



# KIZAARA

## A DIFFERENT THINKING



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

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**AYUR SEA BUCKTHORN JUICE 1** IS NATURALLY FULL WITH ANTIOXIDANTS. WHICH HELPS A LOT IN PROTECTING YOUR BODY FROM DISEASES LIKE AGING, CANCER, HEART DISEASE. ITS ANTI-OXIDANT HELPS IN REDUCING THE RISK FACTORS OF HEART DISEASE. INCLUDING BLOOD CLOTS, BLOOD PRESSURE AND BLOOD CHOLESTEROL LEVELS. **AYUR SEA BUCKTHORN JUICE 1** HELPS IN LOWERING BLOOD SUGAR LEVELS BY INCREASING INSULIN SECRETION AND INSULIN SENSITIVITY. IT HELPS IN GOOD GROWTH OF SKIN. HELPS HEAL WOUNDS MORE QUICKLY. IT CONTAINS HEALTHY FATS, VITAMIN-E AND CAROTENOIDS. WHICH PROTECTS ALL LIVER CELLS FROM DAMAGE **AYUR SEA BUCKTHORN JUICE 1** HELPS KILL CANCER CELLS. AND IT HELPS PREVENT AND TREAT STOMACH ULCERS. **AYUR SEA BUCKTHORN JUICE 1** HELPS REDUCE INFLAMMATION. AND ALSO REDUCES THE SYMPTOMS OF DEPRESSION.

## NUTRITION FACTS

SERVING SIZE 30 ML

AMOUNT PER SERVING	APPROXIMATELY
PROTEIN	40.0 MG.
FAT	4.0 MG.
ENERGY	65 KCAL
MAGNESIUM	0.3 MG.
IRON	2.3 MG.
CALCIUM	12.5 MG.
CARBOHYDRATES	15.0 MG.
VITAMIN E	9.0 MG.
OMEGA 3	2.6 MG.
VITAMIN C	1.1 MG.
VITAMIN B2	2.5 MG.



## IN OUR AYUR SEA BUCKTHORN JUICE 1

**PROTEIN** DUE TO LACK OF PROTEIN, MANY PROBLEMS ARISE IN OUR BODY. SUCH AS FREQUENT HUNGER, THIN HAIR, DELICATE NAILS, IRRITABILITY AND DEPRESSION, DECREASED RESISTANCE AGAINST INFECTION, MUCH DELAYED HEALING OF WOUNDS, PROLONGED RECOVERY FROM ILLNESSES, MENTAL EXHAUSTION, DECREASED PHYSICAL DEVELOPMENT, JOINT AND MUSCLE PAIN, FALLING SICK AGAIN AND AGAIN, SLEEPLESSNESS, WEIGHT GAIN ETC.

**FAT** IS AN ESSENTIAL NUTRIENT. IT IS IMPORTANT FOR NORMAL BODY FUNCTIONS. FAT OR LIPIDS PRESENT IN THE DIET ARE NECESSARY TO KEEP THE SKIN HEALTHY AND PREVENT CHRONIC DISEASE. BUT WRONGLY CONSUMING FATTY (FAT) THINGS CAN CAUSE WEIGHT GAIN OR HEART DISEASE. WHEN COMPARING THE ADVANTAGES AND DISADVANTAGES OF FAT INTAKE FROM VARIOUS HEALTHY SOURCES, IT IS VERY IMPORTANT TO PAY ATTENTION TO WEIGHT, CALORIE INTAKE AND HEALTH CONCERNS. CONSUMING THE REQUIRED AMOUNT OF FAT THROUGH DIFFERENT SOURCES PROVIDES THE NECESSARY NUTRIENTS FOR THE BODY.

## IN OUR AYUR SEA BUCKTHORN JUICE 1

IT IS VERY IMPORTANT TO HAVE **ENERGY** IN OUR BODY. OUR FOOD AND DRINK SHOULD BE RIGHT FOR THIS. USE OF CURD IN FOOD WHICH CONTAINS BACTERIA AND CARBOHYDRATES. WHICH REMOVES FATIGUE AND PROVIDES ENERGY TO THE BODY. THE NUTRIENTS FOUND IN FENNEL ELIMINATE SODIUM, CALCIUM, POTASSIUM, IRON ETC. HORMONES THAT MAKE YOU FEEL TIRED. POTASSIUM IS FOUND IN BANANAS. WHICH CONVERTS THE SUGAR PRESENT IN THE BODY INTO ENERGY. AND RELIEVES YOUR FATIGUE.

**MAGNESIUM** IS ONE OF THOSE MICRONUTRIENTS. WHICH IS NECESSARY FOR THE BODY. REGULAR USE OF MAGNESIUM KEEPS BLOOD PRESSURE UNDER CONTROL. MAGNESIUM HAS MANY HIDDEN BENEFITS. IT GRADUALLY REDUCES THE INCREASED CHOLESTEROL IN THE BODY.

**IRON** INCREASES YOUR IMMUNITY. THIS RELIEVES YOU FROM THE RISK OF ANEMIA. IRON IS MOST ESSENTIAL FOR PREGNANT WOMEN. IRON DEFICIENCY OFTEN OCCURS IN WOMEN DURING PREGNANCY. FOR WHICH THEY ARE ALSO GIVEN IRON TABLETS. <sup>ॐ</sup>IRON IS BENEFICIAL FOR PEOPLE OF ALL AGES. IT PROVIDES ENERGY TO THE BODY. IT ALSO HELPS IN THE FORMATION OF BLOOD CELLS. DUE TO WHICH THE INJURY IS CURED QUICKLY. IRON STRENGTHENS MUSCLES. IT ALSO REDUCES HAND AND FOOT PAIN. SHORTNESS OF BREATH IS ALSO A SIGN OF IRON DEFICIENCY. IRON ALSO INCREASES YOUR STAMINA.

**CALCIUM** DUE TO LACK OF CALCIUM IN THE BODY, YOU MAY HAVE TO FACE MANY TYPES OF DAMAGE. LACK OF CALCIUM HAS A DIRECT ADVERSE EFFECT ON MANY ORGANS OF YOUR BODY. DUE TO LACK OF CALCIUM IN THE BODY, YOU START TO GET DISEASE RELATED TO BONES. AND YOU ALWAYS FEEL UNWELL.

**CARBOHYDRATES** PROVIDE THE ENERGY REQUIRED FOR OUR DAILY ACTIVITIES. ALL OUR ACTIVITIES REQUIRE ENERGY. THE SOURCE OF ENERGY REQUIRED FOR OUR DAILY NEEDS IS GLUCOSE. OUR BODY GETS GLUCOSE FROM THE STARCH (SUGAR MIXED IN FOOD) AND SUGAR WE EAT IN OUR DIET. MANY OF US BLAME CARBOHYDRATES FOR GAINING WEIGHT. BUT PROPER CARBOHYDRATE INTAKE HELPS A LOT IN REDUCING AND CONTROLLING YOUR WEIGHT.

**VITAMIN-E** HELPS IN PRODUCING RED BLOOD CELLS IN THE BODY. VITAMIN-E INTAKE DURING PREGNANCY PROTECTS THE CHILD FROM ANEMIA. ACCORDING TO A RESEARCH, VITAMIN-E DEFICIENCY INCREASES THE CHANCES OF GETTING MENTAL DISEASE. ADEQUATE AMOUNT OF VITAMIN-E IN THE BODY HELPS A LOT IN REDUCING MENTAL STRESS AND OTHER PROBLEMS. VITAMIN-E IS RICH IN ANTIOXIDANTS WHICH REDUCE THE EFFECT OF AGING ON THE SKIN. APART FROM THIS, IT IS ALSO VERY EFFECTIVE IN REDUCING AND PREVENTING WRINKLES. ACCORDING TO RESEARCH, PEOPLE WHO HAVE HIGH AMOUNT OF VITAMIN-E IN THEIR BODY. THEY HAVE A LOWER RISK OF HEART DISEASES. IT ALSO REDUCES THE POSSIBILITY OF HEART STROKE (HEART ATTACK) IN WOMEN AFTER MENSTRUATION.

## IN OUR AYUR SEA BUCKTHORN JUICE 1

**OMEGA-3** IS PRESENT IN THE BODY IN THE FORM OF FAT. OMEGA-3 FATTY ACIDS ARE ONE OF THESE TYPES. IT IS NECESSARY FOR THE BRAIN AND EYES. APART FROM THIS, OMEGA-3 HELPS A LOT TO KEEP YOU AWAY FROM HEART DISEASE AND MANY OTHER DISEASES.

**VITAMIN-C** IS ALSO KNOWN AS ASCORBIC ACID (SUGAR ACID WITH ANTI-OXIDANT PROPERTIES). THE PRESENCE OF ASCORBIC ACID IN OUR BODY IS VERY IMPORTANT FOR CELLS AND DIGESTIVE FUNCTIONS. VITAMIN-C MAINTAINS ITS BEAUTY AND TAKES CARE OF YOUR HEALTH. DUE TO DEFICIENCY OF VITAMIN C IN THE BODY, HAIR BECOMES DRY. THE ROOTS OF HAIR BECOME WEAK DUE TO THE FORMATION OF DRY CRUST ON THE SCALP SKIN. AND THE HAIR STARTS FALLING OUT. BUT WITH THE HELP OF VITAMIN C, BLOOD CIRCULATION INCREASES IN THE HEAD. AND THE HAIR BECOMES LONG AND BEAUTIFUL. A PERSON'S BODY NEEDS ANTI-OXIDANTS TO AVOID FREE RADICALS (MOLECULES OR ATOMS). IT IS NECESSARY TO PROTECT THE SKIN FROM THE SUN'S STRONG RAYS AND POLLUTION. YOU MUST TAKE VITAMIN-C IN SUMMER.

**VITAMIN-B2** RIBOFLAVIN (LIVING TISSUE) IS A PLANT ACTUAL COMPONENT. IT IS USED IN THE PREVENTION OF CATARACTS AND MANY DISEASES. RIBOFLAVIN PLAYS AN IMPORTANT ROLE IN FAT AND PROTEIN METABOLISM. IT HELPS A LOT IN MAKING ENERGY AND BREATHING IN THE CELLS. IN PARTICULAR IT HELPS IN THE USE OF OXYGEN IN TISSUES SUCH AS SKIN, HAIR, AND NAILS. AND ALSO PLAYS AN IMPORTANT ROLE IN GROWTH AND DEVELOPMENT.

## DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR SEA BUCKTHORN JUICE 1**.
- TAKE **AYUR SEA BUCKTHORN JUICE 1** ON AN EMPTY STOMACH 25 TO 30 ML DAILY. AND IN THE EVENING TAKE 25 TO 30 ML AFTER 1 HOUR OF EATING. AND TAKE CARE NOT TO EAT ANYTHING IMMEDIATELY AFTER THE INTAKE OF **AYUR SEA BUCKTHORN JUICE 1**. **AYUR SEA BUCKTHORN JUICE 1** CAN BE EATEN 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 SEA BUCKTHORN JUICE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.



**AYUR TRIPHALA JUICE 1** IN CORRECTING GAS OR CONSTIPATION, IMPROVING DIGESTION, STRENGTHENING THE IMMUNE SYSTEM, CORRECTING DIABETES, STRENGTHENING MEDA (STOMACH), INCREASING APPETITE, BILE DEFECTS **AYUR TRIPHALA JUICE 1** WORKS VERY WELL IN REMOVING HEADACHES, CORRECTING HEADACHES, MAKING EYES AND BRAIN HEALTHY AND POWERFUL, CURING HEMORRHOIDS, ACIDITY AND STOMACH IRRITATION.

