENETIC. OR DUE TO A NUMBER OF FACTORS THAT CAUSE LIVER DAMAGE, SUCH AS THE USE OF VIRUSES AND ALCOHOL. OBESITY IS ALSO ASSOCIATED WITH LIVER DAMAGE. OF TIME CIRRHOSIS OCCURS DUE TO LIVER DAMAGE. IN WHICH THE LIVER STARTS TO DETERIORATE SLOWLY. AND THE LIVER DOES NOT FUNCTION NORMALLY. AND IN THIS PROCESS, SCAR MARKS ARE FORMED ON THE SCAR TISSUES. THESE SCAR TISSUES DESTROY HEALTHY TISSUES. DUE TO WHICH BLOOD FLOW IN LIVER IS REDUCED. DUE TO WHICH THE LIVER FAILS MOST. AND THERE CAN BE GREAT DANGER TO LIFE. **AYUR LIVER CARE 1** WORKS VERY WELL IN CLEANSING THE LUNGS, PROTECTING THE LIVER FROM BACTERIAL ATTACK, REDUCING LIVER INFLAMMATION, CANCER, CONSTIPATION, DIARRHEA, SKIN, TUMOR RELATED PROBLEMS.

INGREDIENTS

CHIRAYATA EXT (SWERATA CHIRAYATA) WHOLE PLANT	75 MG.
KUTKI EXT (PICRORHIZA KURROA) WHOLE PLANT	75 MG.
BHRING RAJ EXT (ECLIPTA ALBA) WHOLE PLANT	100 MG.
BHUIAMLA EXT (PHYLLANTHUS NIRURI) WHOLE PLANT	250 MG.
KASNI EXT (CICHORIUM ENDIVIA) WHOLE PLANT	125 MG.
AMALTAS EXT (CASSIA FISTULA) FRUIT	75 MG.
PUNARNAVA EXT (BOERHAVIA DIFFUSA) ROOT	250 MG.
SOUNF EXT (FINCECULAM BALGARE) SEED	75 MG.
GILOY EXT (TINOSPORA CORDIFOLIA) STEM	50 MG.
MAKOYA EXT (SOLANUM NIGRUM) ROOT	250 MG.
TRIPHALA (TRIPHALA) FRUITS	125 MG.
ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	5.0 ML.
NAGARMOTHA EXT. (CYPERUS SCARIOSUS)	125 MG.
SHARPUNKHA EXT. (TEPHROSIA PURPUREA)	75 MG.



IN OUR AYUR LIVER CARE 1

CHIRAYTA IS VERY GOOD FOR LIVER PROBLEMS SUCH AS CIRRHOSIS, FATTY LIVER AND OTHER DISEASES. IT RECHARGES LIVER CELLS. AND STIMULATES THEIR FUNCTIONING. THIS IS THE BEST LIVER DETOX FIRE.

KUTKI EATING KUTKI HIMALAYAN HERB HELPS A LOT TO KEEP AWAY LIVER PROBLEMS AND PROMOTES YOUR LIVER HEALTH. IT CLEANSSES THE LUNGS TO INCREASE LIVER FUNCTIONING. AND PROTECTS THE LIVER FROM BACTERIAL ATTACK.

IN OUR AYUR LIVER CARE 1

BHRINGRAJ IS USED TO MAKE AYURVEDIC MEDICINES. BHRINGRAJ HAS THE ABILITY TO PROVIDE SUFFICIENT AMOUNT OF ENERGY. BHRINGRAJ IS CONSIDERED A BETTER AYURVEDIC MEDICINE TO KEEP THE LIVER HEALTHY.

BHUIAMLA ARE MIRACULOUSLY USEFUL IN INCREASING LIVER INFLAMMATION, CIRRHOSIS, FATTY LIVER, BILIRUBIN (WHICH LEADS TO JAUNDICE WHEN THERE IS A HIGH LEVEL OF BILIRUBIN). A SMALL FRUIT GROWS UNDER THE LEAVES OF THE GROUND-GOOSEBERRY TREE. WHICH LOOKS LIKE AMLA IN SIGHT.

CONSUMPTION OF **KASNI** HELPS TO KEEP THE LIVER HEALTHY AND BENEFICIAL IN LIVER DISEASES. THE KIDNEYS AND LIVER ACT AS THE MAJOR DETOXIFYING IN OUR BODY.

KNOWING THE BENEFITS OF **AMALTAS** YOU CAN FIX MANY OF YOUR HEALTH PROBLEMS. ALL PARTS OF THIS TREE LADEN WITH YELLOW FLOWERS HAVE MEDICINAL PROPERTIES. THE HEALING PROPERTIES OF AMALATAS HELP A LOT TO OVERCOME CANCER, CONSTIPATION, DIARRHEA, SKIN, TUMOR RELATED PROBLEMS. THIS TREE IS USED AS AN HERB IN AYURVEDA.

PUNARNAVA IS BENEFICIAL TO USE IN THE INITIAL STAGE OF ANY INFECTION OF THE LIVER. BECAUSE IT HELPS A LOT IN IMPROVING THE HEALTH AND ENDURANCE OF THE BODY.

SOUNF FLAVOR IS COLD. CONSUMING FENNEL IS BENEFICIAL FOR LIVER. CONSUMPTION OF FENNEL KEEPS THE LIVER CLEAN AND HEALTHY. ANTIOXIDANT PROPERTIES IN **GILOY** INHIBIT NON-ALCOHOLIC FATTY LIVER. GILOY CLEANSSES THE LIVER AND KIDNEY BY CLEANING WITHIN THE BODY.

CONSUMPTION OF **MAKOYA** CURES THE PROBLEM OF LIVER ENLARGEMENT. MAKROYA IS VERY USEFUL FOR LIVER DISEASES. LIVER, SWELLING OF HANDS, FEET, FACE AND ABDOMEN OCCURS DUE TO LIVER DISEASE. MAKROYA ELIMINATES THIS INFLAMMATION.

TRIPHALA PROTECTS THE LIVER FROM MANY DISEASES. IT IS VERY BENEFICIAL FOR LIVER. TRIPHALA IS A COMBINATION OF SUCH HERBS. WHICH IMPROVES THE NATURAL FUNCTIONING OF THE KIDNEYS FROM WEIGHT LOSS. TRIPHALA HELPS A LOT IN STRENGTHENING THE KIDNEYS AND LIVER AND CORRECTING THE BODY'S EXCRETION (DREAMING).

CONSUMPTION OF **ALOEVERA RAS** REDUCES FAT CONTENT IN FATTY LIVER. AND HELPS A LOT IN FATTY LIVER CELLS TO FUNCTION WELL. WHICH MAKES THE CELLS WORK SMOOTHLY. AND THE SIZE OF THE LEVER DOES NOT ALLOW TO INCREASE.

IN OUR AYUR LIVER CARE 1

NAGARMOTHA IS AN AYURVEDIC PLANT. WHICH GROWS AS A WEED ALL OVER INDIA. CONSUMING NAGARMOTHA HELPS IN PREVENTING LIVER DISEASES. NAGARMOTHA IS PUNGENT AND BITTER. ITS EFFECT IS COLD. IT IS LIGHT TO DIGEST. THE USE OF NAGARMOTHA REDUCES THE CHANCES OF GETTING LIVER DISEASE.

SHARAPUNKHA IS A MEDICINAL PLANT. SHARAPUNKHA IS BEING USED AS A MEDICINE IN AYURVEDA SINCE ANCIENT TIMES. ITS ENTIRE PLANT IS USED FOR MEDICINAL PURPOSES. USE OF SHARAPUNKHA RELIEVES PROBLEMS OF ENLARGED LIVER AND SPLEEN. AND MAINTAINS THE LIVER AND SPLEEN IN THEIR NORMAL SIZE. SHARAPUNKHA IS A VERY USEFUL MEDICINE IN LIVER DISEASES AND TO INCREASE LIVER PERFORMANCE.

WHAT TO EAT IN LIVER PROBLEM ?

COFFEE, HERBAL TEA, FATTY FISH, OLIVE OIL, GREEN FRESH VEGETABLES, LEAF CABBAGE, CAULIFLOWER, GARLIC, ONION, TOMATO, GINGER, CARROT, CUCUMBER, BEETROOT, WALNUT, OATMEAL, FRESH FRUIT, BERRIES, GRAPEFRUIT AND DRINK PLENTY OF WATER.

WHAT SHOULD NOT BE EATEN IN LIVER PROBLEMS?

DO NOT CONSUME ALCOHOL, SUGAR, FRIED FOODS, HIGH SALT FOODS, MUTTON, REFINED GRAINS, RICE, PASTA, WHITE BREAD, AND RED MEAT.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR LIVER CARE 1**.
- TAKE **AYUR LIVER CARE 1** ON AN EMPTY STOMACH 20 TO 25 ML DAILY IN THE MORNING FOR THE FIRST 15 DAYS. TAKE 20 TO 25 ML IN THE AFTERNOON AND EVENING AFTER 1 HOUR OF EATING. AND AFTER 15 DAYS, TAKE 20 TO 25 ML ON AN EMPTY STOMACH EVERY MORNING. AND IN THE EVENING, TAKE 20 TO 25 ML AFTER 1 HOUR OF EATING. AND IT IS MANDATORY TO TAKE **AYUR IMMUNITY CARE 1** ALONG WITH **AYUR LIVER CARE 1**. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER THE INTAKE OF **AYUR LIVER CARE 1** AND **AYUR IMMUNITY CARE 1**. YOU CAN EAT ANYTHING 1 HOUR BEFORE INTAKE AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR LIVER CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

USING **AYUR FAT CARE 1**, WE CAN IMPROVE OVERALL HEALTH BY REMOVING EXCESS FAT FROM OUR ENTIRE BODY. APART FROM DIET AND EXERCISE, MANY OTHER REASONS CAN AFFECT WEIGHT. WHICH CAUSE HORMONAL DISORDERS AND IMPAIRMENT OF BODY PARTS AND FUNCTIONS. THOUSANDS OF DISEASES ARISE DUE TO INCREASE IN UNNECESSARY FAT IN OUR BODY. **AYUR FAT CARE 1** WORKS GREAT IN REMOVING EXCESS BODY FAT. **AYUR FAT CARE 1** EXCELLENT IN REMOVING BAD CHOLESTEROL IN THE BODY, REDUCING HUNGER, REDUCING WEIGHT, DESTROYING TOXIC SUBSTANCES FROM THE BODY, ENHANCING IMMUNITY AND CORRECTING DIGESTIVE SYSTEM.

INGREDIENTS

GUGGAL EXT. (COMMIPHORA MUKUL)	200 MG.
GARLIC EXT. (ALLIUM SATIVUM)	200 MG.
KOKUM EXT. (GARCINIA CAMBOGIA)	200 MG.
GREEN TEA EXT. (CAMELLIA SINENSIS)	600 MG.
ALOEVERA RAS (ALOEVERA BARBADENSIS)	5 ML.



IN OUR AYUR FAT CARE 1

THE INTAKE OF **GUGGUL** HAS BEEN DESCRIBED IN AYURVEDA. GUGGUL IS USED IN MANY MEDICINES. GUGGUL IS VERY HELPFUL IN SPEEDING UP THE METABOLIC RATE OF THE BODY. GUGGUL IS VERY HELPFUL IN REDUCING THE BODY'S BAD CHOLESTEROL AS WELL.

GARLIC REDUCES HUNGER. GARLIC LEAKS OUT NOREPINEPHRINE (AN IMPORTANT BRAIN CHEMICAL) IN OUR BODY. AND NEUROTRANSMITTERS (CARRYING SIGNALS IN THE VEINS) ARE CHEMICAL. THIS IMPROVES THE METABOLIC PROCESS OF THE BODY. AND THE WEIGHT IS REDUCED.

KOKUM IS A MEDICINAL FRUIT. WHICH HAS BEEN USED AS A SPICE AND MEDICINE SINCE ANCIENT TIMES. THE BENEFITS OF KOKUM GREATLY HELP TO OVERCOME VARIOUS HEALTH PROBLEMS. KOKUM CONTAINS MANY NUTRIENTS. DUE TO WHICH IT IS USED AS A MEDICINAL FRUIT. KOKUM CONTAINS HYDROXYCITRIC ACID. WHICH SAVES CALORIES FROM BEING STORED AS FAT IN YOUR BODY. IT TREATS OBESITY BY ACCELERATING METABOLISM.

GREEN TEA CONTAINS ANTI-OXIDANT MORE THAN VITAMIN-C. WHICH DESTROYS TOXIC SUBSTANCES FROM THE BODY WHICH GIVES STRENGTH TO THE BODY'S IMMUNE SYSTEM. AND THE BODY'S IMMUNITY TO FIGHT DISEASES INCREASES. THIS KEEPS US SAFE FROM STOMACH DISEASES. AND DIGESTION IS ALSO GOOD. WHICH HELPS A LOT IN REDUCING OBESITY.

ALOEVERA RAS CAN LOSE WEIGHT VERY FAST. USUALLY, DUE TO BAD (UNHEALTHY) STOMACH, YOU START GAINING WEIGHT. WHEREAS A HEALTHY DIGESTIVE SYSTEM HELPS IN THE CORRECT METABOLISM OF FOOD AND BY REDUCING THE BODY'S TOXINS (DETOX) TO LOSE WEIGHT.

IN OUR AYUR FAT CARE 1

WHEN USING, KEEP IN MIND THE FOOD AS PER THE INSTRUCTIONS GIVEN BELOW: - IN THE MORNING HAVE A CUP OF TEA OR A CUP OF COFFEE WITH LESS SUGAR AND LESS MILK. IT IS VERY GOOD IF **AYUR HERBAL TEA 1** IS USED IN PLACE OF TEA OR COFFEE IN THE MORNING. OR YOU TAKE A CUP OF FRUIT JUICE WITH LESS SUGAR IN THE MORNING. IF THE JUICE IS MADE AT HOME. SO DO NOT CONSUME SUGAR. **MORNING BREAKFAST** - TWO SLICES OF BREAD WITHOUT BUTTER. SKIM MILK OR FRUIT JUICE WITHOUT SUGAR. TAKE 2 TO 3 CHAPATTIS IN **AFTERNOON LUNCH**, SOUP, SALAD, SEASONAL VEGETABLE / LENTILS WITH NO BUTTER. DRINK WATER AFTER 1 HOUR OF LUNCH. IN THE **EVENING** TAKE A CUP OF TEA OR A CUP OF COFFEE WITH LESS SUGAR AND LESS MILK. IT IS VERY GOOD IF **AYUR HERBAL TEA 1** IS USED INSTEAD OF TEA OR COFFEE IN THE EVENING. **EAT DINNER** LIKE LUNCH. DO NOT USE OIL FOOD AND FRIED FOOD. IN ADDITION TO HAVING FOOD IN THE MORNING, AFTERNOON, WHENEVER THERE IS HUNGER. SO USE SALAD AND CITRUS FRUITS. USE ONLY 50 GRAMS OF SWEET PRODUCTS DURING FESTIVALS OR WEEKS.

WHAT TO EAT IN A FAT PROBLEM?