## INGREDIENTS

HARAD (TERMINALIA CHEBULA) FRUITS	800 MG.
AMLA (EMBLICA OFFICINALIS)	800 MG.
BAHEDA (TERMINALIA BELLIRICA)	800 MG.
TULSI (OCIMUM TENUIFLORUM)	800 MG.
GILOY (TINOSPORA CORDIFOLIA)	800 MG.
ALOEVERA RAS (ALOEVERA BARBADENSIS)	800 MG.



## IN OUR AYUR TRIPHALA JUICE 1

**HARAD** IS USED A LOT IN AYURVEDA AS A MEDICINE. VITAMIN-C, IRON, MANGANESE, COPPER, ETC. ARE FOUND IN PLENTY IN HARAD. HARAD IS VERY BENEFICIAL NOT ONLY FOR MEDICINE BUT ALSO FOR HEALTH AND BEAUTY. THE FRUIT, ROOT AND BARK OF HARAD ARE ALL USED. HARAD HELPS IN BREAKING DOWN THE FOOD EASILY. DUE TO WHICH THE FOOD IS EASILY DIGESTED. CONSUMING HARAD ALSO PROVIDES RELIEF FROM GAS AND CONSTIPATION. IF YOUR DIGESTIVE SYSTEM IS WEAK THEN THE USE OF HARAD IS VERY BENEFICIAL. DUE TO WHICH YOUR DIGESTION IS HEALTHY.

**AMLA** IS RICH IN MANY MEDICINAL PROPERTIES. AMLA IS THE BEST SOURCE OF VITAMIN-C. AMLA IS BENEFICIAL FOR OUR DIGESTIVE SYSTEM. AMLA WORKS TO IMPROVE THE HEALTH OF OUR DIGESTIVE SYSTEM AND BONES, FROM DIABETES TO STRENGTHENING OUR IMMUNE SYSTEM. AMLA CONTAINS CALCIUM, POTASSIUM, IRON AND VITAMINS.

**BAHEDA** IS SUPPOSED TO RELIEVE CONSTIPATION. IT MAKES THE MEDA (STOMACH) STRONG. INCREASES APPETITE, REMOVES THE DEFECTS OF BILE, REMOVES HEADACHES, ELIMINATES HEMORRHOIDS, MAKES EYES AND BRAIN HEALTHY AND POWERFUL.

**TULSI** IS USED EXTENSIVELY FOR THE TREATMENT OF VARIOUS CONDITIONS IN AYURVEDA. TULSI IS RICH IN ANTI-OXIDANTS AND HAS ANTI-BACTERIAL PROPERTIES. THEREFORE, IT PROTECTS YOUR BODY FROM VARIOUS INFECTIONS. IT FIGHTS HARMFUL BACTERIA AND VIRUSES. TULSI HELPS IN CORRECTING DIGESTION FOR DIGESTION. ALONG WITH THIS, IT ALSO REMOVES ACIDITY AND IRRITATION OF STOMACH.

## IN OUR AYUR TRIPHALA JUICE 1

**GILOY** IS A VERY USEFUL AND BENEFICIAL MEDICINE ACCORDING TO AYURVEDA. IN AYURVEDA IT IS ALSO CALLED AMRIT BEL. GILOY IS USED TO RELIEVE STOMACH PROBLEMS AND KEEP THE DIGESTIVE SYSTEM HEALTHY BECAUSE IT HAS PREBIOTIC PROPERTIES THAT WORK TO IMPROVE DIGESTIVE POWER BY INCREASING THE PRODUCTION OF LACTIC ACID IN THE BODY AND PROTECT THE INTESTINE FROM INFECTION. CONSUMING GILOY REGULARLY HELPS IN DIGESTIVE PROBLEMS LIKE CONSTIPATION, ACIDITY OR INDIGESTION.

**ALOE VERA JUICE** IS KNOWN AS A MEDICINE. JUICE IS THE MOST IMPORTANT PART OF ALOE VERA PLANT. ALOE VERA CONTAINS ABOUT 200 INGREDIENTS SUCH AS VITAMINS, MINERALS, AMINO ACIDS, ENZYMES, AND FATTY ACIDS, WHICH ARE USED AS HOME REMEDIES IN MANY DISEASES. HELPS STRENGTHEN DIGESTION AND REMOVES TOXINS FROM THE BODY. IN THIS WAY IT NATURALLY DETOXIFIES THE BODY.

## DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR TRIPHALA JUICE 1**.
- TAKE **AYUR TRIPHALA JUICE 1** 20 TO 25 ML AFTER 1 HOUR OF EATING FOOD IN THE MORNING AND EVENING. AND TAKE CARE NOT TO EAT ANYTHING IMMEDIATELY AFTER THE CONSUMPTION OF **AYUR TRIPHALA JUICE 1**. AND TAKE CARE NOT TO EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR TRIPHALA JUICE 1**. YOU CAN EAT ANYTHING AFTER 1 HOUR OF **AYUR TRIPHALA JUICE 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 TRIPHALA JUICE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

**AYUR HERBAL TEA 1** ACCORDING TO INDIAN AYURVEDA, HERBAL TEA IS KNOWN AS VEDIC TEA. **AYUR HERBAL TEA 1** IS VERY TASTY AND FULL OF MEDICINAL PROPERTIES. THE NUTRIENTS FOUND IN IT NOT ONLY SUPPLY THE FLUIDS IN THE BODY. IT IS ALSO DIFFERENT FROM OTHER TEAS. ACTUALLY, IT DOES NOT CONTAIN CAFFEINE. WHILE OTHER TEA AND COFFEE ARE HIGH IN CAFFEINE, MANY HEALTH PROBLEMS ARISE IN THE BODY. THIS SPECIAL TYPE OF HERBAL TEA IS PREPARED FROM FLOWERS, LEAVES, ROOTS AND SEEDS ETC. **AYUR HERBAL TEA 1** IMPROVES DIGESTION. **AYUR HERBAL TEA 1** INCREASES PHYSICAL ENERGY. **AYUR HERBAL TEA 1** HELPS A LOT IN RELIEVING CONSTIPATION. **AYUR HERBAL TEA 1** ALSO HELPS A LOT IN REDUCING INDIGESTION. **AYUR HERBAL TEA 1** PROVIDES MENTAL AND PHYSICAL REFRESHMENT. DUE TO TODAY'S BUSY AND IRREGULAR LIFESTYLE, MANY PEOPLE ARE BECOMING OBESE FROM AN EARLY AGE. MANY PROBLEMS RANGE FROM HEART DISEASE TO DIABETES DUE TO INCREASING OBESITY **AYUR HERBAL TEA 1** IS CONSIDERED VERY BENEFICIAL FOR WEIGHT LOSS AND REDUCING OBESITY. SOME SUCH INGREDIENTS ARE FOUND IN **AYUR HERBAL TEA 1**. WHICH CURES THE PROCESS OF METABOLISM TO BURN CALORIES AND REDUCE WEIGHT. **AYUR HERBAL TEA 1** IS RICH IN ANTIOXIDANTS. WHICH PROTECTS THE BODY FROM AGE RELATED DISEASES. IT ALSO PROVES VERY HELPFUL IN FIGHTING CANCER. AND IT ALSO STRENGTHENS THE IMMUNE SYSTEM. TO REDUCE WEIGHT, TO REDUCE PAIN, BENEFICIAL IN ARTHRITIS, ELIMINATE INSOMNIA PROBLEM, CONTROL BLOOD PRESSURE, KEEP LIVER HEALTHY, **AYUR HERBAL TEA 1** HELPS A LOT TO PREVENT CHRONIC DISEASES.

## INGREDIENTS

BANAFSHA (VIOLA ODORATA) W.P	12.35 GM.
BALAMOOL (SIDA CORDIFOLIA) ROOT	3.2 GM.
BRAHMI (BACOPA MONNIERI) W.P.	1.9 GM.
TULSI (OSIMUM SANCTUM) PANCHANG	5.0 GM.
TEJ PATRA (CINNAMOMUM TAMALA) LEAF	2.3 GM.
DAL CHINI (CINNAMOMUM ZEYLANICUM) CHHAL	1.0 GM.
SOUNF (FOENICULUM VULGARA) SEED	6.0 GM.
LAL CHANDAN (PTEROCARPUS SANTALINUS) STEM	2.3 GM.
ELAICHI BADI (AMOMUM SUBULATUM) FRUIT	2.3 GM.
GANDH BALA (VALERIANA WALLICHI) W.P.	0.6 GM.
MULETHI (GLYCYRRHIZA GLABRA) STEM	1.8 GM.
TEA LEAF (CAMELLIA SINESIS) LEAF	43 GM.
AGAYA GHASS (CYMBOPOGON CITRATUS) W.P.	4.8 GM.
GORAKH PAN (ADANSONIA DIGITATA) LEAF	7.0 GM.
ASHWAGANDHA (WITHANIA SOMNIFERA) ROOT	1.5 GM.
KALI MIRCH (PIPER NIGRUM) SEED	0.5 GM.
SAUNTH (ZINGIBER OFFICINALE) RHYZOME	1.0 GM.
MITHI NEEM (MURRAYA KOENIGII) LEAF	3.3 GM.



## IN OUR AYUR HERBAL TEA 1

**BANAFSHA** IS AN HERB TO RELIEVE COLD, COUGH AND PHLEGM OUTBREAKS. WHICH IS USED EQUALLY IN AYURVEDIC AND UNANI SYSTEMS OF MEDICINE BANAFSHA IS A VERY BENEFICIAL MEDICINE IN COUGH, COLD AND BREATH, AND FEVER. IT BENEFITS A LOT. AND THERE IS ALSO PURIFICATION OF THE STOMACH.

**BALAMOOL** IS AN ANCIENT AYURVEDIC MEDICINE. WHICH IS KNOWN AS SIDA CORDIFOLIA IN BOTANY. THROUGH THIS, THE BODY GETS SUFFICIENT AMOUNT OF ENERGY AND STRENGTH. BALAMOOL IS VERY BENEFICIAL IN CURING HEART RELATED DISEASES ALONG WITH HEALTH.

**BRAHMI** HAS BEEN CONSIDERED A PERFECT MEDICINE FOR MENTAL DISEASES IN AYURVEDA. IT INCREASES BRAIN STIMULATION. SLEEPS DEEPLY. AND ENHANCES MEMORY.

**TULSI** SHOWS MIRACULOUS EFFECTS IN ALL DISEASES SUCH AS COLD, COUGH, FEVER, RICKETS, PNEUMONIA, CONSTIPATION, STRESS REDUCTION, WEIGHT LOSS, RELIEVE HEADACHE, SKIN AND HAIR BENEFITS, DIGESTIVE SYSTEM BENEFITS AND DIARRHEA. WITH HERBAL TEA RICH IN MEDICINAL PROPERTIES, TULSI IS CONSIDERED VERY BENEFICIAL FOR HEALTH. IT REMOVES YOUR DAY'S TIREDNESS.

THE MEDICINAL PROPERTIES OF **TEJ PATTA** ARE BENEFICIAL FOR DIABETIC PATIENTS. RESEARCH HAS FOUND. THAT TEJ PATTA GREATLY REDUCE CHOLESTEROL LEVELS. TEJ PATTA ARE USED TO KEEP DIGESTION HEALTHY. BENEFITS OF TEJ PATTA ARE ALSO SEEN FOR THE HEALTH OF TEETH. VITAMIN C PRESENT IN IT HELPS A LOT IN KEEPING THE GUMS AND TEETH HEALTHY.

**DAL CHINI** CONTAINS POLYPHENOL ANTIOXIDANTS. WHICH REDUCES THE RISK OF HEART DISEASES BY CONTROLLING BP. IT ALSO INCREASES INSULIN SENSITIVITY. AND THUS KEEPS SUGAR LEVELS UNDER CONTROL. DRINKING DAL CHINI TEA IN THE MORNING IMPROVES METABOLISM AND DIGESTION. WHICH GREATLY HELPS IN REDUCING OBESITY.

**SOUNF** IS ALSO BENEFICIAL IN STOMACH IRRITATION, ACID, GAS, STOMACH PAIN, DIARRHEA, AND MENSTRUAL PAIN IN WOMEN. SOUNF IS VERY BENEFICIAL FOR CLEANSING THE BLOOD. IT IS NOT ONLY THE BEST BLOOD PURIFIER. IT IS ALSO BENEFICIAL FOR YOUR LIVER AND KIDNEY. IT REDUCES THE DEPOSITION OF BODY FAT. AND IT ALSO PROVES VERY HELPFUL IN REDUCING YOUR WEIGHT. IT ALSO INCREASES YOUR IMMUNITY.

**LAL CHANDAN** REMOVES OUR STOMACH PROBLEMS AND ALSO CURES DIGESTION. THE USE OF LAL CHNADAN IN ANY FORM IS VERY BENEFICIAL FOR THE TREATMENT OF PHYSICAL AILMENTS. TOGETHER MAKES THE RESPIRATORY PROCESS STRONGER.

**ELAICHI BADI** IMPROVES DIGESTION, ELIMINATES BAD MOUTH ODOR. HELPFUL IN ACIDITY, HELPFUL IN REDUCING RESPIRATORY DISEASES, HELPFUL IN CONTROLLING HEART RATE. ELAICHI BADI IS VERY BENEFICIAL IN OTHER DISEASES.



## IN OUR AYUR HERBAL TEA 1

**GANDH BALA** THE USE OF GANDH BALA IS INVOLVED IN NEUROLOGICAL, PSYCHOLOGICAL AND DIGESTIVE DISORDERS. IN LOW DOSES IT CALMS THE MIND STRENGTHENS NERVES. IT REMOVES THE PROBLEM OF STOMACH ACHE, FLATULENCE, GAS, HEAVINESS OF THE STOMACH AND LESS HUNGER IT ALSO IMPROVES THE STRENGTH OF THE HEART MUSCLE. AND LOWERS BLOOD PRESSURE. HENCE IT IS ALSO INCLUDED IN AYURVEDIC ANTI-HYPERTENSIVE MEDICINES.

**MULETHI** BLOOD IS CLEANED BY USING MULETHI HAIR GROWS. AND INTELLIGENCE IS SHARP. IT REDUCES VATA AND PITTA DOSHA. TALKING ABOUT THE EXTERNAL PARTS OF THE BODY, IT IS BENEFICIAL FOR SKIN DISEASES AND HAIR.

**TEA-LEAF** DAILY USE OF TEA-LEAF REDUCES BODY FAT. AND ABDOMINAL FAT DECREASES. THIS CAUSES WEIGHT LOSS.

**AGAYA GHASS** HAS ANTI-HYPERLIPIDEMIC AND ANTI-HYPERCHOLESTEROLEMIC PROPERTIES. WHICH HELPS A LOT IN KEEPING GOOD CHOLESTEROL LEVELS NORMAL.

**GORAKH PAN** INCREASES IMMUNITY. IT IS ALSO BENEFICIAL IN ARTHRITIS DISEASES. PHYSICAL WEAKNESS IS OVERCOME BY TAKING IT. IT PROVIDES PHYSICAL STRENGTH.

**ASHWAGANDHA** CONSUMING ASHWAGANDHA PROVIDES PHYSICAL AND MENTAL BENEFITS TO PEOPLE OF ALL AGES. REGULAR INTAKE OF IT REMOVES ALL PHYSICAL AND MENTAL WEAKNESS INCLUDING DIABETES, CARRIES, ARTHRITIS, ASTHMA, WHITE LEUCORRHOEA. INCREASES IMMUNITY. AND KEEPS THE PERSON HEALTHY. ITS INTAKE SLOWS DOWN THE AGING PROCESS. BECAUSE IT IS ANTI-AGING. AND ITS ELEMENTS HELP IN THE REBUILDING OF TISSUES. THEREFORE, PEOPLE WHO CONSUME IT. HE LOOKS YOUNGER THAN HIS AGE.

**KALI MIRCH** NATURALLY CONTAINS DIGESTIVE ENZYMES IN FOOD. SO IT IS USEFUL TO STRENGTHEN THE DIGESTIVE SYSTEM.

**SAUNTH** IS A POWDER OF GINGER. WHICH IS USED IN EVERY HOUSEHOLD KITCHEN. IT IS MAINLY USED IN VEGETABLES, TEA AND OTHER BEVERAGES. SAUNTH IS USED TO REDUCE BODY WEIGHT. INFLAMMATION CAN BE THE CAUSE OF MANY DISEASES AND PAIN. TO REMOVE THIS SWELLING PROBLEM, SAUNTH IS USEFUL FOR YOU. POSITIVE RESULTS OF SAUNTH ARE ALSO SEEN ON FATAL DISEASES LIKE CANCER.

**MITHI NEEM** CONTAINS VITAMIN C AND VITAMIN A. WHICH KEEPS THE LIVER HEALTHY. SO IF YOU ARE STRUGGLING WITH LIVER PROBLEM. SO MITHI NEEM IS BENEFICIAL. MITHI NEEM IS RICH IN FOLIC ACID AND IRON. ITS REGULAR INTAKE RELIEVES ANEMIA.

**DIRECTIONS FOR USE:-**

- BOIL THE **AYUR HERBAL TEA 1** IN 2 TO 5 GRAMS OF WATER DAILY (USE SUGAR OR JAGGERY AS PER TASTE) AND DRINK IT 2-3 TIMES A DAY. DRINK **AYUR HERBAL TEA 1** ON AN EMPTY STOMACH IN THE MORNING. DRINK 30 TO 40 MINUTES BEFORE DINNER IN THE AFTERNOON AND EVENING.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE PACKET (BOX) WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, DRINK **AYUR HERBAL TEA 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

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**AYUR FLAXSEED OMEGA-369** IS VERY GOOD FOR HEART HEALTH. **AYUR FLAXSEED OMEGA-369** IMPROVES BLOOD CIRCULATION. **AYUR FLAXSEED OMEGA-369** IS BETTER FOR BONES AND JOINTS. **AYUR FLAXSEED OMEG-369** IMPROVES INFLAMMATION. **AYUR FLAXSEED OMEGA-369** REDUCES CHOLESTEROL LEVELS. **AYUR FLAXSEED OMEGA-369** HELPS A LOT IN HORMONAL BALANCE. **AYUR FLAXSEED OMEGA-369** HELPS A LOT IN REDUCING THE NERVOUS SYSTEM. **AYUR FLAXSEED OMEGA-369** IMPROVES CONCENTRATION. **AYUR FLAXSEED OMEGA-369** IMPROVES STABILITY OF MIND STATE. **AYUR FLAXSEED OMEGA-369** IMPROVES THE IMMUNE SYSTEM. **AYUR FLAXSEED OMEGA-369** IS BETTER FOR HAIR, SKIN AND NAILS. **AYUR FLAXSEED OMEGA-369** ALSO HELPS IN WEIGHT LOSS.

## INGREDIENTS

ENERGY	15 KCAL.
CARBOHYDRATES	0.15 GM.
PROTEIN	0.37 GM.
SATURATED FATTY ACIDS	0.1 GM.
POLYUNSATURATED FATTY ACIDS	0.66 GM.
MONOUNSATURATED FATTY ACIDS	0.2 GM.
TRANS FATTY ACIDS	0.0 GM.
CHOLESTEROL	0.0 MG.
FLAXSEED OIL	1250 MG.
OMEGA - 3 (ALPHA – LINOLENIC ACID).	625 MG.
OMEGA - 6 (LINOLENIC ACID)	160 MG.
OMEGA - 9 (OLEIC ACID)	250 MG.
OTHER FATTY ACIDS	160 MG.



## IN OUR AYUR FLAXSEED OMEGA - 369

**ENERGY** IT IS VERY IMPORTANT TO HAVE ENERGY IN OUR BODY. OUR FOOD AND DRINK SHOULD BE RIGHT FOR THIS.

**CARBOHYDRATE** IS AN ESSENTIAL ELEMENT FOR THE BODY. WHICH GIVES OUR BODY ENERGY. THIS IS WHAT WE GET FROM DAILY FOOD. CARBOHYDRATES HAVE AN IMPORTANT CONTRIBUTION TO PHYSICAL DEVELOPMENT.

**PROTEIN** IS THE MOST ESSENTIAL ELEMENT FOR THE BODY. ACCORDING TO A NEW RESEARCH THIS HAS BEEN REVEALED. PROTEIN IS ESSENTIAL FOR THE GROWTH OF SKIN, BLOOD, MUSCLE AND BONE CELLS.

**SATURATED FATTY ACIDS** ARE THE NUTRIENTS THAT WE CONSUME IN LARGE AMOUNTS AND WE GET ENERGY. EACH FAT MOLECULE IS MADE UP OF ONE GLYCEROL MOLECULE AND THREE FATTY ACIDS.

## IN OUR AYUR FLAXSEED OMEGA - 369

**POLYUNSATURATED FATTY ACIDS** ARE PRESENT IN OMEGA-3 USED TO TREAT AND PREVENT MANY SKIN DISEASES. IT HELPS IN HEALING THE BONE RELATED DISEASE OSTEOPOROSIS I.E. WEAK BONES.

**MONOUNSATURATED FATTY ACIDS** ARE THOSE THAT CONTAIN ONLY ONE UNSATURATED CARBON BOND. THEREFORE MONOUNSATURATED FATTY ACIDS HAVE A HIGHER VISCOSITY AND MELTING TEMPERATURE THAN OTHER FATTY ACIDS. THE HEALTH BENEFITS OF MONOUNSATURATED FATTY ACIDS INCLUDE REDUCING THE RISK OF BREAST CANCER, LOWERING CHOLESTEROL LEVELS, REDUCING THE RISK OF HEART DISEASES AND WEIGHT LOSS.

**TRANS FATTY ACIDS** ARE NEEDED BY OUR BODY AS IT SERVES AS A MAJOR SOURCE OF ENERGY AND ALSO CONTRIBUTES TO THE DEVELOPMENT OF THE BRAIN. IT IS ALSO VERY HELPFUL IN INCREASING THE MOVEMENT OF MUSCLES AND PROTECTING AGAINST BLOOD CLOTS.

**CHOLESTEROL** IS ESSENTIAL FOR THE PROPER FUNCTIONING OF THE BODY. EVERY CELL IN OUR BODY NEEDS CHOLESTEROL TO SURVIVE. THERE ARE TWO TYPES OF CHOLESTEROL, LDL (LOW DENSITY LIPOPROTEIN) AND HDL (HIGH DENSITY LIPOPROTEIN). PEOPLE OFTEN REFER TO LDL AS BAD CHOLESTEROL. LDL CARRIES CHOLESTEROL FROM THE LIVER TO THE CELLS. IF ITS QUANTITY IS HIGH, THEN IT STARTS ACCUMULATING IN THE CELLS IN A HARMFUL FORM. HDL, ALSO CALLED GOOD CHOLESTEROL, WORKS BY CARRYING BAD CHOLESTEROL IN THE BODY TO THE LIVER SO THAT IT CAN BE REMOVED FROM THE BODY. CHOLESTEROL MAKES VITAMIN D, HORMONES AND BILE IN THE BODY, WHICH HELPS IN DIGESTING THE FATS FOUND INSIDE THE BODY.