LEMON, GUAVA, GRAPES, APPLES, MELON, BERRIES, PAPAYA, MANGO, ORANGE, PINEAPPLE, WATERMELON, PLUM, STRAWBERRY, LEAF CABBAGE, CAULIFLOWER, GARLIC, ONION, TOMATO, CARROT, CUCUMBER, CUCUMBER, BEETROOT, FENUGREEK, RADISH, SPINACH, TURNIPS, FENNEL, ROASTED CHICKPEAS, MOONG DAL, OATMEAL, SPROUTED GRAINS, PEELED LENTILS, LETTUCE, CREAM EXTRACTED MILK CURD, HERBAL TEA, BASIL, LINSEED, ALMONDS AND EAT FISH.

WHAT NOT TO EAT IN A FAT PROBLEM?

AVOID EATING MEATS, CHICKEN, POULTRY, POTATO CHIPS, MARKET CANNED JUICES, HIGH-FAT DAIRY PRODUCTS, READY-MADE SNACKS, FRIED FOODS, COOKIES, PASTRIES AND MICROWAVE POPCORN.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR FAT CARE 1**.
- TAKE **AYUR FAT CARE 1** ON AN EMPTY STOMACH 20 TO 25 ML DAILY IN THE MORNING AND 20 TO 25 ML WITH LIGHT WARM 20 ML WATER 1 HOUR BEFORE MEALS IN THE EVENING. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER THE INTAKE OF **AYUR FAT CARE 1**. YOU CAN EAT ANYTHING 1 HOUR BEFORE THE INTAKE OF **AYUR FAT CARE 1** AND 1 HOUR AFTER THE INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR FAT CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

AYUR PILES CARE 1 IS RELIEVED FROM A PAINFUL DISEASE CALLED PILES PILES ARE ALSO KNOWN AS PILES (BAWASIR). PILES IS A FAIRLY COMMON DISEASE. IN WHICH BLOOD VEINS SWELL INSIDE THE PERSON'S MALHAR. THERE IS A LOT OF PAIN IN BOWEL MOVEMENT. PILES TREATMENT IS POSSIBLE WITH AYURVEDA. PILES'S MEDICAL NAME IS HAMROID. IN THE CASE OF PILES DISEASE, ITS PAIN IS VERY UNBEARABLE. NOW A DAYS PILES DISEASE IS SEEN IN MANY PEOPLE'S. IF SEEN, PILES DISEASE IS ESPECIALLY CAUSED BY THE CHANGING ROUTINES AND FOOD. IF PILES DISEASE IS NOT TREATED IN TIME, IT CAN BE MORE PAINFUL. WHICH CAN TAKE THE FORM OF BLOODY PILES. THERE ARE TWO TYPES OF PILES - OUTER AND INNER PILES. THE OUTER PILES HAVE SWELLING OUTSIDE THE PULP. AND THE INNER PILES ARE SWOLLEN IN THE VEINS AROUND THE RECTUM. IF YOU ARE ALSO STRUGGLING WITH THIS DISEASE. SO YOU CAN GET RID OF PILES FOREVER BY USING **AYUR PILES CARE 1**.

INGREDIENTS

ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	3.5 ML.
TRIPHALA (FRUIT)	375 MG.
MORINGA (MORINGA OLEIFERA) SEED	125 MG.
NISHOTH (OPERCULINA TURPETHUM) ROOT	60 MG.
SANNAI (SENNA ALEXANDRINA INDICA) W.P.	60 MG.
NEEM PATRA RAS (AZADIRACHTA INDICA) LEAF	1.5 ML.
CHIRAYATA EXT. (SWERTIA CHIRAYATA) ROOT	80 MG
AMALTAS GUDA (CASSIA FIDTULA)	250 MG
BAEL GUDA (AEGLE MARMELOS)	250 MG
SWATJEERA (CUMINUM CYMINUM L.)	60 MG
SAUNF (FOENICULUM VULGARE)	60 MG
KUTAJ (WRIGHTIA ANTIDYSENTERICA)	60 MG
CHITRAK (PLUMBAGO ZEYLANICA)	60 MG
MULETHI (GLYCYRRHIZA GLABRA)	60 MG



IN OUR AYUR PILES CARE 1

WITH **ALOEVERA RAS** YOU CAN COMPLETELY TREAT BOTH YOUR EXTERNAL AND INTERNAL PILES. **AYUR PILES CARE 1** IS VERY BENEFICIAL FOR BOTH BLOODY AND BADI PILES. AND IT PROVIDES INSTANT RELIEF IN ITCHING AND BURNING.

TRIPHALA IS A WELL-KNOWN AYURVEDIC MEDICINAL FRUIT WITH NECTAR PROPERTIES. A MAJOR CAUSE OF PILES IS CONSTIPATION. TRIPHALA WORKS VERY EFFECTIVELY IN REMOVING CONSTIPATION. TRIPHALA IS THE MOST EFFECTIVE MEDICINE TO OVERCOME DIGESTIVE PROBLEMS. EATING IT PROVIDES GREAT RELIEF IN PROBLEMS RELATED TO THE BOWELS. THEREFORE, TRIPHALA IS VERY EFFECTIVE FOR TREATING PILES.

MORINGA OR SAHJAN IS ONE OF THE MOST BENEFICIAL PLANTS FOR MANKIND IN HISTORY. MORINGA IS CALLED SUPERFOOD WORLDWIDE MORINGA LEAF PASTE AND MORINGA INTAKE ARE VERY BENEFICIAL FOR PILES.

IN OUR AYUR PILES CARE 1

NISHOTH IS A VERY GOOD HERB. THIS HELPS IN TREATING DISEASES RELATED TO THE ANUS SUCH AS PILES. NISHOTH IS VERY BENEFICIAL.

SANNAI IS VERY BENEFICIAL IN THE TREATMENT OF PILES. BECAUSE IT REDUCES INFLAMMATION. AND MAKES THE STOOL SOFT. IT EASES DEFECATION IN PATHOLOGICAL LIKE FISSURES OF THE ANUS.

NEEM PATRA RAS IS ONE SUCH MEDICINE. WHICH HAS BEEN USED IN AYURVEDIC MEDICINE FOR MORE THAN THOUSANDS OF YEARS. IN INDIAN VEDAS, NEEM IS NAMED SARVA ROG NIVARANI. WHICH MEANS "PREVENTION OF ALL DISEASES". THERE ARE TWO TYPES OF NEEM. SWEET NEEM AND BITTER NEEM. BOTH OF THESE HAVE MEDICINAL PROPERTIES. BUT BITTER NEEM HAS MANY BENEFITS. BITTER NEEM HAS ANTI-BACTERIAL, ANTI-FUNGAL AND ANTI-PARASITIC PROPERTIES. IT ALSO KILLS STOMACH WORMS. CONSUMPTION OF NEEM LEAF JUICE IS VERY BENEFICIAL IN PILES.

CHIRATYA (ABSINTHE), PILES DISEASE IS CURED BY ELIMINATING STOMACH CONSTIPATION WITH THE USE OF CHIRATYA. IT IS CONSIDERED A PANACEA TO RELIEVE CONSTIPATION.

AMALTAS DUE TO THE CHEMICAL PROPERTIES (GLYCOSIDES, TANNINS, ANTHROKICINS, SUGAR, PECTIN, GLUTIN, ALKALI, BHASMA) FOUND IN AMALTAS, IT IS USED IN FEVER, PIMPLE AND BLISTER PROBLEM, NASAL PIMPLE, MOUTH ULCER, DRYING OF WOUND. IT IS A VERY BENEFICIAL MEDICINE FOR SORE THROAT AND PILES, IN BURNING OF THE BODY, IN TONSILS.

BAEL FRUIT IS A HERB WHICH IS VERY USEFUL FOR OUR HEALTH. FROM ITS FRUITS TO LEAVES, STEMS, BRANCHES AND ROOTS, EVERY PART OF THE HUMAN BODY IS BENEFICIAL. USEFUL MINERALS LIKE TANNIN, CALCIUM, PHOSPHOROUS, FIBER, PROTEIN, IRON ETC. ARE FOUND IN THE FRUIT OF BAE. APART FROM THIS, A GOOD AMOUNT OF VITAMIN B AND VITAMIN C ARE ALSO FOUND IN IT. IT IS VERY BENEFICIAL IN PROTECTING FROM HEATSTROKE, IN MOUTH ULCERS, IN PILES, IN PERIODS, IN PROBLEMS LIKE STOMACH PAIN, GAS, CONSTIPATION AND DIARRHEA.

SWATJEERA (CUMIN) CONTAINS MINERALS AND VITAMINS LIKE CALCIUM, PHOSPHORUS, IRON, SODIUM, POTASSIUM, THIAMINE, RIBOFLAVIN, NIACIN, VITAMINS C AND A. CUMIN CONTAINS FIBER AND CARMINATIVE ELEMENTS, DUE TO WHICH THE DIGESTION PROCESS IS BETTER AND THE STOOL BECOMES SOFT. APART FROM THIS, IT HELPS THE STOMACH IN CARRYING FOOD TO THE DIGESTIVE SYSTEM AND ALSO REMOVES INFECTION.

SAUNF (FENNEL) CONTAINS VITAMIN C, E, K, ZINC, POTASSIUM, MAGNESIUM, SELENIUM, IRON, FIBER WHICH PACIFIES VATA AND PITTA, INCREASES APPETITE, DIGESTS FOOD, INCREASES SEMEN, FEVER, ARTHRITIS, IN VATA DISEASES, IN THE PAIN OF WOUNDS AND TO HEAL THEM, IN DISEASES OF THE EYES, IN VAGINAL PAIN, IN THE PROBLEM OF DYSPEPSIA, CONSTIPATION, IN KILLING WORMS OF THE STOMACH, THIRST, VOMITING, DYSENTERY, PILES, TUBERCULOSIS ETC. TO CURE DISEASES. ALONG WITH THIS, IT IS VERY BENEFICIAL FOR THE HEART, BRAIN AND BODY.

IN OUR AYUR PILES CARE 1

KUTAJ HAS ANTIDYSENTERY, ANTIDIARRHEAL AND ANTI-AMOEBIC PROPERTIES. THIS HERB IS RICH IN HYPOTENSIVE, ANTIPROTOZOAL, HYPOGLYCEMIC, ANTISPASMODIC, ANTIFUNGAL AND ANTICANCER PROPERTIES. DUE TO WHICH IT IS VERY BENEFICIAL IN DIABETES, IN JOINT PAIN, IN THE TREATMENT OF INFECTIONS (ANTI-DENGUE, ANTI-MALARIAL), IN TOOTHACHE, IN THE TREATMENT OF STONES, IN HEALING SKIN WOUNDS.

CHITRAK IN PACIFYING ALL THE THREE DOSHAS OF CHITRAK VATA, PITTA AND KAPHA, THIS PUNGENT, BITTER YELLOW COLORED ELEMENT IS CALLED PLUMBAGIN. IT CONTAINS SUGAR FREE, FRUIT SUGAR AND PROTEASE ENZYMES. IT HELPS IN INCREASING APPETITE, IN DIGESTION OF FOOD, IN PREVENTING VOMITING, IN ELIMINATING STOMACH WORMS, IN COLD-COUGH, IN CURING INFLAMMATION, IN DISEASES OF TEETH, IN DISEASES OF THROAT, IN BLOOD AND BREAST MILK. IT IS VERY BENEFICIAL IN PURIFYING.

MULETHI (LIQUORICE) SWEET IN TASTE, LIQUORICE IS RICH IN THE PROPERTIES OF CALCIUM, GLYCERIC ACID, ANTI-OXIDANT, ANTIBIOTIC, PROTEIN AND FAT. IT WORKS AS A PANACEA IN ALL THE THREE DOSHAS, NAMELY VATA, PITTA AND KAPHA. IT IS USED TO PURIFY THE BLOOD, TO SHARPEN THE INTELLECT, IN HEADACHE, IN MIGRAINE PAIN, IN DISEASES OF THE EYES, IN DISEASES OF THE NOSE, IN DISEASES OF SKIN AND HAIR, IN PREVENTING GRAYING OF HAIR AND THE ACTIVE COMPOUND GLYCYRRHIZIN IN LIQUORICE. AND THERE ARE CARBENOXOLONES WHICH ARE VERY BENEFICIAL IN GETTING RID OF CONSTIPATION, BLOATING AND ALSO IN REMOVING THE PROBLEM OF INDIGESTION.

WHAT TO EAT IN A PILES PROBLEM..?

GREEN LEAFY VEGETABLES LIKE: - EAT SPINACH, CABBAGE, CAULIFLOWER, GARLIC, ONION, GINGER, RADISH, CUCUMBER, CARROTS, BEETS, APPLES, STRAWBERRIES, GRAPES, PAPAYA, BANANAS, ORANGES, BROWN RICE, OATMEAL, YOGURT AND BUTTERMILK.

WHAT NOT TO EAT IN A PILES PROBLEM ..?

HIGH FAT DAIRY PRODUCTS, SMOKING INTAKE, HIGH SPICES (RED CHILI, BLACK PEPPER), COFFEE AND TEA, BREAD, CAKES AND PASTRIES, PROTEIN RICH FOODS (MASUR LENTILS, ARHAR LENTIL) DO NOT CONSUME IN LARGE QUANTITIES.

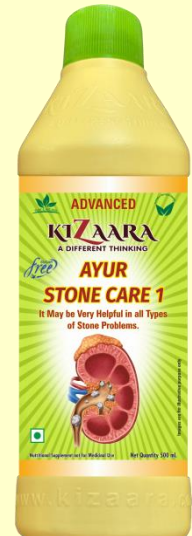
DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR PILES CARE 1**.
- TAKE **AYUR PILES CARE 1** ON AN EMPTY STOMACH 20 TO 25 ML DAILY. AND IN THE EVENING, TAKE 20 TO 25 ML AFTER 1 HOUR OF EATING. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR PILES CARE 1**.
- AYUR PILES CARE 1** CAN BE EATEN 1 HOUR BEFORE AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH AFTER OPENING THE BOTTLE.
- FOR BETTER RESULTS, TAKE **AYUR PILES CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

AYUR STONE CARE 1 HELPS A LOT IN TREATING KIDNEY DISEASES LIKE KIDNEY STONES AND UNBEARABLE PAIN BY STONES. STONE IS A COMMON PROBLEM. WHICH IS OFTEN DUE TO INCORRECT EATING, DRINKING LESS WATER. DUE TO THIS PROBLEM, HARD STONES LIKE SMALL STONES ARE FORMED INSIDE. STONES ARE A PAINFUL DISEASE. IN WHICH THE PATIENT SUDDENLY FEELS PAIN. AND THE STONE ENTERS THE URINARY TUBE. THEN THE PATIENT HAS SEVERE PAIN. THIS PAIN IS NOT TOLERABLE. SYMPTOMS OF VOMITING, URINATION INTERMITTENT, BLOOD IN URINE, SEVERE PAIN IN URINARY TRACT ARE SEEN IN STONE PROBLEM.