**FLAXSEED OIL** IS KNOWN AS AMRUTVATI IN INDIAN AYURVEDA. THERE ARE MANY BENEFITS OF FLAXSEED OIL. THE NATURAL NUTRIENTS AND VITAMINS OF FLAXSEED ARE RETAINED WHEN FLAXSEED OIL IS EXTRACTED BY THE COLD PROCESS METHOD. OUR AYUR FLAXSEED OMEGA – 369 USES DOUBLE STRENGTH 1000 MG PER CAPSULE LINSEED OIL COMPARED TO MOST OTHER BRANDS. MANY RESEARCHES SHOW THAT CONSUMPTION OF FLAXSEED OIL CAN PROTECT AGAINST DISEASES LIKE CANCER, REDUCE WEIGHT, PROTECT WOMEN FROM BREAST CANCER AND CERVICAL CANCER, INCREASE IMMUNITY, REDUCE CHOLESTEROL LEVEL, IMPROVE DIGESTIVE SYSTEM, CONSUMING FLAXSEED OIL HAS MANY BENEFITS, SUCH AS REDUCING INFLAMMATION IN THE BODY, REDUCING ARTHRITIS PAIN, REGULATING WOMEN'S HORMONES AND REGULATING BLOOD PRESSURE.



## IN OUR AYUR FLAXSEED OMEGA - 369

**OMEGA-3 (ALPHA-LINOLENIC ACID)** IS A NUTRIENT THAT PROVIDES MANY BENEFITS TO YOU AND HELPS PROTECT YOU FROM MANY DISEASES. OMEGA 3 FATTY ACIDS CAN MAKE THE SKIN SOFT, FREE FROM WRINKLES, DEHYDRATE THE SKIN, PREVENT PIMPLES, REDUCE HIGH BLOOD PRESSURE, INCREASE THE LEVEL OF GOOD CHOLESTEROL (HDL), REDUCE INFLAMMATION IN DOING THIS, IN KEEPING THE ARTERIAL FUNCTION DYNAMIC AND NOT ONLY THAT, IT ALSO PROTECTS THE SKIN FROM DAMAGE FROM SUNLIGHT.

**OMEGA-6 (LINOLENIC ACID)** IS A SUBSTANCE THAT COMES UNDER POLYUNSATURATED FATS. IT IS CONSIDERED GOOD FOR HEALTH FAT. OMEGA-6 IS ALSO FOUND IN NUTS SUCH AS SOYBEANS, ALMONDS AND CASHEWS. IN GENERAL, OMEGA-6 IS USED AS AN ENERGY PRODUCER. THE USE OF OMEGA-6 IS BENEFICIAL IN REDUCING INFLAMMATION IN THE BODY AND PREVENTING OTHER DISEASES.

**OMEGA-9 (OLEIC ACID)** FATTY ACIDS ARE A TYPE OF MONOUNSATURATED FATTY ACIDS. THEY ARE ALSO KNOWN AS OLEIC ACID. IT IS A SUBSTANCE THAT STORES OMEGA-9 FATTY ACIDS IN OUR CELLS AS FAT. IT ALSO HELPS TO IMPROVE THE IMMUNE SYSTEM ALONG WITH PROMOTING OUR METABOLISM.

**OTHER FATTY ACIDS** ARE AN ELEMENT WHICH IS VERY IMPORTANT FOR THE BODY. IT IS NOT MADE BY THE BODY. IT CAN BE OBTAINED FROM FOODS. FATTY ACIDS ARE IMPORTANT FOR MAINTAINING THE BALANCE OF OUR BODY HEALTH. FATTY ACIDS CAN HELP PREVENT HEART DISEASE, CORRECT JOINT PAIN AND BACK PAIN, PREVENT HAIR FALL AND STRENGTHEN HAIR, REDUCE CHOLESTEROL LEVELS, PREVENT ARTERIAL BLOCKAGE, DIGESTION. ALONG WITH CORRECTING, IT IS VERY BENEFICIAL FOR THE BODY.

## IN OUR AYUR FLAXSEED OMEGA – 369

ALSI IS A TREASURE OF VIRTUES. BUT MANY PEOPLE ARE STILL UNAWARE OF IT. ALSI HELPS A LOT IN KEEPING OUR BODY HEALTHY BY PROTECTING IT FROM MANY DISEASES. ALSI IS A BOON FOR VEGETARIAN PEOPLE. BECAUSE OMEGA-3 FATTY ACIDS FOUND IN FISH ARE PRESENT IN FLAXSEED. IN ADDITION, IT ALSO CONTAINS LIGNANS ANTI-OXIDANTS, FIBER AND ALPHA LINOLEIC ACID. WHICH REDUCE VARIOUS TYPES OF DISEASES IN YOUR BODY SUCH AS DIABETES, HEART DISEASE, STOMACH PROBLEMS AND MANY OTHER HEALTH PROBLEMS. THE MEDICINAL PROPERTIES OF LINSEED ARE NOTHING SHORT OF NECTAR FOR HUMANS. WE WORK BUT LESS PHYSICAL AND MORE MENTAL. MORE TIME PASSES IN FRONT OF LAPTOP AND COMPUTER. WHEN DOES IT START TO GAIN WEIGHT. I DON'T KNOW ALSO DUE TO BEING TOO BUSY WITH WORK, DO NOT PAY ATTENTION TO CATERING, EATING FRIED AND ROASTED FOOD CAUSES WEIGHT GAIN. AND MANY DISEASES SURROUND THE BODY. IN THIS CASE, IF FLAXSEED IS CONSUMED, THEN THIS PROBLEM IS REDUCED. FLAXSEED CONTAINS ABUNDANT FIBER. WHICH HELPS A LOT IN KEEPING THE WEIGHT BALANCED. IN ADDITION, IT CONTAINS OMEGA-3 FATTY ACIDS. WHICH IS BENEFICIAL FAT. IT REDUCES HUNGER. WHICH GREATLY HELPS IN REDUCING YOUR WEIGHT.

AS HUMANS START GETTING TENSE. SO MANY TYPES OF DISEASES START TO TAKE PLACE IN HIS BODY. AND HIGH BLOOD PRESSURE IS ONE OF THEM. THERE IS A RISK OF HEART ATTACK OR BRAIN HAEMORRHAGE APART FROM HIGH BLOOD PRESSURE. THEREFORE, YOU SHOULD EXERCISE AS MUCH AS YOU NEED EVERY DAY AND TAKE CARE OF FOOD. FOR THIS, YOU INCLUDE FLAXSEED IN YOUR FOOD. IT CONTAINS LINOLEIC ACID, LIGNIN AND FIBER. WHICH HELP A LOT IN REDUCING BLOOD PRESSURE.

ALSI IS A GOOD OPTION WHEN IT COMES TO EATING SOMETHING HEALTHY. ALSI REDUCES HARMFUL CHOLESTEROL IN THE BODY. AND ALSO REDUCES THE RISK OF HEART DISEASES. THIS WILL REDUCE YOUR CHOLESTEROL TO A GREAT EXTENT AND YOU WILL ALSO GET ENERGY. BECAUSE ALSI CONTAINS FIBER AND OMEGA-3. WHICH WILL GIVE YOU ENERGY.

IT IS VERY IMPORTANT TO HAVE A PERFECT HUMAN IMMUNITY SYSTEM. IF SOMEONE'S IMMUNITY SYSTEM IS NOT RIGHT. SO HE STARTS FALLING PREY TO DISEASE AGAIN AND AGAIN. TO KEEP HIS IMMUNITY SYSTEM RIGHT, ONE SHOULD NOT ONLY FOCUS ON HIS ROUTINE. RATHER, FOOD SHOULD ALSO BE TAKEN CARE OF. YOU CAN CONSUME ALSI TO INCREASE IMMUNITY POWER. IT CONTAINS ALPHA LINOLENIC ACID (ALA). WHICH IS A TYPE OF OMEGA-3 FATTY ACID. ALSI ALSO CONTAINS FIBER, PROTEIN AND OTHER NUTRIENTS. WHICH ARE ALSO VERY HELPFUL IN INCREASING IMMUNITY POWER. THIS GIVES YOUR BODY THE ABILITY TO FIGHT AGAINST DISEASES.

DUE TO TODAY'S LIFESTYLE, PEOPLE ARE AT INCREASED RISK OF VARIOUS DISEASES. KIDNEY DISEASE IS ONE OF THEM. PROBLEMS SUCH AS DRINKING LESS WATER, WRONG EATING, DIABETES OR URINARY TRACT INFECTION (UTI) CAN SOMETIMES CAUSE KIDNEY PROBLEMS. IT IS THEREFORE NECESSARY. THAT IT SHOULD BE NOTICED IN TIME. TAKE SPECIAL CARE OF YOUR DIET AND DEFINITELY INCLUDE FLAXSEED IN YOUR FOOD. ALPHA LINOLENIC ACID (ALA) PRESENT IN ALSI REDUCES THE RISK OF KIDNEY TROUBLE TO A GREAT EXTENT. THEREFORE, IF THE PROBLEM OF KIDNEY IS TO BE AVOIDED. SO ADD LINSEED TO YOUR DIET. FOLLOW THE RIGHT AND HEALTHY LIFESTYLE.

HAIR LOSS HAS BECOME COMMON NOWADAYS. HAIR LOSS IS USUALLY DUE TO WEATHER, LACK OF NUTRIENTS OR SIDE EFFECTS OF SOMETHING. IF YOU WANT TO STOP YOUR HAIR FALL. SO YOU SHOULD USE ALSI. BECAUSE IT CONTAINS ABUNDANT VITAMINS, OMEGA-3 FATTY ACIDS, PROTEIN AND OTHER NUTRIENTS. WHICH STRENGTHENS THE HAIR FROM THE ROOT. AND PREVENTS HAIR FALL.

## DIRECTIONS FOR USE:-

- **AYUR FLAXSEED OMEGA - 369** TAKE 1 CAPSULE DAILY AFTER BREAKFAST IN THE MORNING AND 1 CAPSULE 1 HOUR AFTER DINNER IN THE EVENING. IT IS VERY GOOD IF **AYUR FLAXSEED OMEGA-369** IS TAKEN ON EMPTY STOMACH IN THE MORNING. DO NOT EAT ANYTHING IMMEDIATELY AFTER INTAKE OF **AYUR FLAXSEED OMEGA-369**.
- FOR BETTER RESULTS, TAKE **AYUR FLAXSEED OMEGA-369** FOR AT LEAST 3 MONTHS CONTINUOUSLY.

A DIFFERENT THINKING

**AYUR JOINT PAIN CARE 1** REDUCES PAIN AND SWELLING. **AYUR JOINT PAIN CARE 1** RELIEVES MUSCLE SPASM AND JOINT STIFFNESS. **AYUR JOINT PAIN CARE 1** STRENGTHENS THE JOINT STRUCTURE. **AYUR JOINT PAIN CARE 1** OIL IS BASED ON A PURELY SAFE AND HARMLESS AYURVEDIC THEORY. AND ACTIVE INGREDIENTS BLOOD CIRCULATION, SORE MUSCLES AND LIMB PAIN, BODY ACHES, GREATLY HELPS REDUCE SEVERE JOINT PAIN OR SWELLING. **AYUR JOINT PAIN CARE 1** PROVIDES GREAT RELIEF IN THE CONDITION OF CHRONIC PAIN. **AYUR JOINT PAIN CARE 1** ALSO RELIEVES PAIN WITHOUT ANY SIDE EFFECTS. AND **AYUR JOINT PAIN CARE 1** HELPS IN RELIEVING PAIN VERY QUICKLY.

## INGREDIENTS

PUDINA SAT (MANTHA SPICATA) PANCHANG	1000 MG.
KAPOOR (CAMPHORA) OIL	500 MG.
AJWAIN SAT (TACHYSPERMUM COPTICUM) SEED	500 MG.
NILGIRI OIL (EUCALYPTUS) STEM	1000 MG.