INGREDIENTS

PASHANVEDA EXT. (SAXIFRAGA LIGULATA)	150 MG.
VARUN EXT. (CRATAEVA NURVALA)	150 MG.
KULTHI EXT. (MACROTYLOMA UNIFLORUM)	150 MG.
GOKHRU EXT. (TRIBULUS TERRESTRIS) FRUIT	150 MG.
KUTH EXT (SAUSSUREA LAPPA)	150 MG.
ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	2.0 ML.
APAMARG EXT (ACHYRANTHES ASPERA) SEED	30 MG.
GILOY EXT (TINOSPORA CORDIFOLIA) STEM	30 MG.
MOLISAR EXT (MIMUSOPS ELENGI) FRUIT	30 MG.



IN OUR AYUR STONE CARE 1

A MEDICINAL CALLED **PASHANAVEDA (SEXIFRAGA LIGULATA)** IS USED FOR THE TREATMENT OF KIDNEY STONES AND OTHER CONDITIONS.

VARUN WORKS AS A PANACEA FOR KIDNEY STONES. ALSO, SCROFULA (DEFECTS OCCUR IN THE SALIVARY GLANDS OF THE MOUTH), HAS THE ABILITY TO REMOVE DISEASES LIKE STOMACH DISEASE, KIDNEY DISEASE. ITS LEAVES, BARK, ROOT AND GUM ARE ALL USEFUL.

THE BIGGEST ADVANTAGE OF **KULTHI** IS BELIEVED TO BE THE STONE I.E. KIDNEY STONE. KULTHI HAS BEEN USED FOR STONE FOR A LONG TIME. IT HAS THE STATUS OF TRADITIONAL AND ALTERNATIVE MEDICINE TO TREAT KIDNEY STONE. KULTHI IS ENRICHED WITH ANTI-OXIDANT AND EJECTING PROPERTIES FROM THE BODY. WHICH HELP A LOT IN GETTING THE KIDNEY STONES OUT. ACCORDING TO ANOTHER REPORT, KULATHI ACTS AS AN EFFECTIVE DIURETIC. WHICH HELPS A LOT IN REMOVING KIDNEY STONE THROUGH URINATION.

GOKHRU IS VERY BENEFICIAL FOR KIDNEY DISEASE. IN AYURVEDA IT HAS BEEN CONSIDERED AS A SUCCESSFUL MEDICINE FOR KIDNEY. CONSUMPTION OF GOKHRU IS NOTHING SHORT OF A PANACEA FOR STONE. GOKHRU IS VERY BENEFICIAL FOR KIDNEY STONES DISEASE.

IN OUR AYUR STONE CARE 1

KUTH IS CONSIDERED A MEDICINE IN AYURVEDA. IT IS A HERBAL. WHICH HAS BEEN USED AS A MEDICINE SINCE ANCIENT TIMES. CONSIDERED TO BE QUITE BENEFICIAL IN SERIOUS DISEASES LIKE LEPROSY.

ACCORDING TO EXPERTS, THE PROBLEM OF KIDNEY STONES IS INCREASING NOW A DAYS. IN SUCH A SITUATION, THE PROBLEM OF KIDNEY STONE IS CURED BY TAKING A CERTAIN AMOUNT OF **ALOEVERA**. AS WELL AS TAKING ALOE VERA, KIDNEY INFECTION PROBLEM IS ALSO ELIMINATED.

THE PROPERTIES OF **APAMARG** ARE USED AS AYURVEDIC MEDICINES. AND DISEASES ARE CURED. IT IS VERY BENEFICIAL FOR KIDNEY STONES.

GILOY SLICES A KIDNEY STONE OUT OF THE BODY. THIS DRUG WORKS A LOT FOR KIDNEY PAIN. TREATMENT FOR OTHER DISORDERS ASSOCIATED WITH APPENDICITIS IS CONSIDERED TREMENDOUS.

CONSUMPTION OF **MOLISAR** CAUSES STONES TO MELT. AYURVEDIC REMEDIES ARE VERY EFFECTIVE TO GET RID OF STONES PROBLEM. IT THROTTLES STONES.

WHAT TO EAT IN A STONE PROBLEM ?

BASIL, LEMON JUICE, HORSERADISH, FRESH PEAS, TURNIPS, OLD PUMPKIN, GARLIC, ONION, RADISH, CARROTS, GINGER, BEETROOT, CORIANDER, TURMERIC, ASAFOETIDA, CUMIN, FENNEL, CELERY, CINNAMON, SMALL CARDAMOM, CABBAGE, MANGO, DRINK MORE WATERMELON, WATERMELON, PAPAYA, COCONUT, PEAR, PINEAPPLE, APPLE AND WATER.

WHAT NOT TO EAT IN A STONE PROBLEM ?

AVOID CONSUMING DRY FRUITS LIKE MEAT, FISH, STRAWBERRIES, PEACHES, BANANAS, GUAVA, PLUM, FIGS, RASPBERRIES AND RAISINS, DRY GRAPES. HIGH FAT DAIRY PRODUCTS, TOFFEE, CHOCOLATE, TEA, GRAPES (KALE), AMLA, SOYBEAN, SOY MILK, CHIKU, CASHEW, CHOCOLATE, PUMPKIN, DRIED BEANS, RAW RICE, URAD AND GRAM, ALMONDS, WALNUTS, CASHEWS, PEANUTS, AVOID EATING GREEN CHILLIES, TOMATOES, BRINJALS, BITTER GOURD, OKRA, MUSHROOMS, SPINACH, AMARANTH, CAULIFLOWER, CARBONATED DRINKS, FRY FOOD, JUNK FOOD, CHIPS, NOODLE, FAST FOOD AND RESTAURANTS.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR STONE CARE 1**.
- TAKE **AYUR STONE CARE 1** ON AN EMPTY STOMACH 20 TO 25 ML IN THE MORNING EVERY MORNING FOR THE FIRST 15 DAYS WITH LIGHT 15 ML OF WARM WATER. IN THE AFTERNOON AND EVENING, TAKE 20 TO 25 ML WITH LIGHT WARM 15 ML WATER AFTER 1 HOUR OF EATING. AND AFTER 15 DAYS, TAKE 20 TO 25 ML ON AN EMPTY STOMACH DAILY WITH LIGHTLY HOT 15 ML WATER IN THE MORNING. AND IN THE EVENING, TAKE 20 TO 25 ML WITH LIGHT HOT 15 ML WATER AFTER 1 HOUR OF EATING. AND TAKE CARE NOT TO EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR STONE CARE 1**. YOU CAN EAT ANYTHING 1 HOUR BEFORE THE INTAKE OF **AYUR STONE CARE 1** AND 1 HOUR AFTER THE INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR STONE CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

KIZAARA
A DIFFERENT THINKING

AYUR THYROID CARE 1 IS A VERY BENEFICIAL MEDICINE FOR THYROID. THE THYROID IS A TYPE OF GLAND. WHICH IS EXACTLY IN FRONT OF THE THROAT. THIS GLAND IS BUTTERFLY SHAPED. THIS GLAND CONTROLS YOUR BODY'S METABOLISM. THIS GLAND CONTROLS YOUR BODY'S METABOLISM. IT WORKS TO CONVERT IT INTO ENERGY. APART FROM THIS, IT ALSO AFFECTS YOUR HEART, MUSCLES, BONES AND CHOLESTEROL. THE THYROID IS ALSO KNOWN AS THE SILENT KILLER. BECAUSE ITS SYMPTOMS DO NOT SHOW TOGETHER. TAKING A DISEASE LIKE THYROID LIGHTLY IS A BIG MISTAKE. WE HAVE TO DEAL WITH MANY MORE DISEASES AS THE THYROID PROBLEM GETS PROLONGED. THE GROWTH OF THYROID ALSO AFFECTS OUR HEART AND BONES OF OUR BODY THE FUNCTION OF THE THYROID IS TO ENCOURAGE OTHER ORGANS OF OUR BODY TO FUNCTION PROPERLY. WOMEN ARE MOST VULNERABLE TO THYROID DISEASE. THIS DISEASE IS CAUSED BY ENLARGEMENT OF THE THYROID GLAND. WHICH CONTROLS MANY ESSENTIAL ACTIVITIES OF THE BODY DUE TO WHICH THYROXINE T4, TREIDO THRONINE T3 HORMONE ARE SECRETED. THESE HORMONES CONTROL THE BODY'S ENERGY AND HELP IN ESSENTIAL ACTIVITIES LIKE BLOOD CIRCULATION, BREATHING AND DIGESTION. DUE TO DEFECT IN THIS GLAND, THE ENTIRE SYSTEM OF THE BODY DETERIORATES. THYROID CAUSES PEOPLE TO GAIN WEIGHT RAPIDLY. HORMONES IN THE THYROID ARE PRODUCED EXCESSIVELY OR IN VERY SMALL AMOUNTS. THEN IT BECOMES A BELL OF DANGER. AND IN THE ABSENCE OF IODINE AND OTHER ESSENTIAL NUTRIENTS, THIS GLAND CANNOT PRODUCE THYROID HORMONE AS PER THE REQUIREMENT OF THE BODY.

INGREDIENTS

ALOEVERA JUICE (ALOEVERA BARBADENSIS) LEAF	2 ML.
ASWAGANDHA EXT. (WITHANIA SOMNIFERA) ROOT	300 MG.
BRAHMI EXT. (AMARANTHUS ASPERA) W.P.	200 MG.
NETTLE LEAF EXT. (URTICA DIOICA) LEAF	100 MG.
ALSI EXT. (LINUM USITATISSIMUM) SEED	150 MG.
GINGER EXT. (ZINGIBER OFFICINALE) RHYZOME	150 MG.
MULETHI EXT. (GLYCYRRHIZA GLABRA) STEM	150 MG.
DHANIA EXT. (CORIANDRUM SATIVUM) SEED	75 MG.
JEERA EXT. (CUMINUM CYMINUM) SEED	75 MG.
AJWAIN EXT. (TRACHYSpermum AMNI) SEED	75 MG.
TRIKATU EXT. (ZINGIBER OFFICINALE, PIPER LONGUM, PIPER NIGRUM) SEED	150 MG.



IN OUR AYUR THYROID CARE 1

ALOEVERA JUICE IS BENEFICIAL FOR BOTH OUR HEALTH AND BEAUTY. ALOEVERA IS ALSO KNOWN AS GHRITKUMARI IN THE LANGUAGE OF AYURVEDA. AND IN AYURVEDA, DRUGS FOR MANY DISEASES ARE MADE USING GHRITKUMARI. ALOEVERA JUICE HAS MANY NATURAL PROPERTIES. ALOEVERA JUICE IS A REPOSITORY OF VITAMINS, MINERALS AND ANTI-OXIDANTS. THE USE OF ALOE VERA JUICE HELPS IN GETTING RID OF DISEASES LIKE THYROID.

IN OUR AYUR THYROID CARE 1

ASHWANGADHA IS A NATURAL MEDICINE. IT IS A POWER BOOSTING MEDICINE. ASHWANGADHA IS A BENEFICIAL MEDICINE IN CONTROLLING THYROID. WITH REGULAR USE OF ASHWANGADHA YOU FEEL ENERGETIC. THIS WILL NOT ONLY INCREASE YOUR PERFORMANCE, BUT ALSO BALANCES YOUR BODY'S HORMONE IMBALANCE.

BRAHMI IS USED IN AYURVEDA TO TREAT THYROID PROBLEMS. SCIENTIFIC STUDIES CONFIRM ITS EFFECTIVENESS. IF YOU SUFFER FROM THYROID PROBLEM. SO YOU CAN TAKE HELP OF BRAHMI HERB. IT IS A POWERFUL HERB. WHICH WORKS TO BALANCE THE THYROID GLAND.

THE **NETTLE LEAF** IS ALSO KNOWN AS KANDALI IN ENGLISH. NETTLE LEAF PERMANENTLY FIXES THYROID PROBLEMS. HYPOTHYROIDISM (THYROID DISEASE ALSO KNOWN AS HYPOTHYROIDISM) AND HYPERTHYROIDISM (A TYPE OF THYROID DISEASE) IS AN EXCELLENT HERB TO TREAT MANY THYROID PROBLEMS NETTLE LEAF CAN CORRECT ANY TYPE OF THYROID IMBALANCE. VITAMIN-A, VITAMIN-B6, CALCIUM, IRON, MAGNESIUM AND IODINE ARE FOUND IN ABUNDANCE IN THE NETTLE LEAF.

ALSI IS VERY BENEFICIAL FOR OUR HEALTH. MANY DISEASES ARE RELIEVED BY THE CONSUMPTION OF ALSI. ALSI ACTS AS A PANACEA ESPECIALLY FOR THYROID. ALSI CONTAINS OMEGA-3 FATTY ACIDS IN PLENTY. WHICH GO INSIDE OUR BODY AND HELP THE ACID THYROID GLAND TO FUNCTION PROPERLY.

PROPERTIES PRESENT IN **GINGER** SUCH AS POTASSIUM, MAGNESIUM ETC. RELIEVE THYROID PROBLEMS. THE ANTI-INFLAMMATORY PROPERTIES OF GINGER DO NOT ALLOW THE THYROID TO GROW AND IMPROVE ITS FUNCTIONING. THE MINERALS PRESENT IN IT HELP IN REDUCING INFLAMMATION OF THE BODY.

MULETHI IS A VERY EFFECTIVE MEDICINE. EVEN AFTER UPROOTING THE ROOT OF MULETHI, ITS MEDICINAL PROPERTIES REMAIN FOR TWO YEARS. MULETHI IS VERY BENEFICIAL FOR THE THROAT. THE MULETHI HAS VERY MIRACULOUS PROPERTIES OF BALANCING THE THYROID. THE MULETHI REMOVES WEAKNESS AND FATIGUE IN THE THYROID. IT TASTES SWEET. IN 2011, THE BIOSCIENCES AND TECHNOLOGY INSTITUTE REPORT CAME OUT. IN WHICH IT WAS FOUND. THAT MULETHI CONTAINS THE TRITERPENOID GLYCERYTHENIC ACID. WHICH KILLS NOT ONLY THE THYROID, BUT ALSO CANCER CELLS. AND ALSO PREVENTS THEM FROM BEING FORMED. THAT IS, IF YOU USE REGULAR MULETHI. SO YOUR THYROID PROBLEM WILL BE OVER FROM THE ROOT. THE MULETHI KEEPS THE THYROID GLAND BALANCED. WHICH IN TURN REDUCES THE FATIGUE IN THYROID PATIENTS TO ENERGY.

DHANIA HAS MANY MEDICINAL PROPERTIES. DHANIA IS COMMONLY USED AS A SPICE. BUT BY CONSUMING DHANIA, YOU CAN GET RID OF THYROID PROBLEM WITHIN A FEW DAYS. IF YOU HAVE THYROID PROBLEMS LIKE HYPOTHYROIDISM AND HYPERTHYROIDISM. SO YOU WILL BE VERY BENEFICIAL TO CONSUME DHANIA. ITS USE REGULATES HORMONES. IT CONTAINS HIGH LEVELS OF VITAMINS, MINERALS AND ANTI-OXIDANTS. WHICH ARE VERY BENEFICIAL IN THYROID PROBLEM.

IN OUR AYUR THYROID CARE 1

JEERA IS AN EXCELLENT ANTI-OXIDANT. IT CONTAINS MINERALS AND FIBER SUCH AS IRON, COPPER, CALCIUM, POTASSIUM, MANGANESE, ZINC AND MAGNESIUM. VITAMINS LIKE VITAMIN-E, VITAMIN-A, VITAMIN-C AND VITAMIN-B ARE ALSO FOUND IN IT. USE OF JEERA IN THYROID IS VERY BENEFICIAL.

AJWAIN IS A STOREHOUSE OF MEDICINAL PROPERTIES. THAT IS WHY IT IS USED A LOT IN THE KITCHEN AS WELL AS IN AYURVEDA. GENERALLY AJWAIN IS USED TO ENHANCE THE TASTE OF NAMKEEN POORI, MATTHI, SALT MERCURY AND PARATHAS. BUT SUCH SEEDS ARE PRESENT IN SMALL SEEDS OF AJWAIN. WITH WHOM YOU ARE STILL UNKNOWN. AJWAIN IS A VERY BENEFICIAL MEDICINE FOR THE THYROID. THYROID IS TREATED USING AJWAIN.

TRIKUTA OR TRIKATU IS A VERY FAMOUS AYURVEDIC MEDICINE IN THYROID. TRIKUTA IS CALLED A MIXTURE OF THREE MEDICINES. WHICH CONSISTS OF DRY GINGER, PEEPAL AND BLACK PEPPER. TRIKUTA WORKS SUCCESSFULLY IN OBESITY AND THYROID FOR CENTURIES. MEDICINES FOUND IN IT STIMULATE BLOOD FLOW (BLOOD ATTACK). IT IS ALSO A BLOOD PURIFIER. AND ALSO REDUCES OBESITY CAUSED BY THYROID.

WHAT TO EAT IN THYROID PROBLEMS?

CINNAMON, TURMERIC, BLACK SALT, GINGER, GARLIC, ONION, RADISH, BEETROOT, TURNIP, CUCUMBER, WATER CHESTNUT, BITTER GOURD, TOMATO, SPINACH, POTATO, PEA, TINDA, PARWAL, MAKHANE, POMEGRANATE, APPLE, SEASONAL, MANGO, WATERMELON, MELON ADD AMLA, BERRIES, PINEAPPLE, MILK, CURD, LASSI AND PANEER TO YOUR DIET.

WHAT NOT TO EAT IN THYROID PROBLEMS?

SWEET POTATO, CABBAGE, CAULIFLOWER, SOYBEANS, CORN, CHIPS, FRENCH FRIES, FRIED CHICKEN, RED MEAT, BUTTER, PASTA, BREAD, BURGERS, CANNED FOODS, CAFFEINE, REFINED OIL-BASED FOODS AND STALE FOODS OR CONTAIN SUGAR-CONTAINING SUBSTANCES. THEY SHOULD NOT BE USED.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR THYROID CARE 1**.
- GIVE **AYUR THYROID CARE 1** TO CHILDREN BETWEEN 5 YEARS TO 10 YEARS ON AN EMPTY STOMACH 5 TO 10 ML DAILY MORNING AND EVENING. AND 5 TO 10 ML **AYUR IMMUNITY CARE 1** IN THE AFTERNOON EVERY DAY. AND ADULTS TAKE 20 TO 25 ML DAILY IN THE MORNING AND EVENING. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER THE INTAKE OF **AYUR THYROID CARE 1**. YOU CAN TAKE ANYTHING 1 HOUR BEFORE **AYUR THYROID CARE 1** AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR THYROID CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

AYUR COUGH CARE 1 IS A VERY BENEFICIAL MEDICINE FOR COUGH. THROAT MUCUS IS ALSO KNOWN AS PHLEGM. WHEN MUCUS ACCUMULATES IN THE BACK OF YOUR THROAT OR NOSE. SO IT FEELS VERY UNCOMFORTABLE. EXCESSIVE AMOUNTS OF MUCUS OR PHLEGM BECOME A PROBLEM CAUSING COUGH. COUGHING HURTS A LOT. AND COUGH CAUSES A LOT OF DISCOMFORT IN YOUR LIFE. DUE TO THIS, THERE MAY BE A PROBLEM SUCH AS RESTLESSNESS FOR HOURS, CLEANING THE THROAT REPEATEDLY. THERE ARE MANY TYPES OF COUGH. SUCH AS: DRY COUGH, BILIARY COUGH, CROUP COUGH, CHRONIC COUGH, TUBEROUS COUGH, WHOOPING COUGH.

DRY COUGH: COUGH DRIES UP IN THE COUGH CAUSED BY VATA. THEREFORE, THERE IS LITTLE OR NO DISCHARGE IN THE PHLEGM IN IT. DUE TO THE ABSENCE OF PHLEGM, COUGH OCCURS CONTINUOUSLY AND RAPIDLY. SO THAT THE PHLEGM COMES OUT. THIS TYPE OF COUGH ALSO CAUSES PAIN IN THE STOMACH, RIB, CHEST, THROAT AND HEAD. **BILIARY COUGH:** PHLEGM COMES OUT IN THE COUGH CAUSED BY BILE. WHICH IS BITTER YELLOW. VOMITING IS CHARACTERIZED BY YELLOW AND BITTER BILE, HOT STEAM FROM THE MOUTH, BURNING SENSATION IN THE THROAT, CHEST AND ABDOMEN, DRY MOUTH, BITTER TASTE OF MOUTH, EXCESSIVE THIRST, WARMTH OR BURNING IN THE BODY. **CROUP COUGH:** COUGH IS COME OUT IN COUGH CAUSED BY PHLEGM. A LITTLE COUGH COMES OUT EASILY IN IT. SYMPTOMS OF CROUP COUGH INCLUDE FREQUENT FILLING OF THROAT AND MOUTH PHLEGM, HEAVINESS AND PAIN IN THE HEAD, HEAVINESS AND LAZINESS IN THE BODY, POOR TASTE IN MOUTH, ANOREXIA IN FOOD AND LOSS OF APPETITE AS WELL AS SORE THROAT AND FREQUENT THICKENING PHLEGM COMES OUT WHEN ITCHING AND COUGHING.

CHRONIC COUGH: THIS COUGH OCCURS DUE TO VATA, PITTA, KAPHA, ALL THREE REASONS. COUGH IS AGGRAVATED BY HAVING MORE SEXUAL INTERCOURSE, LIFTING HEAVY LOADS, MOVING TOO MUCH, FIGHTING AND FORCIBLY STOPPING THE MOVEMENT OF SOMETHING. IN THIS TYPE OF COUGH, FIRST DRY COUGH OCCURS. THEN THE PHLEGM COMES OUT WITH BLOOD.

TUBEROUS COUGH: THIS COUGH IS MORE SEVERE, PAINFUL AND HARMFUL THAN A COUGH. INCORRECT EATING, EXCESSIVE SEXUAL INTERCOURSE (SEXUAL UNION), HATRED AND MOURNING CAUSE THE BODY'S GASTRIC RETARDATION. AND THEY CAUSE COUGH WITH PHLEGM THIS TYPE OF COUGH CAUSES BODY PAIN, FEVER, AND SOMETIMES WEAKNESS. MUCUS COMES OUT WITH PUS AND BLOOD WITH COUGH. TUBERCULOUS COUGH MAY BE THE INITIAL STAGE OF TB, ESPECIALLY TUBERCULOSIS. THEREFORE, IT SHOULD NOT BE IGNORED AT ALL.

WHOOPING COUGH: (PERTUSSIS, WHOOPING COUGH, HIMOPHILUS PERTUSSIS) THIS COUGH IS CAUSED BY BACTERIAL INFECTION. WHICH INITIALLY AFFECTS THE NOSE AND THROAT. IT OFTEN AFFECTS THE RESPIRATORY SYSTEM OF CHILDREN UNDER 2 YEARS OF AGE THE DISEASE HAS BEEN NAMED ON THE BASIS THAT THE PERSON SUFFERING FROM THIS DISEASE MAKES A BARKING SOUND WHILE BREATHING. IT IS CAUSED BY A BACTERIUM CALLED BORDETELLA PERTUSSIA. THIS BACTERIUM IS SPREAD AMONG INDIVIDUALS BY BACTERIA EXPELLED BY RESPIRATION.

IT OCCURS WHEN A PERSON WITH AN INFECTION COUGHS OR SNEEZES. IT ALSO SPREADS DUE TO CONTACT WITH BODILY FLUIDS OF PEOPLE WITH INFECTION. **AYUR COUGH CARE 1** IS VERY BENEFICIAL AND BENEFICIAL MEDICINE FOR ALL THESE TYPES OF COUGHS.

INGREDIENTS

ALOEVERA JUICE (ALOEVERA BARBADENSIS) LEAF	1 ML.
VASA EXT. (ADHATODA VASICA) WHOLE PLANT	150 MG.
APAMARG EXT. (AMARANTHUS ASPERA) WHOLE PLANT	80 MG.
PIPLI EXT. (PIPER LONGUM) FRUIT ASARUM	80 MG.
TULSI EXT. (OCIMUM SANCTUM) PANCHANG	80 MG.
SOUNTH EXT. (ZINGIBER OFFICINALE) RHIZOME	80 MG.
MULETHI EXT. (GLYCYRRHIZA GLABRA) STEM	80 MG.
NAGARMOTHA EXT. (CYPERUS SCARIOSUS) WHOLE PLANT	80 MG.
LAWANG EXT. (CARYOPHYLLUS AROMATICUS) BUD	6 MG.
SOMLATA EXT. (EPHEDRA GERARDIANA) WHOLE PLANT	80 MG.
DALCHINI EXT. (CINAMOMUM XYLINICUM) BARK	80 MG.
KANTAKARI EXT. (SOLANUM XANTHOCARPUM) WHOLE PLANT	80 MG.
HONEY (APIS MELLIFERA)	300 MG.
PUDINA SAT (MENTHA SPICATA) WHOLE PLANT	6 MG.



IN OUR AYUR COUGH CARE 1

ALOEVERA JUICE CONTAINS ABUNDANT AMOUNTS OF CALCIUM, ZINC, COPPER, POTASSIUM, IRON, SODIUM, MAGNESIUM, CHROMIUM, AND MANGANESE. IN SUCH A SITUATION, USING ALOE VERA JUICE GIVES A LOT OF RELIEF IN COLD AND COUGH. WE GENERALLY UNDERSTAND THE USE OF ALLOPATHIC SYRUP WHEN WE HAVE COUGH. BUT ALLOPATHIC SYRUP ALSO HAS MANY HARMFUL EFFECTS ON HEALTH. SO IT IS BETTER. THAT WE SHOULD TAKE RECOURSE TO NATURE TO CURE OUR ILLNESS. ALOEVERA JUICE PROVES TO BE VERY BENEFICIAL WHEN YOU COUGH. ALOE VERA JUICE IS USED WHEN THERE IS A PROBLEM OF DRY COUGH DUE TO THE CHANGING SEASON. COUGH IS CURED BY ROOT USING ALOE VERA JUICE. **VASA** ADUSA IS CALLED VASA OR VASAKA IN SANSKRIT AND MALABAR NUT IN ENGLISH. ITS SCIENTIFIC NAME IS ADHATODA VASIKA. VASA LEAVES, FLOWERS, ROOTS AND BARK HAVE BEEN USED IN AYURVEDA FOR THOUSANDS OF YEARS. VASA HAS ANTIBACTERIAL AND ANTIMICROBIAL PROPERTIES. THEREFORE IT IS HELPFUL IN VARIOUS TYPES OF BACTERIAL INFECTIONS OF THE RESPIRATORY SYSTEM. THE ANTI-VIRAL MEDICINAL PROPERTIES OF VASA MAKE IT EFFECTIVE IN VIRAL DISEASES. AYURVEDIC PHYSICIANS COMMONLY USE IT IN COLD AND COUGH. **APAMARG** IS CONSIDERED A VERY GOOD MEDICINE FOR MANY DISEASES. IT IS USED IN COLDS, COUGHS AND COLDS. COLD, COUGH AND COLD PROBLEMS ARE CURED BY ITS USE. THE COUGH IS TROUBLING AGAIN AND AGAIN. AND THE PHLEGM IS NOT COMING OUT OR THE PHLEGM IS THICK. SO, THERE IS BENEFIT FROM CONSUMPTION OF APAMARG. THE ROOT OF APAMARG HAS BEEN CONSIDERED MIRACULOUSLY BENEFICIAL IN CONDITIONS LIKE MUCUS COUGH AND ASTHMA.

IN OUR AYUR COUGH CARE 1

PEEPLI OR PIPPALI IS A HERB. WHICH IS ALSO OFTEN USED AS A SPICE. PEEPLI IS A FLOWERING PLANT. IT IS USED IN AYURVEDA FOR THE TREATMENT OF MANY DISEASES AND IN THE MANUFACTURE OF MEDICINES. PEOPLE WHO ARE UPSET WITH PHLEGM. PEEPLI IS A PANACEA TREATMENT FOR THEM. PEEPLI IS USED IN EVERY MEDICINE OF COUGH.

PEOPLE HAVE BEEN USING **TULSI** AS MEDICINE FOR CENTURIES. TULSI ROOT TO SEED IS USED IN THE TREATMENT OF DIFFERENT DISEASES. APART FROM ITS ANTI-OXIDANT, ANTI-INFLAMMATORY PROPERTIES, TULSI ALSO CONTAINS ELEMENTS SUCH AS POTASSIUM, CARBOHYDRATES, DIETARY FIBER, PROTEIN, VITAMINS, CALCIUM, IRON AND MAGNESIUM. WHICH IS NOTHING LESS THAN A BOON FOR HEALTH PROBLEMS. CONSUMPTION OF TULSI IS VERY BENEFICIAL IN THE CONDITION OF COLD AND COUGH.

SAUNTH IS ONE OF THE MAIN SPICES OF INDIAN KITCHEN. WHICH IS ALSO USED MEDICINALLY. SAUNTH IS MADE BY DRYING GINGER. HOWEVER, ITS EFFECT IS VERY HOT. HENCE IT IS USED A LOT IN THE WINTER SEASON. GINGER IS USEFUL IN BOTH FRESH AND DRY FORM TO KEEP AWAY FROM PROBLEMS LIKE COLD, COUGH AND COLDS AND OTHER SEASONAL DISEASES. IT IS VERY BENEFICIAL IN COUGH PROBLEM.

MULETHI IS A POTENT HERB. MULETHI IS A SHRUBBY PLANT. THE STEM OF THIS PLANT IS USUALLY DRIED AND USED WITH BARK. ITS STEM HAS MANY MEDICINAL PROPERTIES. PEOPLE USUALLY USE IT TO GET RELIEF FROM A COLD OR COLD. IT IS MOST BENEFICIAL TO USE IN SORE THROAT. IF YOU ARE TROUBLED BY DRY COUGH OR THROAT PROBLEMS. SO MULETHI IS A VERY BENEFICIAL MEDICINE FOR YOU.