## IN OUR AYUR JOINT PAIN CARE 1

**PUDINA SAT (PEPPERMINT)** IS A VERY BENEFICIAL MEDICINE FOR THE PAIN JOINTS. IT'S USE PROVIDES RELIEF IN JOINT PAIN. MASSAGING **KAPOOR (CAMPHOR)** PROVIDES RELIEF FROM JOINT PAIN OR PHYSICAL PROBLEMS. IT IS VERY BENEFICIAL FOR THE PATIENTS WITH ARTHRITIS. **KAPOOR (CAMPHOR)** IS VERY BENEFICIAL IN RELIEVING MUSCLE PAIN.

THE USE OF **CELERY EXTRACT (AJWAIN SAT)** PROVIDES GREAT RELIEF IN JOINT PAIN. IN WINTER, SWELLING AND PAIN IN JOINTS INCREASES DUE TO ARTHRITIS. **CELERY (AJWAIN SAT)** WORKS VERY WELL IN SUCH A SITUATION.

**EUCALYPTUS OIL (NILGIRI OIL)** IS VERY EFFECTIVE IN JOINT PAIN. EUCALYPTUS OIL ALSO PROVIDES RELIEF IN HARD MUSCLES, JOINT PAIN, FIBROSIS. IT ENHANCES BLOOD CIRCULATION AS WELL AS RELIEVES PAIN. IT ALSO WORKS TO INCREASE MUSCLE MOVEMENT (SPEED OR GAIT).

## ❖ SYMPTOMS OF JOINT PAIN

HAVING TROUBLE FOLDING JOINTS, JOINT REDNESS, JOINT PAIN, STIFFNESS ON JOINTS, HAVING DIFFICULTY WALKING, STIFF JOINTS, SWELLING AND PAIN IN JOINTS, WEAKNESS IN JOINTS.



## ❖ IMPORTANT REASON FOR JOINT PAIN

SOME OF THE PROBLEMS THAT OCCUR WITH INCREASING AGE ARE THE MAIN CAUSES OF JOINT PAIN. SUCH AS - OBSTRUCTION OF BLOOD SUPPLY IN BONES, BLOOD CANCER MINERAL DEFICIENCY IN BONES, TOO MUCH PRESSURE ON JOINTS, JOINTS INFECTION, BONE FRACTURE, SPRAINS OR BRUISES, COMPLAINTS OF TUMORS IN BONES, ETC. ARTHRITIS BURSITIS, OSTEOCHONDRITI CARTILAGE RUPTURE, CARTILAGE WEAR IS AN IMPORTANT CAUSE OF JOINT PAIN.

## DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE APPLYING **AYUR JOINT PAIN CARE 1**.
- **AYUR JOINT PAIN CARE 1** RUB 2 TO 3 TIMES A DAY OR AS REQUIRED OR 5 TO 10 DROPS WITH A MILD HAND (NOT RUBBED) ON THE PAINFUL AREA.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- FOR BETTER RESULTS, APPLY **AYUR JOINT PAIN CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

KIZAARA  
A DIFFERENT THINKING

**AYUR HAIR CARE 1** IS VERY USEFUL IN PREVENTING HAIR LOSS, HAIR CONDITIONING, USEFUL FOR MASSAGE, NOURISHING HAIR, CORRECTING TWO WAVY HAIR. **AYUR HAIR CARE 1** IS VERY BENEFICIAL FOR HAIR GROWTH. THE ROOTS OF HAIR ARE STRENGTHENED BY ITS USE. AND THE HAIR BECOMES LONG. HAIR LOSS IS LESS. AND NEW HAIR ALSO STARTS COMING OUT. **AYUR HAIR CARE 1** PREVENTS UNTIMELY HAIR FROM TURNING WHITE. IT IS BENEFICIAL FOR BALDNESS AND WHITE HAIR. AND MAKES HAIR SHINY AND SOFT.

## INGREDIENTS

AMLA (EMBLICA OFFICINALIS) FRUIT	15 MG.
BRAHMI (BOCAPA MONNIERI) PANCHANG	15 MG.
BHRING RAJ (ECLIPTA ALBA) PANCHANG	5.0 MG.
GENDA PHOOL (TAGETES ERECTA) FLOWER	5.0 MG.
JATAMANSI (NARDOSTACHYS JATAMANSI) ROOT	5.0 MG.
NEEM (AZADIRACHTA INDICA) LEAF	5.0 MG.
SHIKAKAI (ACACIA CONCINNA) POD	5.0 MG.
MANJISTHA (RUBIA CORDIFOLIA) STEM	5.0 MG.
NAGKESAR (MESUA FERREA) SEED	5.0 MG.
MEHANDI (LAWSONIA INERMIS) LEAVES	5.0 MG.



## IN OUR AYUR HAIR CARE 1

**AMLA** MOISTURIZES HAIR. BRINGS SHINE. AND STRENGTHENS HAIR. IT ALSO PROTECTS THE ROOTS FROM INFECTION. USE IT FOR EITHER MASSAGE. OR BY MIXING 2-3 DROPS IN SHAMPOO OR CONDITIONER. AMLA STRENGTHENS THE HAIR PORE (HOLE). WHICH MAKES HAIR GROW FASTER. IT ALSO REDUCES HAIR BREAKAGE AND WHITENING SIGNIFICANTLY.

**BRAHMI** IS AN IMPORTANT AYURVEDIC HERB FOR HAIR. REGULAR MASSAGE OF BRAHMI OIL ON SCALP (SCALP SKIN AND HAIR) PROMOTES HAIR GROWTH. PREVENTS HAIR LOSS. AND REMOVES MARKS OF INFECTION AND DISEASES. BRAHMI OIL, COCONUT OR SESAME OIL IS MADE BY MAKING A BASE. DUE TO WHICH BRAHMI OIL ENHANCES THE GOODNESS OF BRAHMI HERBS AS WELL AS THE HEALING PROPERTIES OF THE OILS. HENCE BRAHMI OIL IS AN EFFECTIVE REMEDY FOR THE TREATMENT OF FAST FALLING HAIR. STRENGTHENS HAIR PORE. AND PREVENTS HAIR BREAKAGE.

**BHRINGRAJ OR BHRINGA** OIL IS ONE SUCH ANCIENT MEDICINE WHICH HAS BEEN USED SINCE ANCIENT TIMES TO KEEP THE SKIN OF HAIR AND SCALP (HEAD SKIN AND HAIR) HEALTHY. THOUSANDS OF SUCH UNIQUE PRESCRIPTIONS OF NATURAL MEDICINE ARE HIDDEN IN AYURVEDA. WHICH GIVE AMAZING AND AMAZING RESULTS TO MAINTAIN THE OVERALL HEALTH OF YOUR BODY, HAIR AND SKIN. IN AYURVEDA IT IS CALLED KESHARAJ. THAT IS, THE KING OF HAIR. According to Ayurveda, it improves blood circulation in the herb scalp (scalp and hair). AND AT THE SAME TIME, THERE IS GOOD GROWTH OF THE ROOTS DUE TO NUTRITIONAL BLOOD CIRCULATION IN THE HAIR ROOTS.

## IN OUR AYUR HAIR CARE 1

THE USE OF **MARIGOLD FLOWER (GENDA PHOOL)** IS VERY BENEFICIAL FOR HAIR IT IS ALSO USEFUL FOR HAIR IN MONSOON. THIS NATURAL OIL IS VERY BENEFICIAL FOR HAIR AND DANDRUFF.

**JATAMANSI** HAS ANTI-INFLAMMATORY AND ANTI-MICROBIAL PROPERTIES. WHICH PREVENT HAIR LOSS, DANDRUFF AND ANY OTHER MICROBIAL (MICROORGANISM) GROWTH IN THE HAIR. IT HELPS A LOT IN PROMOTING HAIR GROWTH. AND IT MAKES HAIR SMOOTH, SHINY AND SILKY.

**NEEM OIL** HAS POWERFUL REGENERATIVE PROPERTIES. WHICH PROMOTE HEALTHY HAIR GROWTH. THE ANTI-FUNGAL PROPERTY OF NEEM OIL RELIEVES YOUR HAIR FROM THE PROBLEMS ASSOCIATED WITH SCALP (SCALP AND HAIR). NEEM OIL CONTAINS ESSENTIAL FATTY ACIDS. WHICH ADDS SHINE TO YOUR HAIR. NEEM OIL HAS ANTI-BACTERIAL PROPERTIES. WHICH FIGHTS DANDRUFF IN YOUR HAIR.

**SHIKAKAI** PROPERTIES MAKE IT THE BEST NATURAL HAIR CLEANSER. IT IS A BETTER ALTERNATIVE TO CHEMICAL BASED SHAMPOOS. BEING LIGHT, IT PROTECTS THE NATURAL OILS FROM THE SKIN OF YOUR SCALP DUE TO HAVING PLENTY OF VITAMINS IN IT, IT TREATS DANDRUFF BY HELPING A LOT IN DEALING WITH FUNGAL INFECTIONS.

**MANJISTHA** HAS THE PROPERTY OF COLORING HAIR THEREFORE IT IS ALSO USED IN HAIR DYE. ACTUALLY, PURPURIN AND MURICIC ACID PRESENT IN MANJISTHA WORK AS A COLORING AGENT. WHICH ARE HELPFUL IN COLORING HAIR.

**NAGKESAR** IS A BEAUTIFUL AND EVERGREEN TREE. ALSO KNOWN AS STEEL WOOD. IT IS USED IN AYURVEDA FOR MEDICINES AND IN THE TREATMENT OF VARIOUS TYPES OF DISEASES. IT MAKES THE HAIR SOFT AND STRONG.

**MEHANDI** OIL IS USED FOR HAIR WASH. YOU WILL BENEFIT GREATLY FROM THIS. ALL THE DIRT ON YOUR HAIR WILL BE CLEANED AS WELL AS THERE WILL BE NO ITCHING ON YOUR SCALP (SCALP AND HAIR). MEHANDI IS USED TO BRIGHTEN HAIR. THIS MAKES THE HAIR STRONG, SOFT AND SILKY.

## DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE APPLYING **AYUR HAIR CARE 1** TO THE HEAD.
- AFTER DRYING THE HAIR, MASSAGE THE ROOTS OF THE HAIR WITH LIGHT HANDS 5 TO 10 MINUTES AS NECESSARY.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- CONSUME WITHIN 1 MONTH AFTER OPENING THE LID.
- FOR BETTER RESULTS, USE **AYUR HAIR CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

**AYUR S + C HAIR CARE 1** MAKING HAIR SHINY, PREVENTING HAIR FALL, STRENGTHENING HAIR, MAKING HAIR BLACK, SOFT AND SOFT, PREVENTING DANDRUFF ETC. WORKS GREAT.

## INGREDIENTS

ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	30 ML.
ARITHA (SAPINDUS MUKOROSI) FRUIT	20 GM.
AMLA (PHYLLANTHUS EMBLICA) FRUIT	15 GM.
BHRINGRAJ (ECLIPTA PROSTRATA) W.P.	15 GM.
JAVAKUSUM (HIBISCUS) FLOWER	15 GM.
MEHANDI (LAWSONIA INERMIS) LEAF	15 GM.
SOYA (SOYABEAN) FRUIT	5.0 GM.
SHIKAKAI (ACACIA CONCINNA) W.P.	5.0 GM.



## IN OUR AYUR S + C HAIR CARE 1

**ALOEVERA RAS** VITAMIN-A, VITAMIN-C AND VITAMIN-E ARE FOUND IN PLENTY IN ALOEVERA RAS. ALL THESE PROMOTE HEALTHY CELL GROWTH AND MAKE HAIR SHINY. THE VITAMIN B12 AND FOLIC ACID PRESENT IN IT HELPS TO PREVENT HAIR FALL. A RESEARCH RELATED TO ALOE VERA HAS BEEN BELIEVED TO PROVIDE ESSENTIAL NUTRITION TO THE HAIR IN ADDITION, IT WORKS BY STRENGTHENING THE HAIR BY INCREASING BLOOD CIRCULATION IN THE SCALP AND HAIR (SCALP). IN THIS WAY ALOEVERA PROMOTES HAIR GROWTH. ANOTHER RESEARCH RELATED TO ALOE VERA IS BELIEVED TO HAVE DANDRUFF (ANTI-DANDRUFF) PROPERTIES. FOR THIS REASON IT IS USED AS A MAIN INGREDIENT IN HAIR CONDITIONER AND SHAMPOO. ELEMENTS OF ALOE VERA ARE FOUND TO CONTAIN ELEMENTS CALLED CYSTEINE AND LYSINE, WHICH WORK VERY WELL IN PREVENTING HAIR LOSS PROBLEM.