NAGARMOTHA IS A PLANT. WHICH GROWS AS A WEED ALL OVER INDIA. THIS HAPPENS WITH THE PADDY CROP. IT IS AN IMPORTANT MEDICINE. WHICH HAS BEEN USED SINCE ANCIENT TIMES IN AYURVEDA SYSTEM OF MEDICINE. COMMONLY SEEN AS GRASS, THIS PLANT IS ALSO KNOWN AS MOTHA OR MUSTAK. NAGARMOTHA CONTAINS MANY NUTRIENTS SUCH AS PROTEIN, STARCH (MIXED SUGAR IN FOOD) AND OTHER CARBOHYDRATES. WHICH ARE VERY BENEFICIAL FOR CURING MANY DISEASES. IF YOU ARE SUFFERING FROM CHRONIC COUGH PROBLEM. SO USING NAGARMOTHA IS VERY BENEFICIAL FOR YOU.

LAWANG AS SOON AS THE WINTER SEASON STARTS, THE RISK OF COLD-COUGH AND SORE THROAT ALSO INCREASES. COUGH IS AS COMMON AS HEARING PROBLEMS. IT CREATES SO MUCH TROUBLE. COUGH INCREASES DURING THE NIGHT. PEOPLE USUALLY DRINK ALLOPATHIC COUGH SYRUP TO CURE COUGH. BUT ITS EFFECT IS SEEN THE NEXT DAY. WHEN YOU FEEL LIKE SLEEP ALL DAY LONG. CHANGES IN WEATHER AND AIR POLLUTION CAN MAKE THE CONDITION MORE SERIOUS. YOU CAN GET RELIEF FROM COUGH BY USING LAWANG. LAWANG NOT ONLY PROVIDE RELIEF FROM COUGH. RATHER, CLOVE ALSO STRENGTHENS THE IMMUNITY SYSTEM.

IN OUR AYUR COUGH CARE 1

SOMLATA (EPHEDRA GERARDIANA) IS A PERENNIAL HERB WITH SOME LEAVES CALLED MEDICINAL. WHICH IS MAINLY COMPOSED OF FIBROUS STALK (STEM). SOMLATA GIVES SMALL YELLOW FLOWERS DIRECTLY FROM THESE STALKS (STEM). ALSO ROUND, RED, EDIBLE FRUIT THAT RIPENS IN THE WINTER SEASON. SOMATA IS A WIDELY USED IN TRADITIONAL MEDICINE FOR THE TREATMENT OF ASTHMA, ALLERGIES, BRONCHITIS (INFLAMMATION OF THE AIRWAYS) AND COLD AND FLU SYMPTOMS.

DALCHINI IS A HOUSEHOLD NAME USED IN INDIAN SPICES FOR CENTURIES. IT NOT ONLY ENHANCES THE TASTE OF FOOD. IT IS ALSO HELPFUL IN TREATING MANY DISEASES DUE TO ITS MEDICINAL PROPERTIES. THE QUEEN OF YOUR HOME SPICES, DALCHINI MUST HAVE BEEN USED MANY TIMES. BUT DO YOU KNOW THAT IT IS CAPABLE OF CURING EVERY DISEASE OF YOURS DALCHINI WORKS AS A VERY EFFECTIVE MEDICINE IN COLD, COUGH OR SORE THROAT. IT PROVIDES GREAT RELIEF IN CHRONIC PHLEGM AND COUGH.

KANTAKARI HAS MANY BENEFITS IN AYURVEDA. THERE ARE THORNS ON THE EDGES OF ITS LEAVES. AND IT HAS PURPLE FLOWERS. THIS THORNY PLANT HAS MANY MIRACULOUS QUALITIES. AND IN AYURVEDA IT IS USED AS A MEDICINE. IF TROUBLED BY COUGH DUE TO CHANGE OF WEATHER. AND NOT TAKING THE NAME OF BEING SHORT. SO THE USE OF KANTAKARI IS VERY BENEFICIAL.

HONEY HAS BEEN USED AS A MEDICINE FOR YEARS IN AYURVEDA. ITS USE IN WINTER IS NOT LESS THAN ANY NECTAR. ACCORDING TO AYURVEDA, HONEY HELPS TO KEEP THE EFFECT OF ANY HERB OR MEDICINE IN THE BODY FOR A LONG TIME. DUE TO WHICH THE VICTIM GETS RELIEF SOON. LONG-STANDING COUGH CAN MAKE YOU VERY UPSET AT TIMES. COUGH IS USUALLY A SIDE EFFECT OF A COLD AND FLU. BUT IT CAN ALSO BE CAUSED BY ALLERGIES, ASTHMA, DRY AIR AND SOME MEDICINES. THEREFORE, USING HONEY IN DRY COUGH IS AN EFFECTIVE WAY TO RELIEVE COUGH AND SORE THROAT. STUDIES HAVE FOUND. THAT HONEY GIVES MORE BENEFITS THAN COUGH MEDICINES

PUDINA SAT PROTECTS FROM MANY DISEASES DURING THE SUMMER SEASON. PUDINA SAT IS A VERY BENEFICIAL PLANT WITH MEDICINAL PROPERTIES. PUDINA SAT IS ONE SUCH PLANT. WHICH IS MAINLY USED AS A SAUCE IN INDIAN KITCHENS. MENTHOL, PROTEIN, FAT, CARBOHYDRATES, VITAMIN-A, RIBOFLAVIN, COPPER, IRON, ETC. ARE FOUND IN PEPPERMINT. THE USE OF MINT EXTRACT RELIEVES PHLEGM AND COUGH.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR COUGH CARE 1**.
- GIVE 5 ML DAILY IN THE MORNING AND EVENING TO CHILDREN BETWEEN 4 YEARS TO 8 YEARS OF **AYUR COUGH CARE 1**. AND GIVE 10 ML DAILY MORNING AND EVENING TO CHILDREN FROM 9 YEARS TO 14 YEARS. AND LIKEWISE, GIVE 15 ML DAILY TO CHILDREN FROM 15 YEARS TO 18 YEARS. AND TAKE ADULTS **AYUR COUGH CARE 1** IN THE MORNING AND EVENING FROM 15 TO 20 ML. **AYUR COUGH CARE 1** CAN ALSO BE TAKEN IN THE AFTERNOON AND EVENING IN CASE OF MORE DIFFICULTY. AND KEEP IN MIND, DO NOT EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR COUGH CARE 1**. YOU CAN EAT ANYTHING 1 HOUR AFTER INTAKE OF **AYUR COUGH CARE 1**.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- IF YOU DO NOT HAVE MUCH TROUBLE WITH COUGH, FOR BETTER RESULTS, TAKE **AYUR COUGH CARE 1** CONTINUOUSLY FOR 1 MONTH.
- IF YOU HAVE MORE TROUBLE WITH PHLEGM OR COUGH, THEN FOR A BETTER RESULT, TAKE **AYUR COUGH CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

KIZAARA
A DIFFERENT THINKING

AYUR MEMORY CARE 1 IN FORGETTING OR CORRECTING MEMORY PROBLEMS (DEMENTIA), IN IMPROVING BLOOD CIRCULATION IN THE BRAIN, IN ACCELERATING THE MIND, IN KEEPING THE MIND HEALTHY, IN STRENGTHENING THE MIND, IN CORRECTING CONCENTRATION, FORGETTING **AYUR MEMORY CARE 1** WORKS VERY WELL IN CURING DISEASE (ALZHEIMER'S), ENHANCING BRAIN FUNCTION AND TREATING OTHER BRAIN PROBLEMS.

INGREDIENTS

HONEY (APIDAE) HONEY	500 MG.
SHANKHPUSHPI (CONVOLVULUS PLURICAULIS) W.P.	300 MG.
HALDI (CURCUMA LONGA) RHIZOME	250 MG.
BRAHMI (BACOPA MONNIERI) W.P.	300 MG.
ASHWAGANDHA (WITHANIA SOMNIFERA) ROOT	250 MG.
GINGER (ZINGIBER OFFICINALE) RHIZOME	150 MG.
TULSI (OCIMUM TENUIFLORUM) PANCHANG	150 MG.
GARLIC (ALLIUM SATIVUM) BULB	150 MG.
ANAR DANA (PUNICA GRANATUM) DRY FRUIT	150 MG.



IN OUR AYUR MEMORY CARE 1

TALKING ABOUT THE MEDICINAL PROPERTIES OF **HONEY**, IT IS CONSIDERED USEFUL IN THE TREATMENT OF COUNTLESS DISEASES. THIS IS WHY HONEY HAS BEEN CONSIDERED A MEDICINE SINCE ANCIENT TIMES. HONEY HAS ANTI-OXIDANT PROPERTIES. WHICH RELIEVES PROBLEMS LIKE DEMENTIA (FORGETTING OR MEMORY PROBLEMS). THE NUTRIENTS FOUND IN HONEY HELP IMPROVE BLOOD CIRCULATION IN THE BRAIN. WHICH SHARPENS THE MIND.

SHANKHAPUSHPI IS ONE SUCH HERB ACCORDING TO AYURVEDA, WHICH WORKS AS A MEDICINE TO KEEP THE MIND HEALTHY AS WELL AS TO CURE MANY DISEASES. THIS PLANT IS MAINLY A DRUG TO STRENGTHEN THE MIND, INCREASE MEMORY AND INTELLIGENCE. THERE IS NO BETTER MEDICINE THAN SHANKHPUSHPI TO INCREASE THE STRENGTH OF MIND. SHANKHPUSHPI HAS ALWAYS BEEN USED IN DISEASES RELATED TO THE BRAIN.

HALDI CONTAINS CURCUMIN. WHICH PROMOTES BRAIN FUNCTION. ALSO HELPS TO INCREASE MEMORY. REGULAR INTAKE OF HALDI MAKES THE MIND SHARP AND IMPROVES CONCENTRATION LEVELS AS WELL.

BRAHMI IS CONSIDERED AN EXCELLENT NATURAL MEDICINE FOR THE BRAIN. IF YOU CONSUME BRAHMI REGULARLY EVERY DAY. SO IT HELPS TO INCREASE MEMORY FASTER, ALZHEIMER'S, THINKING ABILITY, PRACTICAL EFFICIENCY ETC.

IN OUR AYUR MEMORY CARE 1

ASHWAGANDHA IS VERY EFFECTIVE AS AN HERB. ASHWAGANDHA IS VERY USEFUL IN AYURVEDA. ASHWAGANDHA IS FULL OF MEDICINAL PROPERTIES. ASHWAGANDHA IMPROVES BRAIN FUNCTION. ELIMINATES LETHARGY AND MEMORY LOSS AND SHARPENS MEMORY. ASHWAGANDHA HAS ANTI-OXIDANT PROPERTIES, WHICH HELP TO SHARPEN THE MIND. ASHWAGANDHA IS VERY USEFUL IN THE TREATMENT OF ALZHEIMER'S (AMNESIA) AND OTHER BRAIN PROBLEMS.

GINGER IS ONE OF THE HEALTHIEST SPICES ON EARTH. FILLED WITH NUTRIENTS AND BIOACTIVE COMPOUNDS, IT IS VERY BENEFICIAL FOR THE BODY AND MIND. IT CONTAINS AN ELEMENT CALLED GINGEROL. GINGEROL HAS MEDICINAL PROPERTIES. GINGER IMPROVES THE FUNCTIONING OF YOUR BRAIN. ALSO PROTECTS YOU FROM ALZHEIMER'S DISEASE.

TULSI IS A MEDICINAL PLANT RICH IN VITAMINS AND MINERALS. MANY SPECIES OF TULSI ARE FOUND. RAMA TULSI AND SHYAMA TULSI ARE CONSIDERED TO BE PROMINENT AMONG THE MEDICINAL PROPERTIES OF TULSI. THE BENEFITS OF TULSI WORK BRILLIANTLY FOR THE BRAIN. DAILY INTAKE OF TULSI INCREASES BRAIN FUNCTION AND MEMORY.

REGULAR INTAKE OF **GARLIC** REMOVES THE PROBLEM OF OXIDATIVE DAMAGE IN THE BRAIN AND BODY. GARLIC HAS ANTI-OXIDANTS PROPERTIES WHICH ALSO PREVENTS DAMAGE FROM BRAIN CELLS. CONSUMPTION OF GARLIC CAN PREVENT DISEASES LIKE ALZHEIMER'S AND DEMENTIA. THE NUTRIENTS PRESENT IN THE GARLIC ARE ALSO VERY BENEFICIAL IN STRENGTHENING THE MEMORY WITH THE IMMUNE SYSTEM.

ANAR DANA IS CONSIDERED ONE OF THE HEALTHIEST FRUITS ON EARTH. ANAR DANA ARE CALLED MAHAUSHADHI DUE TO ITS VALUABLE PROPERTIES. WHICH HAS THE ABILITY TO CURE MANY DISEASES. ANAR DANA HAVE ANTI-OXIDANT PROPERTIES THAT PREVENT ALZHEIMER'S DISEASE FROM GROWING AND ARE HELPFUL IN MAINTAINING HUMAN MEMORY.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR MEMORY CARE 1**.
- GIVE **AYUR MEMORY CARE 1** TO CHILDREN AGED 1 YEAR TO 5 YEARS, 5 ML DAILY IN THE MORNING AND EVENING. AND FOR CHILDREN FROM 5 YEARS TO 10 YEARS, GIVE 10 ML DAILY IN THE MORNING AND EVENING. AND LIKEWISE, CHILDREN FROM 10 YEARS TO 15 YEARS, SHOULD GIVE 15 ML DAILY IN THE MORNING AND EVENING. AND KEEP IN MIND THAT DO NOT GIVE ANYTHING TO EAT IMMEDIATELY AFTER THE USE OF **AYUR MEMORY CARE 1**. **AYUR MEMORY CARE 1** CAN FEED ANYTHING 1 HOUR AFTER INTAKE. AND TAKE ADULT **AYUR MEMORY CARE 1** DAILY IN THE MORNING AND EVENING FROM 20 TO 25 ML AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER USE OF **AYUR MEMORY CARE 1**.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR MEMORY CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

AYUR KIDS CARE 1 REMOVES ALL THE COMMON PROBLEMS OF CHILDREN LIKE: - LOSS OF APPETITE, IRRITABILITY, EXCESSIVE CRYING, LACK OF MIND IN READING, ETC. AND IMMUNITY BOOST OF THE CHILD DEPENDS ON MANY THINGS LIKE WEIGHT, HEIGHT, MEMORY, LAZINESS. **AYUR KIDS CARE 1** IS A VERY GOOD MEDICINE FOR THE OVERALL GROWTH OF CHILDREN. **AYUR KIDS CARE 1** HELPS THE CHILD A LOT IN GOOD DIGESTION, BETTER IMMUNE SYSTEM, IMPROVES MEMORY AND IT SHARPENS THE MIND, ALSO WORKS IN HEIGHT AND WEIGHT GAIN AND IT IS VERY TASTY TO DRINK.

INGREDIENTS

APPLE EXT. (PYRUS MALUS) FRUITS	1.25 GM.
BRAHMI (BACOPA MONNIERI) W.P.	250 MG.
TULSI (OSIMUM SANCTUM) PANCHANG	50 MG.
SUNTHI (ZINGIBER OFFICINALE) RHYZOME	50 MG.
GILOY (TINOSPORA CORDIFOLIA) STEM	60 MG.
SHANKHPUSHPI (CONVOLVULUS PLURICAULIS) W.P.	200 MG.
ASHWAGANDHA (WITHANIA SOMNIFERA) ROOT	75 MG.
SOUNF (FOENICULUM VULGARE) SEED	75 MG.
PAN LEAVES (PIPER BETLE) LEAF	75 MG.
KALI MIRCH (PIPER NIRGUM) SEED	50 MG.
VIDARI KAND (PUERARIA TUBEROSA) RHYZOME	60 MG.



IN OUR AYUR KIDS CARE 1

APPLE IS MOST BENEFICIAL IN FRUITS. THE VITAMINS AND NUTRIENTS PRESENT IN IT ARE BENEFICIAL FOR ALL TYPES OF DISEASES. IT NOT ONLY PROTECTS US IN FIGHTING DISEASES. RATHER, IT ALSO KEEPS YOUR CHILD'S BODY HEALTHY. IT CAUSES MANY HEALTH RELATED PROBLEMS SUCH AS: - ANEMIA = BY REMOVING OXYGEN DEFICIENCY IN THE BLOOD, INCREASING THE NUMBER OF RED BLOOD CELLS OR THE AMOUNT OF HEMOGLOBIN IN THE BLOOD. AND IT ALSO CURES BAD STOMACH, CONSTIPATION. IT CONTAINS ANTI-OXIDANT, VITAMIN C AND VITAMIN B. WHICH HELP A LOT IN KEEPING THE BODY HEALTHY. NUTRIENTS OF APPLE HELP US NOT ONLY IN THE BODY BUT ALSO IN FIGHTING MANY SERIOUS DISEASES.

CONSUMING **BRAHMI** INCREASES INTELLIGENCE IN CHILDREN. AND THEIR MIND STARTS MOVING FAST. ITS USE IS VERY BENEFICIAL WHEN MEMORY IS WEAK. IT IS VERY USEFUL TO TREAT MENTAL PROBLEMS, MENTAL ILLNESSES. ITS USE IS ALSO BENEFICIAL FOR KEEPING THE MIND COOL. AYURVEDA HAS A COMPLETE CURE FOR ALL TYPES OF DISEASES. ONE OF THESE NATURAL MEDICINES IS BRAHMI. BRAHMI IS KNOWN AS 'BRAIN BOOSTER'. REGULAR INTAKE OF BRAHMI ELIMINATES DIGESTIVE PROBLEMS. AND THE DIGESTIVE SYSTEM IS STRONG.

IN OUR AYUR KIDS CARE 1

TULSI SHOWS MIRACULOUS EFFECTS IN ALL DISEASES SUCH AS COLD, COUGH, FEVER, RICKETS, RIBS, PNEUMONIA, CONSTIPATION AND DIARRHEA. IF YOUR CHILD IS ALSO STRUGGLING WITH SOME DISEASE. SO GIVE HER TULSI. YOU WILL NOT BELIEVE BUT TULSI WILL PROVE TO BE NO LESS THAN A PANACEA. CONSUMING TULSI IS VERY BENEFICIAL FOR CHILDREN.

SUNATHI STRENGTHENS THE IMMUNE SYSTEM. SUNTHI IS A WELL-KNOWN TREATMENT OF COLD, COUGH AND FLU.

GILOY IS ONE OF THE MOST IMPORTANT HERBS PRESENT IN AYURVEDA. BECAUSE OF ITS MEDICINAL PROPERTIES, IT IS KNOWN AS NECTAR.

SHANKHPUSHPI SCIENTIFIC NAME IS CONVULVULUS PLURICAULIS. SHANKHPUSHPI IS A VERY IMPORTANT HERB IN AYURVEDA DUE TO ITS THERAPEUTIC BENEFITS. IT IMPROVES THE MEMORY POWER OF THE BRAIN INCREASES CONCENTRATION AND ABILITY TO REMEMBER. SHANKHPUSHPI IS MAINLY USED TO INCREASE BRAIN POWER AND MEMORY.

TALKING ABOUT THE BENEFITS OF **ASHWAGANDHA**, IT HELPS A LOT IN STRENGTHENING OUR IMMUNITY SYSTEM. TAKING ASHWAGANDHA IS VERY BENEFICIAL IN THE CASE OF JOINT PAIN, FEVER, FATIGUE ETC. ALSO, ASHWAGANDHA HELPS A LOT IN INCREASING RED BLOOD CELLS IN OUR BODY. WHICH SOLVES MANY SERIOUS PROBLEMS OF THE BODY.

SOUNF (FENNEL) SEEDS ARE KNOWN TO HAVE VARIOUS ANTIMICROBIAL PROPERTIES. INFANTS ARE ALWAYS AT RISK OF INFECTION FROM VARIOUS BACTERIA AND FUNGUS. IT PROVIDES PROTECTION AGAINST MANY DISEASE-CAUSING CAUSES. AND HELP A LOT IN KEEPING BABIES SAFE. THE CHILD'S DIGESTIVE SYSTEM DOES NOT FUNCTION PROPERLY. SO THE CHILD CONTINUOUSLY LEAVES THE AIR. AND THE STOMACH FEELS BLOATED. SO FENNEL ALSO ELIMINATES THIS PROBLEM FROM THE ROOT.

PAN LEAVES ARE AN AYURVEDIC MEDICINE. IT ALSO HAS MANY NUTRIENTS IN ADDITION TO ANALGESIC PROPERTY ACCORDING TO A 2012 INVESTIGATION BY THE INDIAN INSTITUTE OF CHEMICAL BIOLOGY, PAN LEAVES CONTAIN ONE SUCH PARTICLE. WHICH HELPS FIGHT CHRONIC MYELOID LEUKEMIA (A TYPE OF BLOOD CANCER, CML). PAN LEAVES HELPS IMPROVE DIGESTION. AND RELIEVES THE CHILD'S LACK OF APPETITE. REGULARLY CONSUMING PAN LEAVES INCREASES THE PRODUCTION OF HORMONES THAT INCREASE APPETITE IN THE STOMACH. BODY METABOLISM IS A PROCESS. WHICH DIGESTS FOOD AND CONVERTS IT INTO ENERGY. PAN LEAVES ALSO ENHANCES THE BODY METABOLISM PROCESS. AND PAN LEAVES ALSO HELPS IN ABSORBING ESSENTIAL NUTRIENTS AND MINERALS IN THE BODY.

IN OUR AYUR KIDS CARE 1

BLACK PEPPER (KAALI MIRCH) STIMULATES DIGESTIVE JUICES AND ENZYMES THAT DIGEST FOOD. (ENZYMES ARE A TYPE OF BIOLOGICAL CATALYST. THEY INCREASE THE RATE OF BIOCHEMICAL REACTIONS. PROTEINS ARE ORGANIC SUBSTANCES OF NATURE THAT ACT AS CATALYSTS IN LIVING CELLS. THEY ARE CALLED ENZYMES). WHICH IMPROVES DIGESTION POWER. WHEN YOU EAT BLACK PEPPER WITH FOOD. SO IT AFFECTS THE DIGESTIVE POWER MORE.

WITH THE USE OF **VIDARI KAND** CHILDREN'S BODY BECOME STRONG . AND WITH THIS THE DIGESTIVE POWER OF CHILDREN IS ALSO VERY STRONG.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR KIDS CARE 1**.
- GIVE 5 ML DAILY TO CHILDREN AGED 1 YEAR TO 5 YEARS FOR **AYUR KIDS CARE 1**. AND GIVE 10 ML DAILY MORNING AND EVENING TO CHILDREN FROM 5 YEARS TO 10 YEARS. AND LIKEWISE, GIVE 15 ML DAILY TO CHILDREN FROM 10 YEARS TO 15 YEARS. AND KEEP IN MIND THAT DO NOT GIVE ANYTHING TO EAT IMMEDIATELY AFTER TAKING **AYUR KIDS CARE 1** CAN FEED ANYTHING AFTER 1 HOUR .
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR KIDS CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY. IF **AYUR KIDS CARE 1** IS CONSUMED CONTINUOUSLY, IT IS VERY GOOD FOR THE OVERALL GROWTH OF THE CHILD.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

AYUR RED ALOEVERA JUICE 1 HAS COUNTLESS BENEFITS. LIKE IT HELPS A LOT IN REMOVING TOXIC SUBSTANCES FROM THE BODY. **AYUR RED ALOEVERA JUICE 1** MAKES THE DIGESTIVE SYSTEM HEALTHY. **AYUR RED ALOEVERA JUICE 1** MAINTAINS LOW BLOOD SUGAR LEVEL. ALONG WITH HYDRATING THE SKIN, IT ALSO TAKES CARE OF THE SKIN. **AYUR RED ALOEVERA JUICE 1** IS VERY USEFUL FOR LOSING WEIGHT. **AYUR RED ALOEVERA JUICE 1** REDUCES JOINT PAIN. AND MAKES BONES STRONGER. NORMALIZES BLOOD CIRCULATION. AYUR RED ALOE VERA JUICE 1 IS BENEFICIAL IN ARTHRITIS, FOR MOUTH HEALTH, FOR COLDS, FOR CONSTIPATION, FOR DISEASES, FOR DIGESTION, FOR MENTAL HEALTH, FOR INFLAMMATION. AND ALSO REDUCES CHOLESTEROL. **AND AYUR RED ALOEVERA JUICE 1** ACTS AS A PANACEA FOR A HEALTHY HEART AND ALSO FOR SUGAR (DIABETES).

NUTRITION FACTS

SERVING SIZE 30 ML

AMOUNT PER SERVING	APPROXIMATELY
TOTAL CALORIES	32 KCAL.
PROTEIN	0.5 GM.
TOTAL CARBOHYDRATES	2.0 GM.
TOTAL FAT	0.3 GM.
SODIUM	6.0 MG.
CALCIUM	4.5 MG.
IRON	3.2 MG.
SUGAR	0.02 GM.
VITAMIN A	10 IU.
VITAMIN C	5.0 MG.
VITAMIN E	1.0 MG.



IN OUR AYUR RED ALOEVERA JUICE 1

TOTAL CALORIES ARE VERY IMPORTANT FOR THE BODY. AND THESE ARE ESSENTIAL PARTS FOR AGE, SEX, HEIGHT AND MANY OTHER FUNCTIONS. IT IS HELPFUL IN REDUCING WEIGHT. CONSUMPTION OF 800 TO 1500 CALORIES IN 1 DAY MAKES THE BODY ENERGETIC. BURNING CALORIES INCREASES THE AMOUNT OF WATER TO DRINK. WHICH IS BENEFICIAL FOR THE BODY.

PROTEIN IS THE MOST ESSENTIAL ELEMENT FOR THE BODY. ACCORDING TO A NEW RESEARCH THIS HAS BEEN REVEALED. PROTEINS ARE ESSENTIAL FOR THE GROWTH OF SKIN, BLOOD, MUSCLE AND BONE CELLS. AFTER MENSTRUATION, WOMEN WHO HAVE LESS PROTEIN IN THEIR DIET. THEY INCREASE THE RISK OF OSTEOPOROSIS (VERY WEAK BONES) BY UP TO 30%. OSTEOPOROSIS IS A SERIOUS PROBLEM IN COUNTRIES AROUND THE WORLD. BUT ITS INFLUENCE IN INDIA IS SEEN A LITTLE MORE. ACCORDING TO STATISTICS, THERE ARE ABOUT THREE CRORES PEOPLE IN INDIA CURRENTLY SUFFERING FROM OSTEOPOROSIS. THE EFFECT OF THIS DISEASE IS SEEN MORE IN WOMEN.

IN OUR AYUR RED ALOEVERA JUICE 1

IN INDIA, ONE IN EVERY EIGHT MEN AND ONE IN EVERY THREE WOMEN IS SUFFERING FROM OSTEOPOROSIS. USUALLY PEOPLE BETWEEN 30 AND 60 YEARS OLD SUFFER FROM THIS DISEASE. IF YOU ARE A PURE VEGETARIAN. SO YOU CAN GET PROTEIN FROM MILK AND MILK PRODUCTS, WALNUTS, LEGUMES, PULSES, RAJMA, GRAM, SOYA, NUTS, PEANUTS, BUTTERS, SPINACH AND OTHER THINGS. APART FROM THIS, CHICKEN, EGG WHITES AND FISH ARE ALSO RICH IN PROTEIN.

TOTAL CARBOHYDRATE IS USUALLY FOUND IN EVERY FOOD ITEM. CARBOHYDRATES ARE ALSO PRESENT IN FRUITS, VEGETABLES AND POTATO CHIPS. CARBOHYDRATES ARE THE MAJOR SOURCE OF ENERGY FOR THE BODY.

TOTAL FAT IS AN ORGANIC COMPOUND. WHICH CONSISTS OF CARBON, HYDROGEN AND OXYGEN. IT IS FOUND IN LIQUID OR SOLID FORM. FAT IS ESSENTIAL FOR THE PROPER FUNCTIONING OF THE BODY. FAT PROVIDES ESSENTIAL FATTY ACIDS. WHICH IS NOT MADE BY THE BODY. IT IS OBTAINED THROUGH FOOD IN FATTY ACIDS. THIS FATTY ACID PREVENTS BLOOD FROM FREEZING, CONTROLLING INFLAMMATION. AND IS IMPORTANT FOR BRAIN DEVELOPMENT.

LIMITED INTAKE OF **SODIUM** PROVIDES MANY BENEFITS TO HEALTH. THE SODIUM USED IN DAILY FOOD IS CALLED SODIUM CHLORIDE AND SALT. SALT NOT ONLY ADDS FLAVOR TO YOUR FOOD. BUT ALSO REDUCES MANY HEALTH PROBLEMS. BUT WHILE TAKING SALT, YOU MUST KEEP IN MIND THAT YOU ARE NOT CONSUMING IT IN LARGE QUANTITIES. BECAUSE IT CAN PROVE HARMFUL TO YOUR HEALTH. AT LEAST 1500 TO 2300 MG OF SALT SHOULD BE CONSUMED DAILY. BUT VERY FEW PEOPLE ARE AWARE OF THIS. IN SUCH A SITUATION, YOU MUST BE AWARE OF THIS SO THAT YOU CAN KEEP YOURSELF HEALTHY . SODIUM BENEFICIAL IN BRAIN FUNCTIONS, CONTROL OF BLOOD PRESSURE, BENEFICIAL FOR SKIN, REDUCES MUSCLE SPASMS.

CALCIUM IS ONE OF THE ESSENTIAL MINERALS FOR OUR BODY. IT IS NECESSARY FOR A PERSON OF ALL AGES, WHETHER IT IS A CHILD, OLD OR YOUNG CALCIUM IS VERY IMPORTANT ESPECIALLY FOR WOMEN. BECAUSE WOMEN ARE MOST DEFICIENT IN CALCIUM. CALCIUM BEGINS TO DECREASE IN WOMEN AFTER PERIODS, DELIVERY TIMES, AND BREAST FEEDING. CALCIUM EFFECTIVELY CONTROLS HYPERTENSION.