**ARITHA** IS ONE OF THE MOST POPULAR HERBS OF AYURVEDA. ARITHA PREVENTS HAIR FALL, AS WELL AS INCREASES HAIR GROWTH. ARITHA MAKES HAIR BLACK, SOFT AND SILKY. ARITHA IS USED AS A SPECIAL INGREDIENT IN SHAMPOOS, WHICH REMOVE DUST, DIRT AND DIRT FROM THE HAIR. MAKES HAIR HEALTHY AND THICK. ARITHA IS A NATURAL HAIR TONIC AND IS USED TO TREAT HAIR PROBLEMS.

**AMLA** IS AN EXCELLENT AYURVEDIC MEDICINE FOR HAIR. AMLA CONTAINS PHYTONUTRIENTS, VITAMINS AND MINERALS. WHICH HELP TO INCREASE BLOOD FLOW ON SCALP SKIN AND HAIR. VITAMIN-C IN AMLA PRODUCES COLLAGEN PROTEIN. DUE TO WHICH THE HAIR IS HEALTHY, LONG AND THICK. PROBLEMS RELATED TO SCALP SKIN AND HAIR SUCH AS DANDRUFF AND DRYNESS CAN BE THE MAJOR CAUSES OF HAIR LOSS. AMLA IS ALSO USED FOR AYURVEDIC TREATMENT OF SCALP SKIN AND HAIR. AMLA ALSO HELPS TO REMOVE SCALP AND SCALP PROBLEMS LIKE DANDRUFF AND DRYNESS.



## IN OUR AYUR S + C HAIR CARE 1

**BHRINGRAJ** IS AN AYURVEDIC MEDICINE ALSO KNOWN AS ECLIPTA ALBA. MANY MEDICINAL PROPERTIES ARE FOUND IN BHRINGRAJ. BHRINGRAJ DOES NOT ALLOW INFECTION ON THE SCALP AND HAIR (SCALP) AND ALSO REMOVES DANDRUFF. BHRINGRAJ PREVENTS HAIR FROM BECOMING UNTIMELY WHITE AND DOES NOT AFFECT THE NATURAL COLOR OF HAIR.

**JAVAKUSUM OR GUDHAL** FLOWER HAS BEEN DESCRIBED AS A VERY GOOD MEDICINE IN AYURVEDA. JAVAKUSUM PROVIDES NEW LIFE TO THE HAIR AND HELPS IN GETTING RID OF DANDRUFF PROBLEM. EVEN REGULAR USE OF JAVAKUSUM REDUCES HAIR LOSS.

**MEHANDI** IS BEING USED IN MANY WAYS IN AYURVEDA. ELEMENTS LIKE GLUCOSE, TANNIN, MALIC ACID, VASONE, MALITOL AND MUCILAGE ARE FOUND IN MEHANDI. THOSE WHO NOURISH THE SKIN OF YOUR SCALP AND HAIR AND HEAT NATURALLY BY REMOVING IT. IF YOU HAVE DRYNESS OR DANDRUFF IN YOUR HAIR, THE USE OF MEHANDI IS THE PERFECT CONDITIONER FOR YOUR HAIR.

**SOYA** THE USE OF SOYA MAKES HAIR STRONG AND SOFT. IF YOUR HAIR IS DRY AND LIFELESS THEN USING SOYA CAN BRING NEW LIFE TO YOUR HAIR. SOYA IS RICH IN PROTEIN PROPERTIES. USING WHICH THE HAIR BECOMES THICK, SOFT AND SHINY. THE USE OF SOYA IS BENEFICIAL TO GET RID OF THE PROBLEM OF FALLING HAIR. SOYA GIVES SHINE TO HAIR.

**SHIKAKAI** IS COMMONLY FOUND IN INDIA AND IS TRADITIONALLY USED TO CLEAN HAIR IN MANY PARTS OF OUR COUNTRY. SHIKAKAI CONTAINS NUTRIENTS LIKE ANTI-OXIDANTS, VITAMIN-A, VITAMIN-C, VITAMIN-K AND VITAMIN-D WHICH WORK FOR HAIR HEALTH AND MAKE HAIR STRONGER. SHIKAKAI HAS ANTI-FUNGAL PROPERTIES THAT WORK VERY WELL IN PREVENTING DANDRUFF.

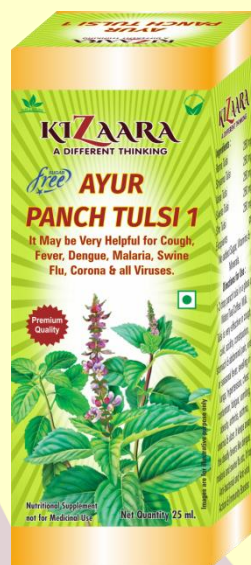
## DIRECTIONS FOR USE:-

- MASSAGE ON WET HAIR FOR 2-5 MINUTES. AND THEN WASH IT WITH CLEAN WATER.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE TUBE WELL.
- CONSUME WITHIN 1 MONTH AFTER OPENING OF THE TUBE.
- FOR BETTER RESULTS, USE **AYUR S + C HAIR CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY .
- BUY ONLY IF THE TUBE IS IN GOOD CONDITION.

**AYUR PANCH TULSI 1** HAS THE STRENGTH TO FIGHT EVERY INFECTION. OUR **AYUR PANCH TULSI 1** IS USEFUL IN OVER 200 DISEASES. **AYUR PANCH TULSI 1** REDUCES HARMFUL MICROBES FROM DRINKING WATER. IT CAN BE A COUGH, COLD, CHRONIC BACTERIAL DISEASE, SKIN DISEASE, SEXUAL DYSFUNCTION, IRREGULAR PERIOD PROBLEM, DIARRHEA, TO RELIEVE BAD BREATH, FOR FACE FLASHES, FEVER, SWINE FLU, DENGUE, OBESITY, BLOOD PRESSURE, IN THE MANAGEMENT OF SUGAR, ALLERGIES, EYE PAIN, ITCHING, CANCER, HEART BLOCKAGE, INDIGESTION AND MORE, OUR **AYUR PANCH TULSI 1** HAS THE ABILITY TO FIGHT AGAINST MANY TYPES OF VIRUSES AS WELL AS THE CORONA VIRUS.

## INGREDIENTS

RAMA TULSI	250 MG.
SHYAMA TULSI	250 MG.
VANA TULSI	250 MG.
SWETA TULSI	250 MG.
SHRI TULSI	250 MG.



## IN OUR AYUR PANCH TULSI 1

**RAMA TULSI** ACCORDING TO AYURVEDA, TULSI IS EASILY FOUND EVERYWHERE WHOSE LEAF IS LIGHT GREEN. THE BRANCHES OF RAMA TULSI ARE WHITE IN COLOR. RAMA TULSI HAS LESS ODOR AND PUNGENCY RAMA TULSI IS USED AS A MEDICINE FOR PREVENTION OF MANY HEALTH AND SKIN RELATED DISEASES. THE USE OF RAMA TULSI IS A VERY BENEFICIAL MEDICINE FOR DIGESTION AND CURING CHILDREN'S COLD AND COUGH AND OTHER DISEASES.

**SHYAMA TULSI** HAS ANTI-BACTERIAL PROPERTIES. SHYAMA TULSI LEAVES ARE BLACK IN COLOR. SHYAMA TULSI MALARIA FEVER, CHOLERA, VOMITING, EARACHE, LUNG DISEASES SUCH AS BRONCHITIS (RESPIRATORY TRACT INFLAMMATION), ASTHMA, DIABETES, LEUCODERMA (A TYPE OF SKIN DISORDER), TOOTHACHE, PHLEGM PROBLEM IS TREATED. USE OF SHYAMA TULSI CURES ANY KIND OF FEVERIT HAS ANTIPYRETIC PROPERTIES. THIS IS THE REASON WHY IT IS USED MORE AS A MEDICINE.

**VANA TULSI** IS ALSO KNOWN AS BARBARI TULSI. ACCORDING TO AYURVEDIC, VAN TULSI IS A VERY USEFUL MEDICINE TO REMOVE ITCHING, BILE, PHLEGM DISORDER, INCREASE APPETITE AND MAKE THE HEART HEALTHY, REDUCE ITCHING, BLOOD DISORDERS, LEPROSY, INFLAMMATION AND PAIN, AND URINARY RELATED DISEASES.

## IN OUR AYUR PANCH TULSI 1

**SWETA TULSI** IS BENEFICIAL IN CHILDREN'S PHLEGM DISORDER, COLD, COUGH ETC. TAKING SWETA TULSI WITH SUGAR (SUGAR) TO RELIEVE SWELLING AND THROAT SORENESS IS VERY BENEFICIAL.

**SHRI TULSI** RINGWORM, ITCHING, ECZEMA (A TYPE OF ALLERGY. THERE IS UNBEARABLE UNBEARABLE ITCHING) SKIN DISEASE, WOUND HEALING, SWINE FLU, DENGUE FEVER, COUGH, COLD, JOINT PAIN, BLOOD PRESSURE , OBESITY, SUGAR, URINATION RELATED PROBLEM, SWELLING IN LUNGS, LOSS OF SEMEN, FATIGUE, LOSS OF APPETITE, ETC. ARE VERY BENEFICIAL MEDICINE TO CURE.

## DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR PANCH TULSI 1**.
- DRINK **AYUR PANCH TULSI 1** DAILY IN THE MORNING ON AN EMPTY STOMACH AFTER MIXING 1 TO 2 DROPS IN LUKEWARM WATER. AND IT CAN ALSO BE TAKEN BY MIXING 1 TO 2 DROPS IN TEA, COFFEE AND MILK. **AYUR PANCH TULSI 1** CAN BE TAKEN 3-4 TIMES A DAY. YOU DRINK **AYUR PANCH TULSI 1** IN YOUR ENTIRE FAMILY'S DRINKING WATER EVERY DAY AND IT WILL BE VERY GOOD FOR YOUR WHOLE FAMILY'S HEALTH.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE WELL.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

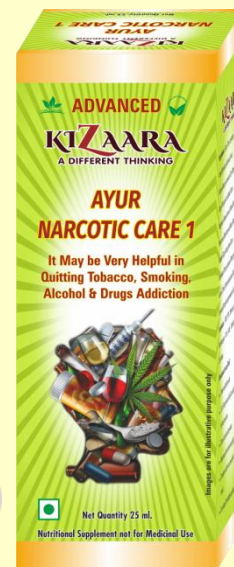
A DIFFERENT THINKING

**AYUR NARCOTIC CARE 1** PROVIDES LONG-TERM RELIEF FROM ADDICTION TO ANY HARMFUL SUBSTANCES SUCH AS ALCOHOL, TOBACCO. **AYUR NARCOTIC CARE 1** HELPS A LOT IN BALANCING THE EMOTIONAL, MENTAL AND PSYCHOLOGICAL REACTIONS OF HUMANS. **AYUR NARCOTIC CARE 1** INCREASES MENTAL ENERGY AND STAMINA AND CALMS THE MIND.