IRON IS VERY IMPORTANT FOR OUR BODY. IT IS THE MOST IMPORTANT COMPONENT OF HEMOGLOBIN IN THE BLOOD OF OUR BODY. IRON ACTS AS OXYGEN IN OUR ENTIRE BODY. WHEN OXYGEN THROUGHOUT OUR BODY GOES THROUGH THE LUNGS INTO THE BLOOD. AND AT THAT TIME IRON HELPS THE RED BLOOD CELLS TO ABSORB OXYGEN. AND THEN SPREADS THROUGHOUT THE BODY. WHEN IRON IS IN OUR BODY IN SUFFICIENT QUANTITY. THEN ALL THE CELLS OF OUR BODY ARE FULLY FILLED WITH ENERGY.

IN OUR AYUR RED ALOEVERA JUICE 1

THERE IS NOTHING BETTER THAN **SUGAR** IF YOU NEED ENERGY IMMEDIATELY. SUGAR IS CONVERTED INTO GLUCOSE UPON REACHING THE BLOOD. WHICH IS THE SIMPLEST FORM OF SUGAR. THE CELLS THEN ABSORB GLUCOSE. AND TRANSMIT ENERGY. YOU WILL BE SURPRISED TO KNOW. THAT MANY PLAYERS CARRY SUGAR CUBES WITH THEM TO RELIEVE FATIGUE IMMEDIATELY.

VITAMIN-A IS A FAT-SOLUBLE VITAMIN. WHICH IS FOUND NATURALLY IN SOME SUBSTANCES. VITAMIN-A IS CONSIDERED VERY BENEFICIAL FOR THE EYES. VITAMIN-A IS ALSO CALLED RETINOL. BECAUSE IT HELPS A LOT IN BUILDING RETINA MAKING PIGMENTS. THE COMMONEST AND BIGGEST CAUSE OF BLINDNESS WORLDWIDE IS DUE TO VITAMIN-A DEFICIENCY. VITAMIN-A PLAYS A VERY IMPORTANT ROLE FOR THE COMPLETE AND CORRECT DEVELOPMENT OF THE BODY. AND VITAMIN-A PLAYS AN IMPORTANT ROLE IN IMPROVING IMMUNE SYSTEM FUNCTION.

VITAMIN-C IS AN EXCELLENT ANTIOXIDANT. WHICH PREVENTS FREE RADICALS (MOLECULES OR ATOMS) CAUSING CANCER AND OTHER DISEASES APART FROM THIS, IT ALSO PROVES VERY HELPFUL IN FIGHTING CANCER BY INCREASING IMMUNITY. ONE OF THE BEST BENEFITS OF VITAMIN C IS THIS. THAT THE ANTI-OXIDANT ELEMENTS PRESENT IN IT ARE EXTREMELY BENEFICIAL FOR THE HEART. AND EFFECTIVE IN PROTECTING AGAINST HEART PROBLEMS. THE ANTI-HISTAMINE (MEDICINAL SUBSTANCE) ELEMENTS PRESENT IN VITAMIN-C PROTECT AGAINST ALLERGIES AND ALSO RELIEVE SYMPTOMS. EVEN IN THE COMMON COLD, THE BODY CAN BE KEPT HEALTHY BY USING VITAMIN-C.

VITAMIN-E IS USEFUL FOR OUR OVERALL HEALTH. VITAMIN-E IS A FAT SOLUBLE VITAMIN. IT ALSO ACTS AS AN ANTIOXIDANT. CELLS USE VITAMIN-E TO INTERACT WITH EACH OTHER. AND PERFORMS MANY IMPORTANT FUNCTIONS. VITAMIN E IS A SKIN CARE AND SKIN HEALTHY VITAMIN. IT PROTECTS THE SKIN FROM DRYNESS, WRINKLES, PREMATURE AGING AND HARMFUL ULTRAVIOLET RAYS OF THE SUN. IT ALSO HELPS IN THE FORMATION OF RED BLOOD CELLS. VITAMIN-E ALSO PROTECTS AGAINST CANCER. THIS HAS BEEN REVEALED IN MANY RESEARCHES. THAT PEOPLE WHO HAVE CANCER. THEIR BODY IS LOW IN VITAMIN-E. IMMUNITY MAKES THE SYSTEM STRONGER. VITAMIN-E ALSO REDUCES THE SIDE EFFECTS OF MEDICINES TAKEN FOR HAIR LOSS.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR RED ALOEVERA JUICE 1**.
- TAKE **AYUR RED ALOEVERA JUICE 1** TO 20 TO 25 ML ON AN EMPTY STOMACH DAILY IN THE MORNING. AND IN THE EVENING TAKE 20 TO 25 ML AFTER 1 HOUR OF EATING. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER THE CONSUMPTION OF **AYUR RED ALOEVERA JUICE 1**.
AYUR RED ALOEVERA JUICE 1 CAN BE CONSUMED 1 HOUR BEFORE THE INTAKE OF 1 AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR RED ALOEVERA JUICE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

KIZAARA
A DIFFERENT THINKING

FRIENDS, DO YOU KNOW THAT INDIA IS CALLED THE CAPITAL OF CANCER IN THE WORLD. AYUR BERRY JUICE 1 HELPS A LOT IN IMPROVING BLOOD SUGAR AND INSULIN RESPONSE. FIBER IS A GOOD SOURCE. LOW IN CALORIES AND VERY NUTRITIOUS. ALONG WITH LOWERING CHOLESTEROL LEVELS, KEEPS THE HEART HEALTHY. REDUCES SKIN WRINKLES. **AYUR BERRY JUICE 1** CONTAINS SEVERAL ANTI-OXIDANTS, ANTHOCYANIN (A GROUP OF AGLYCONE (SUGAR-FREE MOLECULE) IN RED AND BLUE PIGMENTS EXTRACTED FROM PLANTS) AND ACIDIC ACID AND RESVERATROL (BY REDUCING THE PROBLEM OF HIGH CHOLESTEROL (LDL)), INCREASES THE LEVEL OF GOOD CHOLESTEROL (HDL). WHICH REDUCE THE RISK OF CANCER. IT IS BENEFICIAL FOR ALMOST ALL DISEASES. SUCH AS: - COLD, OBESITY, LIVER, BLOOD PRESSURE, CHOLESTEROL, SUGAR, HEART DISEASES, RESPIRATORY DISEASES, MENTAL, PHYSICAL AND SEXUAL WEAKNESS. BY DRINKING THIS, A MAN CAN REMAIN YOUNG FOR MORE THAN 100 YEARS. AND ONE CAN LIVE A HEALTHY LIFE.

NUTRITION FACTS

SERVING SIZE 30 ML

AMOUNT PER SERVING	APPROXIMATELY
TOTAL CALORIES	40 KCAL.
SUGAR	0 GM.
CARBOHYDRATES	8.95 GM.
DIETARY FIBER	1.98 GM.
PROTEIN	0.421 GM.
SODIUM	25.98 MG.
CALCIUM	49.0 MG.
IRON	0.67 MG.
VITAMIN A	22.2 IU.
VITAMIN C	26.12 MG.
VITAMIN B1	1.47 IU.
VITAMIN B2	0.98 IU.



IN OUR AYUR BERRY JUICE 1

TOTAL CALORIE PHYSICAL ACTIVITY AND METABOLISM INTENSIFIES YOUR CALORIE BURN. AND YOUR MUSCLES EASILY USE STORED ENERGY (STORED) ALREADY STORED IN YOUR BODY.

SUGAR WHILE EATING SUGAR, OUR LIVER CONVERTS THE FRUCTOSE PRESENT IN FAT. IN SUCH A SITUATION, SOME FAT COMES OUT. BUT SOME PART REMAINS IN THE LIVER. EATING TOO MUCH SUGAR CAUSES THE BODY TO EXCEED THE INSULIN LIMIT.

CARBOHYDRATES ARE A SUGAR. WHICH GOES INSIDE OUR BODY TO PRODUCE GLUCOSE. GLUCOSE IS THE PRIMARY SOURCE OF ENERGY FOR THE BRAIN, MUSCLES, AND OTHER CELLS.

IN OUR AYUR BERRY JUICE 1

DIETARY FIBER IS A TYPE OF CARBOHYDRATE. WHICH IS NOT DIGESTED BY OUR BODY. IT IS FOUND IN MANY TYPES OF FOODS. FRUITS, VEGETABLES, DRIED PEAS AND PULSES CONTAIN PLENTY OF FIBER. FIBER HAS AN IMPORTANT ROLE IN MAKING THE HUMAN DIGESTIVE SYSTEM CORRECT.

PROTEIN STRENGTHENS THE MUSCLES AND IMMUNITY SYSTEM. AND 18% -20% OF OUR BODY WEIGHT IS DUE TO PROTEIN. AND PROTEIN ALSO KEEPS HEART AND LUNG TISSUE HEALTHY. PROTEIN IS NECESSARY FOR THE BODY TO FUNCTION SMOOTHLY. AND EJECTS TOXIN FROM THE BODY.

SODIUM IS ONE SUCH ELEMENT. WHICH IS VERY IMPORTANT FOR THE HUMAN BODY. SODIUM FULFILLS THE LACK OF WATER IN OUR BODY. AND AT THE SAME TIME IT HELPS A LOT IN EXCHANGING INFORMATION FROM BODY PARTS TO THE BRAIN. SALT IS THE MAIN SOURCE OF SODIUM DEFICIENCY IN THE BODY.

CALCIUM IS THE MOST ABUNDANT MINERAL PRESENT IN THE BODY. IT ACCOUNTS FOR 1% TO 2% OF THE TOTAL BODY WEIGHT. ABUNDANT CALCIUM IS FOUND IN BONES AND TEETH. 90% OF CALCIUM IS PRESENT IN BONES AND TEETH. THE REMAINING 10% CALCIUM IS PRESENT IN BLOOD, BODY FLUIDS, NERVES AND MUSCLE CELLS AND OTHER CELLS. WHICH HELPS ALL THESE CELLS IN THEIR FUNCTION. **IRON** IS VERY IMPORTANT TO KEEP OUR ENTIRE BODY HEALTHY. WE CAN OVERCOME IRON DEFICIENCY IN OUR BODY THROUGH FOOD AND DRINK. NATURAL AND GOOD SOURCES OF IRON ARE GREEN LEAFY VEGETABLES, FENUGREEK AND MUSTARD GREENS, FLOUR, GREEN BEANS, SPINACH, BROCCOLI, TURNIP, SWEET POTATO, ALMONDS, RAISINS, BEETS, CHICKPEAS, BEANS, SOYBEANS, DATES, MELON, APPLES, GRAPES, EGG, FISH ETC. CONSUMING SPROUTED LENTILS IS VERY GOOD FOR INCREASING BLOOD VOLUME IN OUR BODY.

VITAMIN-A PROVES TO BE VERY BENEFICIAL FOR THE BODY. VITAMIN IS REQUIRED FOR THE BODY IN MANY WAYS. THE BODY SHOULD KEEP SUPPLYING VITAMINS FROM TIME TO TIME. AMONG THESE VITAMINS, VITAMIN A PLAYS A VERY IMPORTANT ROLE IN KEEPING THE SKIN, BONES AND OTHER CELLS OF THE BODY STRONG. VITAMIN-A CONTAINS ANTIOXIDANTS. WHICH PROTECTS CELLS FROM BEING DAMAGED. IN ADDITION, VITAMIN A PREVENTS FREE RADICALS FROM BREAKING DOWN. AND OUR BODY DOES NOT ALLOW INFLAMMATORY PROBLEMS TO ARISE.

VITAMIN-C HELPS A LOT IN MAKING COLLAGEN (A PROTEIN FOUND IN THE BODY) IN THE SKIN. BECAUSE OF THIS, YOUR SKIN REMAINS FLEXIBLE. IF A PERSON IS DEFICIENT IN VITAMIN-C, THEN HIS SKIN STARTS HANGING PREMATURELY. AND OLD AGE SOON APPEARS ON THE FACE. VITAMIN-C HELPS YOU IN REDUCING THE NATURAL PROCESS OF AGING (CHANGES IN SKIN WITH AGE). NOT ONLY THIS, IT ALSO HELPS A LOT IN REDUCING WRINKLES OF YOUR FACE.

IN OUR AYUR BERRY JUICE 1

VITAMIN-B1 ALSO KNOWN AS VITAMIN-B1 OR THIAMINE. THIS GREATLY HELPS IN CONVERTING THE BODY'S CARBOHYDRATES INTO ENERGY NOW-A-DAYS IT IS KNOWN MORE AS AN 'ANTI-STRESS' VITAMIN. BECAUSE IT REDUCES THE STRESS LEVEL. AND MAKES IMMUNITY SYSTEMS STRONGER. VITAMIN-B1 IS REQUIRED TO KEEP THE NERVOUS SYSTEM HEALTHY. THIS GREATLY HELPS IN BUILDING MYELIN SHEATHS AROUND THE BRAIN CELL. AND PLAYS AN IMPORTANT ROLE IN CARRYING MESSAGES FROM THE BRAIN TO VARIOUS PARTS OF THE BODY. PRESENCE OF VITAMIN-B1 LEVELS IN APPROPRIATE AMOUNTS INCREASES LEARNING ABILITY AND MEMORY IF SUFFICIENT AMOUNT OF VITAMIN B1 IS PRESENT IN THE BODY, THEN YOU CAN AVOID SERIOUS HEALTH PROBLEMS LIKE HEART DISEASES AND CANCER. VITAMIN-B1 ALSO ACTS AS AN ANTI-OXIDANT TO END THE BODY'S IRRITABLE NATURE.

VITAMIN-B2 IS ALSO KNOWN AS RIBOFLAVIN. THIS VITAMIN OF VITAMIN-B GROUP IS VERY IMPORTANT FOR HEALTH. VITAMIN-B2 HELPS A LOT IN DIGESTION AND ABSORBING ELEMENTS FROM IT AFTER A MEAL. VITAMIN-B2 IS CONSIDERED IMPORTANT FOR TISSUES. WITH THIS HELP THE EYES, SKIN, MUSCLES AND NERVES REMAIN HEALTHY.

DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR BERRY JUICE 1**.
- TAKE **AYUR BERRY JUICE 1** ON AN EMPTY STOMACH 20 TO 25 ML DAILY. AND IN THE EVENING TAKE 20 TO 25 ML AFTER 1 HOUR OF EATING FOOD. AND TAKE CARE NOT TO EAT ANYTHING IMMEDIATELY AFTER THE INTAKE OF **AYUR BERRY JUICE 1**. **AYUR BERRY JUICE 1** CAN BE EATEN 1 HOUR BEFORE 1 HOUR AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR BERRY JUICE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

AYUR NONI JUICE 1 IS USEFUL IN IMPROVING THE IMMUNITY POWER OF THE BODY AGAINST ALL DISEASES. **AYUR NONI JUICE 1** HELPS A LOT IN REGULATING THE BODY'S CELL FUNCTION, PROTECTING IT FROM CONTAMINANTS AND TOXINS. **AYUR NONI JUICE 1** WORKS AS A NATURAL ANTI-OXIDANT. **AYUR NONI JUICE 1** IN MEMORY IMPROVEMENT, WEIGHT LOSS, BODY STRENGTH, IMMUNITY, COLD-COUGH, CANCER PREVENTION, MUSCLE STRENGTHENING, BLOOD PRESSURE CONTROL. **AYUR NONI JUICE 1** IS VERY BENEFICIAL IN REDUCING INCREASED CHOLESTEROL, IN ARTHRITIS, KEEPING THE LIVER HEALTHY, REDUCING STRESS AND ELIMINATING OTHER TYPES OF INFECTIONS.