## PREVENTION TO AVOID DRUG ADDICTION.

### INGREDIENTS

AMLA (EMBLICA OFFICINALIS) FRUIT	75 MG.
BRAHMI (BACOPA MONNIERI) DRY WHOLE PLANT	75 MG.
GILOY (TINOSPORA CORDIFOLIA) STEM	75 MG.
NAGKESAR (MESUA FERREA) WHOLE PLANT	75 MG.
PUNARNAVA (BOERHAVIA DIFFUSA) ROOT	75 MG.
MULETHI (GLYCYRRHIZA GLABRA) STEM	75 MG.
VIDARI KAND (PUERARIA TUBEROSA) RHIZOME	75 MG.
ARJUNA CHHAL (TERMINALIA ARJUNA) STEM BARK	30 MG.
LAWANG (SYZYGIIUM AROMATICUM) BUDS	30 MG.



### IN OUR AYUR NARCOTIC CARE 1

HERBS LIKE AMLA, BRAHMI, GILOY, NAGAKESAR, PUNNARVA, MULETHI, VIDARIKAND, ARJUN BARK, CLOVES ARE USEFUL IN REDUCING ALCOHOL ADDICTION. ALONG WITH THIS, THEY REDUCE THE SYMPTOMS PRODUCED IN QUITTING ALCOHOL.

### DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR NARCOTIC CARE 1**.
- TAKE 10 TO 15 DROPS OF **AYUR NARCOTIC CARE 1** DAILY IN THE MORNING, AFTERNOON AND EVENING. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER TAKING **AYUR NARCOTIC CARE 1**. FOR BEST RESULTS TAKE **AYUR NARCOTIC CARE 1** 30 TO 40 MINUTES AFTER MEALS.
- 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 NARCOTIC CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- DO NOT BUY IF THE BOTTLE IS LEAKED OR PUFFED.



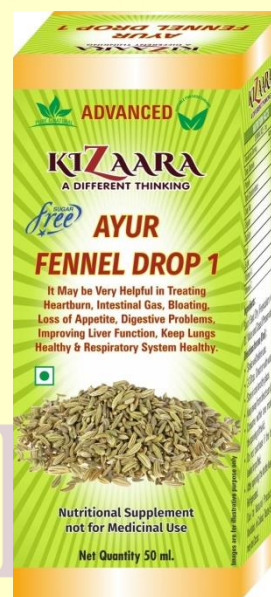
**FRIENDS, DO YOU KNOW THAT 85% OF INDIANS ARE AFFECTED BY DIGESTIVE SYSTEM DISEASE.**

**AYUR FENNEL DROP 1** IS USED FOR VARIOUS DIGESTIVE PROBLEMS INCLUDING HEARTBURN, INTESTINAL GAS, BLOATING, LOSS OF APPETITE. **AYUR FENNEL DROP 1** IMPROVES DIGESTION. AND IT ALSO IMPROVES LIVER FUNCTION. **AYUR FENNEL DROP 1** MAKES THE LUNGS HEALTHY. AND ALSO HELPS IN MAKING THE RESPIRATORY SYSTEM HEALTHY.

## NUTRITION FACTS

SERVING SIZE 1 ML

AMOUNT PER SERVING	APPROXIMATELY
TOTAL CALORIES	3.0 KCAL.
PROTEIN	1.5 MG.
TOTAL CARBOHYDRATES	5.0 MG.
TOTAL FAT	1.4 MG.
SODIUM	8.0 MG.
CALCIUM	10 MG.
IRON	1.5 MG.
SUGAR	0 GM.
VITAMIN A	1 IU.
VITAMIN C	2.0 MG.



## BENEFITS OF FENNEL FOR DIGESTION

- FOR EYESIGHT
- VERY HELPFUL IN WEIGHT LOSS
- FOR ASTHMA AND OTHER BREATHING PROBLEMS
- TO REMOVE BAD BREATH
- FOR CHOLESTEROL
- TO RELIEVE FROM PHLEGM
- BENEFICIAL FOR BRAIN
- TO RELIEVE CONSTIPATION
- BENEFICIAL FOR BREASTFEEDING
- VERY HELPFUL IN CONTROLLING BLOOD PRESSURE
- TO SLEEP WELL
- TO RELIEVE MENSTRUAL PROBLEMS
- HELPFUL IN THE TREATMENT OF HERNIA
- TO PREVENT DIABETES
- FOR HEALTHY LIVER
- MORNING SICKNESS (NAUSEA, VOMITING, DIZZINESS)
- TO IMPROVE THE SKIN

## IN OUR AYUR FENNEL DROP 1

**TOTAL CALORIES** ARE A QUANTITY OF ENERGY IN THE HUMAN BODY. WHICH ARE NECESSARY FOR PERFORMING PHYSICAL ACTIVITIES. THIS AMOUNT OF CALORIES IS OBTAINED THROUGH DIET. LOW CALORIE DIET SHOULD BE CONSUMED REGULARLY. AND TO DIGEST THAT CALORIES, EXERCISE AND HARD WORK SHOULD ALSO BE DONE.

**PROTEIN** STRENGTHENS THE MUSCLES AND IMMUNITY SYSTEM. PROTEIN ALSO KEEPS HEART AND LUNG TISSUE HEALTHY. PROTEIN IS NECESSARY FOR THE BODY TO FUNCTION SMOOTHLY. PROTEIN EJECTS TOXIN FROM THE BODY.

**TOTAL CARBOHYDRATES** ARE THOSE SUBSTANCES. WHICH CONTAIN CARBON, HYDROGEN AND OXYGEN. THEY CONTAIN HYDROGEN AND OXYGEN IN THE SAME RATIO. JUST LIKE IN WATER. KEEPS THE BODY FIT AND ENERGETIC. GREATLY HELPS IN DIGESTION OF FOOD IF CONSUMED PROPERLY AND IN THE RIGHT QUANTITY, IT ALSO REDUCES OBESITY FROM THE BODY.

**TOTAL FAT** HELPS A LOT IN THE FUNCTIONING OF OUR BODY AND IN PREVENTING DISEASE. AND OUR BODY NEEDS SMALL AMOUNT OF FAT. FAT IS THAT ESSENTIAL SUBSTANCE. WHICH ACTS TO SHAPE THE HUMAN BODY, KEEP THE SKIN HEALTHY, ABSORB ESSENTIAL VITAMINS, IMPROVE THE IMMUNE SYSTEM AND PROVIDE A VARIETY OF HEALTH BENEFITS. THEREFORE, A CERTAIN AMOUNT OF FAT IS REQUIRED FOR THE BODY. MINERAL SALTS ARE VERY MUCH NEEDED IN OUR BODY.

**SODIUM** IS ALSO COUNTED AMONG THE MAJOR MINERAL SALTS. SODIUM IS PRESENT IN ALL FOODS INCLUDED IN THE DAILY DIET. COMMON SALT IS SODIUM. SALT IS ADDED FOR TASTE IN DAILY INGESTED FOODS SUCH AS LENTILS, VEGETABLES, ROTI, RICE, RAITA ETC. BUT ALONG WITH TASTE, IT ALSO FULFILLS THE REQUIREMENT OF SODIUM IN THE BODY. ITS MAIN FUNCTION IS TO MAINTAIN THE BALANCE OF ACID AND ALKALI IN THE BODY.

**CALCIUM** IS A CHEMICAL ELEMENT. WHICH IS NECESSARY FOR THE LIVES OF OTHER CREATURES ALONG WITH US HUMANS. IT IS THE HIGHEST AVAILABLE MINERAL IN THE BODY. WHICH IS IMPORTANT FOR GOOD HEALTH. WE NEED TO CONSUME A CERTAIN AMOUNT OF CALCIUM TO BUILD STRONG BONES BETWEEN THE BRAIN AND OTHER PARTS OF THE BODY. CALCIUM IS FOUND NATURAL IN MANY FOODS.

**IRON** IS ONE OF THE MANY IMPORTANT MINERALS FOUND IN OUR BODY. ACTUALLY IRON IS THAT MINERAL. WITH WHICH THE HEMOGLOBIN IN THE BLOOD TRANSMITS OXYGEN TO OUR BODY. YOU MAY SAY . THAT IT IS THE MOST IMPORTANT COMPONENT OF HEMOGLOBIN IN THE BLOOD OF OUR BODY. IT SERVES TO CARRY OXYGEN THROUGHOUT OUR BODY. IRON IS ONE SUCH MINERAL SUBSTANCE. WHOSE PRESENCE IN OUR BODY IS ENOUGH TO FILL OUR BODY WITH ENERGY. THE PRESENCE OF IRON HAS A DIRECT EFFECT ON OUR HEALTH. THAT IS, IRON IS AN IMPORTANT COMPONENT FOR OUR OVERALL HEALTH.

## IN OUR AYUR FENNEL DROP 1

WE HAVE MANY SOURCES TO MEET IRON DEFICIENCY. THERE ARE MANY SUCH FRUITS AND VEGETABLES. WITH WHOSE HELP WE CAN MEET IRON DEFICIENCY. SUCH AS GREEN LEAFY VEGETABLES, FENUGREEK AND MUSTARD GREENS, FLOUR, GREEN BEANS, SPINACH, BROCCOLI, TURNIP, SWEET POTATO, ALMONDS, RAISINS, BEETS, KABULI CHANA, RAJMA, SOYABEAN, DATES, MELON, APPLES, GRAPES, POMEGRANATE, ALMONDS, DRIED NUTS, LENTILS, EGG, FISH ETC. APART FROM THIS, CONSUMING SPROUTED LENTILS IS CONSIDERED TO BE A VERY GOOD OPTION FOR INCREASING THE BLOOD VOLUME IN OUR BODY. IRON IS THE WORK OF TRANSPORTING OUR LIFE AIR OXYGEN THROUGHOUT THE BODY. SO IT IS DUE TO IRON THAT WE ARE ABLE TO USE OXYGEN.

**SUGAR** THERE IS NOTHING BETTER THAN SUGAR IF YOU NEED IMMEDIATE ENERGY. 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 KEEP SUGAR CUBES WITH THEM TO RELIEVE FATIGUE IMMEDIATELY.

**VITAMIN-A** IS A SOLUBLE VITAMIN. WHICH IS A POWERFUL ANTI-OXIDANT. HEALTHY EYESIGHT, VITAMIN-A PLAYS AN IMPORTANT ROLE IN MAINTAINING HEALTHY SKIN. VITAMIN-A DEFICIENCY LEADS TO BLINDNESS. VITAMIN-A DEFICIENCY IS FOUND IN MOST ALCOHOLICS. BECAUSE MORE TOXICITY LEADS TO LOWER VITAMIN-A LEVELS. VITAMIN-A, BEING AN ANTI-OXIDANT, IS RESPONSIBLE FOR BUILDING STRONG BONES, REGULATING GENES, MAINTAINING HEALTHY SKIN AND MAINTAINING THE IMMUNE SYSTEM. SOME OF THE BEST SOURCES OF VITAMIN A ARE. SUCH AS EGGS, MILK, CARROTS, SPINACH AND OTHER GREEN LEAFY VEGETABLES.

**VITAMIN-C** IS MANY TIMES MORE IMPORTANT FOR HEALTH THAN OTHER VITAMINS. VITAMIN-C IS IMPORTANT FOR OUR HEALTH AS WELL AS BEAUTY AND SKIN. VITAMIN-C IS AN EXCELLENT ANTI-OXIDANT. 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.

## DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR FENNEL DROP 1**.
- TAKE 2 TO 3 DROPS OF **AYUR FENNEL DROP 1** IN THE MORNING, AFTERNOON AND EVENING AFTER 30 TO 40 MINUTES EATING FOOD. IT IS VERY GOOD IF YOU TAKE **AYUR ENERGY CARE 1** WITH IT.
- 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 FENNEL DROP 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

**AYUR DERMO CARE 1** UNBEARABLE DUE TO DRY SKIN, SKIN CARE, SKIN NOURISHMENT AND HEALTHY, SKIN HEALTHY, CRACKED ANKLES, WOUNDS AND TORN ANKLES **AYUR DERMO CARE 1** WORKS VERY WELL IN CURING PAIN.