NUTRITION FACTS

SERVING SIZE 30 ML

AMOUNT PER SERVING	APPROXIMATELY
CALORIES	3.5 KCAL
PROTEIN	0.1 GM.
TOTAL CARBOHYDRATES	0.7 GM.
SODIUM	1.0 MG.
VITAMIN C	1.5 MG.
TOTAL DIETARY FIBER	0.1 GM.
CALCIUM	2.0 MG.
MAGNESIUM	800 MCG.
IRON	35 MCG.
POTASSIUM	10 MG.
ZINC	300 MCG.
NONI FRUIT JUICE	15.0 GM.



INGREDIENTS

NONI FRUIT RAS (MORINDA CITRIFOLIA)	95 ML.
KOKUM FRUIT RAS (GARCINIA CAMBOGIA)	3 ML.
MORINGA RAS (MORINGA OLEIFERA)	2 ML.

IN OUR AYUR NONI JUICE 1

CALORIES ARE AN ENERGY MEASURING UNIT. CALORIE IS ESSENTIAL FOR HUMAN HEALTH. THE CALORIES THE HUMAN BODY GETS FROM FOODS. IT IS HELPFUL IN REDUCING WEIGHT.

PROTEIN IS VERY IMPORTANT TO GIVE STRENGTH TO OUR BODY. THERE ARE VERY SMALL NUMBER OF CELLS IN OUR BODY. AND THERE ARE MANY TYPES OF PROTEINS IN EVERY CELL. PROTEIN IS MADE UP OF AMINO ACIDS AND THERE ARE ABOUT 20 TYPES OF AMINO ACIDS. IF WE TAKE THE RIGHT AMOUNT OF PROTEIN. SO IT HAS MANY BENEFITS. NOT ONLY THIS, OUR BODY REMAINS HEALTHY. RATHER THERE IS NO LACK OF ENERGY IN OUR BODY.

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TOTAL CARBOHYDRATE IS AN ESSENTIAL ELEMENT FOR THE BODY. WHICH GIVES OUR BODY ENERGY. THIS IS WHAT WE GET FROM DAILY FOOD. CARBOHYDRATES ARE FOUND IN ABUNDANCE IN RICE, WHEAT, BEANS, POTATOES AND OTHER THINGS. CARBOHYDRATES HAVE AN IMPORTANT CONTRIBUTION TO PHYSICAL DEVELOPMENT.

SODIUM IS AN IMPORTANT ELEMENT FOUND IN THE HUMAN BODY. SODIUM IS THE MOST IMPORTANT ELEMENT OF ELECTROLYTES (NATURAL ELEMENTS IN THE BODY) FOR THE BLOOD. LACK OF THIS IMPORTANT ELECTROLYTE CAUSES DIFFICULTY IN PERFORMING BODY FUNCTIONS. IT REGULATES BODY FLUIDS. AND ALSO TRANSMITS ELECTRICAL IMPULSES INSIDE THE HUMAN BODY. SODIUM IS THE MOST ESSENTIAL ELEMENT FOUND IN THE VEINS. IT ALSO HELPS IN CONTROLLING OR BALANCING THE SPEED OF MUSCLE CONTRACTION.

VITAMIN-C INCREASES OUR IMMUNITY. REGULAR INTAKE OF IT REDUCES THE RISK OF COLD, COUGH AND OTHER INFECTIONS. NOT ONLY THIS, IT ALSO PROTECTS AGAINST MANY TYPES OF CANCER.

TOTAL DIETARY FIBER IS AN ESSENTIAL NUTRIENT FOR PHYSICAL HEALTH. THIS DISEASE IS NECESSARY TO IMPROVE IMMUNITY AND METABOLISM, CONTROL BLOOD SUGAR, BALANCE WEIGHT, STRENGTHEN MUSCLES AND PROVIDE OTHER HEALTH BENEFITS.

CALCIUM IS AN ESSENTIAL NUTRIENT FOR A HEALTHY BODY AND A HAPPY LIFE. IN THIS WAY, WE NEED SMALL AMOUNTS OF CALCIUM EVERY DAY. BUT IF IT IS NOT INCLUDED IN FOOD, THEN IT STARTS LACKING IN THE BODY. CALCIUM IS THE BASIS OF BONES PRESENT IN THE BODY. IT STRENGTHENS YOUR BONES. WHICH KEEPS THE BODY HEALTHY.

MAGNESIUM IS ONE OF THOSE MICRONUTRIENTS. WHICH IS NECESSARY FOR THE BODY. THE USE OF MAGNESIUM IN REGULAR DIET KEEPS BLOOD PRESSURE UNDER CONTROL. IT REDUCES THE INCREASED CHOLESTEROL IN THE BODY.

IRON IS VERY IMPORTANT TO KEEP OUR ENTIRE BODY HEALTHY. WE CAN OVERCOME IRON DEFICIENCY IN OUR BODY BY EATING AND DRINKING.

POTASSIUM IS ONE OF THE SPECIAL MINERALS REQUIRED BY THE BODY. POTASSIUM REDUCES THE RISK OF HEART STROKE (HEART ATTACK) AND HIGH BP. AND IT REDUCES THE CHANCES OF KIDNEY STONES.

ZINC IS ALSO AN ESSENTIAL MINERAL FOR BODY FUNCTIONS, LIKE IRON AND CALCIUM. THERE ARE MANY HEALTH BENEFITS WE CAN GET FROM ZINC. IT PLAYS A VERY IMPORTANT ROLE IN OUR IMMUNE SYSTEM, SKIN HEALTH AND HEALING OF WOUNDS.

NONI FRUIT JUICE GIVES ENERGY TO THE BODY AND PROTECTS US FROM DISEASES. DUE TO THE MEDICINAL PROPERTIES OF NONI FRUIT, IT HAS BEEN USED SINCE ANCIENT TIMES FOR INCREASING IMMUNITY AND DETOXIFICATION. NONI CONTAINS SUFFICIENT AMOUNT OF ANTIOXIDANTS, VITAMIN C, VITAMIN B3, VITAMIN A AND IRON. IT HAS ANTI-CANCER AND ANTIOXIDANT PROPERTIES. WHICH ALSO HELPS IN REDUCING THE SYMPTOMS OF CANCER. NONI FRUIT JUICE ALSO FIGHTS THE RISK OF CANCER FROM SMOKING. IT PREVENTS CANCER TUMORS FROM GROWING IN THE BODY. NONI FRUIT JUICE IS VERY EFFECTIVE IN CURING MANY DISEASES.

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NONI FRUIT RAS IS MADE FROM THE FRUIT OF A TROPICAL EVERGREEN PLANT OF THE SAME NAME. NONI JUICE CONTAINS ABUNDANT ANTI-OXIDANTS, VITAMIN-C, VITAMIN-B3, VITAMIN-A AND IRON. SINCE IT SHOWS SIMULTANEOUS EFFECTS ON MANY PARTS OF THE BODY. HENCE IT IS ALSO KNOWN AS MAGICAL DRINK. NONI JUICE CONTAINS A LOT OF ANTI-OXIDANTS. PEOPLE WHO SUFFER FROM ARTHRITIS. NONI JUICE IS VERY BENEFICIAL FOR THEM. IT ALSO RELIEVES KNEE PAIN. NONI IS RICH IN NUTRIENTS LIKE VITAMIN-A, VITAMIN-C, NIACIN AND IRON. WHICH ARE NECESSARY TO KEEP THE BODY STRONG AND PREVENT DISEASES. SOME DERMATOLOGISTS SAY. THE ANTIBACTERIAL AND ANTI-FUNGAL PROPERTIES OF NONI JUICE ALSO RELIEVE HEAD SKIN IRRITATION.

KOKUM FRUIT RAS IS A MEDICINAL FRUIT. WHICH HAS BEEN USED AS A SPICE AND MEDICINE SINCE ANCIENT TIMES. THE BENEFITS OF KOKUM GREATLY HELP TO OVERCOME VARIOUS HEALTH PROBLEMS. THE BENEFITS OF KOKUM INCLUDE REDUCING WEIGHT, TREATING DIARRHEA, KEEPING THE LIVER HEALTHY, REDUCING STRESS, TREATING ULCERS, PROMOTING SKIN HEALTH, AND MORE KOKUM CONTAINS MANY NUTRIENTS. DUE TO WHICH IT IS USED AS A MEDICINAL FRUIT. KOKUM IS BENEFICIAL IN PREVENTING THE SYMPTOMS OF CANCER. CANCER IS KNOWN AS THE MOST SERIOUS AND INCURABLE DISEASE. BUT ACCORDING TO AYURVEDA SUCH NUTRIENTS ARE PRESENT IN KOKUM. WHICH ARE HELPFUL IN REDUCING THE EFFECT OF CANCER. STUDIES SHOW THAT THIS FRUIT CONTAINS HIGH AMOUNTS OF ANTI-OXIDANTS. THOSE CONSIDERED ANTI-CANCER. IT INHIBITS THE GROWTH OF CANCER CELLS. AND HELPS A LOT IN DESTROYING BREAST CANCER, PROSTATE CANCER AND PANCREATIC CANCER CELLS. KOKUM HAS HEART-HEALTHY PROPERTIES. IF YOU WANT TO MAKE YOUR HEART HEALTHY AND STRONG. SO YOU CAN CONSUME KOKUM. THIS IS BECAUSE KOKUM HELPS A LOT IN REDUCING CHOLESTEROL. AND STRENGTHENS THE CARDIO-VASCULAR SYSTEM. CALORIE INTAKE IN THIS NUTRITIOUS FRUIT IS NORMAL. BUT IT CONTAINS HIGH AMOUNT OF FIBER. FOR THIS REASON, CONSUMING KOKUM REGULARLY HELPS A LOT IN CONTROLLING HIGH BLOOD PRESSURE AND HIGH HEART RATE. IN THIS WAY, KOKUM CAN PROMOTE HEART HEALTH AND PREVENT HEART PROBLEMS.

WE ALL KNOW ABOUT **SAHAJAN (MORINGA RAS)**. ITS SCIENTIFIC NAME IS MORINGA OLEIFERA. SAHJAN PODS VEGETABLES ARE MADE IN ALMOST EVERY HOUSEHOLD. IT TASTES GOOD IN FOOD. BUT DO YOU KNOW THAT THIS POD AND ITS TREE ALSO HAVE MANY BENEFITS FOR HEALTHY. THESE CONTAIN PROTEINS, AMINO ACIDS, BETA CAROTENE, AND VARIOUS PHENOLIC. THESE LEAVES CAN BE USED AS A FOOD SUPPLEMENT IN FRESH OR POWDERED FORM. FROM THE ROOT TO THE FLOWER OF THE SAHJAN, THE LEAVES ARE FULL OF HEALTH IN THE SAHJAN PLANT.

IN OUR AYUR NONI JUICE 1

CONTROL HIGH BLOOD PRESSURE AND GIVE IT TO THE PATIENTS BY MAKING A DECOCTION BY EXTRACTING THE JUICE OF SAHJAN LEAVES BESIDES, DRINKING ITS DECOCTION ALSO PROVIDES RELIEF IN NERVOUSNESS, DIZZINESS, VOMITING. ABUNDANT CALCIUM IS FOUND IN SAHJAN PODS WHICH IS VERY BENEFICIAL FOR CHILDREN. THIS MAKES BOTH BONES AND TEETH STRONG. GIVING IT TO PREGNANT WOMEN PROVIDES PLENTY OF CALCIUM IN THEIR BABIES. AND THE BABY BEING BORN IS HEALTHY. SAHJAN IS CONSIDERED A BENEFICIAL DRUG TO REMOVE OBESITY AND INCREASED BODY FAT. IT CONTAINS PHOSPHORUS CONTENT. WHICH REDUCES THE EXTRA CALORIES OF THE BODY. AND ALSO BY REDUCING FAT (FAT), IT HELPS IN REDUCING OBESITY.

DIRECTIONS FOR USE

- SHAKE WELL BEFORE USE **AYUR NONI JUICE 1**.
- TAKE **AYUR NONI JUICE 1** ON AN EMPTY STOMACH 20 TO 25 ML DAILY. AND IN THE EVENING TAKE 20 TO 25 ML AFTER 1 HOUR OF EATING FOOD. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR NONI JUICE 1**. YOU CAN EAT ANYTHING 1 HOUR BEFORE INTAKE OF **AYUR NONI JUICE 1** AND 1 HOUR AFTER INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR NONI JUICE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

ACCORDING TO AYURVEDA, WHILE TAKING ANY AYURVEDIC MEDICINE, THE FOLLOWING PRECAUTIONS MUST BE FOLLOWED.

- ANY AYURVEDIC MEDICINE SHOULD BE CONSUMED WITH WARM WATER (LUKEWARM). TAKING AYURVEDIC MEDICINE WITH WARM WATER (LUKEWARM) GIVES VERY GOOD RESULTS.
- IF ANY AYURVEDIC MEDICINE IS CONSUMED ON AN EMPTY STOMACH IN THE MORNING, YOU GET BETTER RESULTS. IF YOU FEEL ANY PROBLEM DUE TO TAKING THE MEDICINE ON AN EMPTY STOMACH, THEN ACCORDING TO THE USAGE GUIDELINES OF THE PRODUCTS, THE DRUG SHOULD BE CONSUMED.
- DO NOT USE TOO MUCH CITRUS. SUCH AS - RAW MANGO, SOUR PICKLE, TAMARIND, TAMARIND CHUTNEY. AND FRIED SPICES AND ROASTED FOOD SHOULD NOT BE CONSUMED. AND FAST FOOD SHOULD ALSO NOT BE CONSUMED.
- COLD DRINKS SHOULD NOT BE USED MUCH. AND 4 TO 6 LITERS OF WATER A DAY IS NEEDED.
- SPECIAL: CHILDREN YOUNGER THAN 5 YEARS, LACTATING WOMEN AND PREGNANT WOMEN SHOULD TAKE AYURVEDIC MEDICINES ACCORDING TO DOCTOR'S CONSULTATION.
- ANY AYURVEDIC PRODUCT SHOULD BE KEPT AWAY FROM DIRECT SUNLIGHT. AND THE BOTTLE SHOULD CLOSE WELL.
- AFTER OPENING THE AYURVEDIC PRODUCT PACKING (SEAL), THE AYURVEDIC PRODUCT SHOULD BE USED WITHIN 1 MONTH.
- FOR BETTER RESULTS, KIZAARA'S AYURVEDIC PRODUCTS SHOULD BE CONSUMED CONTINUOUSLY FOR AT LEAST 3 MONTHS AS PER YOUR REQUIREMENT.

“ IF YOU WANT TO TAKE ADVANTAGE OF KIZAARA'S BEST

AYURVEDIC PRODUCTS FOR YOUR FAMILY AND FOR THOSE WHO KNOW MORE, SO TO GET MORE INFORMATION FROM THE PERSON GIVING THE INFORMATION GIVEN BELOW, CONTACT THAT PERSON IMMEDIATELY ”



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BOTH ARE IN YOUR HAND.



THANK YOU





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