## INGREDIENTS

ALOEVERA RAS (ALOE BARBEDENSIS) LEAF	2.5 ML.
DARUHALDI (BERBERIS) FRUIT	100 ML.
HALDI (CURCUMA LONGA) RHIZOME	1 GM.
MANJISTHA (RUBIA CORDIFOLIA) STEM	1 GM.
MAJUPHAL (QUERCUS INFECTORIA) FRUIT	1 GM.
PUDINA SAT (MENTHA SPECTA) W.P.	1 GM.



## IN OUR AYUR DERMO CARE 1

**ALOEVERA RAS** HAS BEEN IN USE IN INDIA SINCE ANCIENT TIMES AS A MEDICINE. IN INDIA IT IS KNOWN AS GWARPATHA OR GHRITKUMARI. THE USE OF ALOEVERA CURES TORN AEDIA VERY QUICKLY.

**DARUHALDI** IS A VERY GOOD HERB AND DARUHALDI IS BEING USED FOR AYURVEDA MEDICINE FOR MANY YEARS. RASANJAN IS MADE FROM DARUHALDI. DARUHALDI IS A VERY BENEFICIAL MEDICINE FOR TORN ANKLES.

**HALDI** HAS ANTI-BACTERIAL AND ANTI-OXIDANT PROPERTIES. HALDI PROVES TO BE VERY BENEFICIAL FOR MANY THINGS. HALDI IS CONSIDERED VERY BENEFICIAL FOR TORN ANKLES. REGULAR USE OF HALDI PROVIDES RELIEF FROM TORN ANKLES.

**MANJISTHA** IS ONE SUCH HERB. WHICH IS USED AS A MEDICINE FOR THE TREATMENT OF VARIOUS DISEASES IN AYURVEDA. IT IS CONSIDERED A PANACEA DRUG. WITH THE REGULAR USE OF MANJISTHA, THE TORN EDDY IS HEALED QUICKLY.

**MAJUPHAL** IS CONSIDERED A VERY IMPORTANT MEDICINE IN AYURVEDA. POWDERS MADE FROM ITS FRUITS, LEAVES AND BLISTERS ARE USED TO RELIEVE MANY PROBLEMS. ANTI-OXIDANTS ARE FOUND IN HIGH AMOUNTS IN MAJUPHAL. THE USE OF A MAJUPHAL IS VERY BENEFICIAL FOR WOUNDS, FOR TORN ANKLES, FOR SKIN.

**PUDINA SAT** MEDICINAL PROPERTIES ARE FOUND IN PUDINA SAT (MENTHA PIPERITA). PUDINA SAT IS FOUND IN PLENTY OF CALCIUM, PHOSPHORUS, VITAMIN C, VITAMIN D, VITAMIN E AND VITAMIN B. PUDINA SAT IS VERY BENEFICIAL NOT ONLY FOR HEALTH BUT ALSO IN TERMS OF SKIN CARE. THE PUDINA SAT IS A NATURAL TIP FOR KEEPING THE SKIN OF THE FEET HEALTHY. IT NOURISHES THE SKIN AND KEEPS IT HEALTHY. THE USE OF PUDINA SAT IS VERY BENEFICIAL FOR TORN ANKLES.

**DIRECTIONS FOR USE:-**

- BEFORE APPLYING **AYUR DERMO CARE 1**, CLEAN THE TORN ANKLES WITH WARM WATER. AND AFTER THOROUGHLY DRYING THE ANKLES, APPLY **AYUR DERMO CARE 1** IN MORNING AND EVENING.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE BOX WELL.
- FOR BETTER RESULTS, USE **AYUR DERMO CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.

KIZAARA  
A DIFFERENT THINKING



**AYUR SKIN CARE 1** TO ENHANCE SKIN, MAKE SKIN YOUNG AND BEAUTIFUL, MAKE SKIN SOFT AND SHINY, REMOVE SKIN DRYNESS, PROTECT AGAINST BACTERIAL INFECTION ON SKIN, GLOW ON FACE **AYUR SKIN CARE 1** DOES A GREAT JOB IN NOURISHING SKIN CELLS, BRINGING IN SKIN MOISTURE RETENTION.

## INGREDIENTS

ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	30 ML.
CUCUMBER RAS (CUCUMIS SATIVUS) FRUIT	30 ML.
TULSI (OCIMUM SANCTUM) PANCHANG	5.0 ML.
HALDI (CURCUMA LONGA) RHIZOME	30 MG.



## IN OUR AYUR SKIN CARE 1

**ALOEVERA RAS** IS CALLED SANJEEVANI IN AYURVEDA. VITAMIN A, VITAMIN C AND VITAMIN E ARE FOUND IN PLENTY IN ALOE VERA RAS. ALOE VERA RAS HAS ANTI-AGING AND ANTI-OXIDANT PROPERTIES. BY CONSUMING ALOE VERA, YOUR SKIN REMAINS YOUNG AND BEAUTIFUL. ALOE VERA IMPROVES SKIN. ALOE VERA IS CONSIDERED A NATURAL MOISTURIZER. IT SOFTENS THE DEAD CELLS OF THE SKIN AND HELPS IN REMOVING THEM, WHICH MAKES THE SKIN SOFT AND SHINY.

**CUCUMBER RAS** MAINLY CONSISTS OF WATER. IT IS VERY BENEFICIAL FOR DRY SKIN. IT WORKS BY GIVING MOISTURE TO THE SKIN NATURALLY. ITS USE IMPROVES SKIN. NUTRIENTS LIKE VITAMIN-A, MAGNESIUM AND POTASSIUM ARE FOUND IN SUFFICIENT QUANTITY IN KUKUMBAR RAS. CUCUMBER IS EFFECTIVE IN REMOVING ALL TYPES OF SKIN INFECTIONS. CUCUMBER SERVES TO NOURISH SKIN CELLS.

**TULSI** DUE TO THE MEDICINAL PROPERTIES PRESENT IN TULSI, IT IS NOT ONLY USED TO CURE COLDS OR INFECTIONS, BUT IT IS ALSO BENEFICIAL FOR THE SKIN. TULSI HAS ANTI-OXIDANT PROPERTIES THAT HELP TO FLUSH OUT THE TOXINS PRESENT IN THE DEEP SURFACE OF THE SKIN. THIS CLEANS THE DIRT PRESENT IN THE BLOOD AND BRINGS GLOW ON THE FACE. TULSI ALSO REMOVES DRYNESS AND PRESERVES SKIN MOISTURE.

**HALDI** IS RICH IN MEDICINAL PROPERTIES, NOT ONLY FOR OUR HEALTH BUT ALSO FOR THE SKIN. CURCUMIN PRESENT IN HALDI HAS ANTI-INFLAMMATORY, ANTI-OXIDANT, ANTI-SEPTIC AND ANTI-BACTERIAL PROPERTIES. WHICH ARE VERY BENEFICIAL IN PROTECTING AGAINST BACTERIAL INFECTION. HALDI IS RICH IN PROTEIN, VITAMIN A, CARBOHYDRATES AND MINERALS.

**DIRECTIONS FOR USE:-**

- WASH YOUR FACE AND NECK WITH CLEAN WATER AND APPLY **AYUR SKIN CARE 1** AS REQUIRED.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE TUBE WELL.
- CONSUME WITHIN 1 MONTH AFTER OPENING OF THE TUBE.
- FOR BETTER RESULTS, USE **AYUR SKIN CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE TUBE IS IN GOOD CONDITION.

KIZARA  
A DIFFERENT THINKING

**AYUR FACE WASH 1** TO IMPROVE FACE, CLEAN DIRT AND DEAD CELLS ON THE TOP SURFACE OF SKIN, NOURISH SKIN, REMOVE ACNE, PROTECT AGAINST BACTERIAL INFECTION, CORRECT SKIN INFLAMMATION AND DRYNESS **AYUR FACE WASH 1** DOES A GREAT JOB IN BEAUTIFYING THE FACE, REMOVING BLACK SPOTS ON THE SKIN, REDUCING FACIAL WRINKLES AND REMOVING ALL SKIN-RELATED PROBLEMS.

## INGREDIENTS

ALOEVERA RAS (ALOEVERA BARBADENSIS) LEAF	90 ML.
LEMON (CITRUS LIMON) FRUIT	60 MG.
NEEM (AZADIRACHTA INDICA) LEAF	60 MG.
HONEY (APIDAE) HONEY	40 MG.
HARIDRA (CURCUMA LONGA) RHIZOME	15 MG.
PUDINA SAT (MENTHA SPICATA) W.P.	15 MG.
TULSI (OCIMUM SANCTUM) PANCHANG	15 MG.



## IN OUR AYUR FACE WASH 1

**ALOEVERA RAS** CONTAINS PLENTY OF ANTI-OXIDANTS. IT IS VERY GOOD FACIAL CLEANSER. ALOE VERA WORKS TO CLEAN THE DIRT AND DEAD CELLS PRESENT ON THE UPPER SURFACE OF THE SKIN AND NOURISH THE SKIN, WHICH ENHANCES THE FACE. ALOEVERA IS A VERY GOOD MOISTURIZER. PEOPLE OF ANY TYPE OF SKIN CAN USE IT. ALOEVERA CONTAINS NUTRIENTS SUCH AS VITAMIN-A, VITAMIN-B1, VITAMIN-B2, VITAMIN-B3, VITAMIN-B6, VITAMIN-B12, VITAMIN-C, VITAMIN-E AND FOLIC ACID. ALOE VERA IS ALSO USED IN BEAUTY PRODUCTS DUE TO ITS MANY SIMILAR PROPERTIES.

**LEMON** HAS BEEN USED FOR AYURVEDIC TREATMENT SINCE ANCIENT TIMES. HAVING NATURAL ANTI-SEPTIC PROPERTIES, LEMON REMOVES ALL SKIN RELATED PROBLEMS. LEMON HAS NATURAL BLEACHING PROPERTIES. BEING A NATURAL LIGHTENING AGENT, IT IS VERY BENEFICIAL FOR THE SKIN. VITAMIN-C PRESENT IN THE LEMON HELPS TO PROTECT THE SKIN FROM DARK PATCHES (HYPER PIGMENTATION) AND STAINS, DUE TO WHICH THE SKIN GETS IMPROVED.

**NEEM** HAS BEEN USED AS A NATURAL MEDICINE FOR MANY YEARS. ALONG WITH THE HEALTH, THE BENEFITS OF NEEM ARE MANY FOR THE SKIN. NEEM IS THE BEST SKINCARE INGREDIENT KNOWN FOR ITS ANTIBACTERIAL PROPERTIES. IT IMPROVES GENERAL SKIN HEALTH AND COMBATS BACTERIAL INFECTIONS SUCH AS ACNE. IT IMPROVES GENERAL SKIN HEALTH AND COMBATS BACTERIAL INFECTIONS SUCH AS ACNE.

## IN OUR AYUR FACE WASH 1

**HONEY** TASTES SWEET. AND IT IS SEMI-FLUID. HONEY IS CONSIDERED BENEFICIAL FOR HEALTH WORLDWIDE. IT HAS MANY MEDICINAL PROPERTIES. HONEY HAS BEEN GIVEN AN IMPORTANT PLACE IN AYURVEDA DUE TO ITS MEDICINAL PROPERTIES. DUE TO THE ANTIMICROBIAL AND ANTIFUNGAL PROPERTIES OF HONEY, IT IS CONSIDERED TO BE THE BEST INGREDIENT TO GET HEALTHY AND GLOWING SKIN. HONEY IS A NATURAL ANTISEPTIC SO IT PROTECTS THE SKIN FROM INFECTION AND REDUCES PIMPLES. HONEY ALSO REMOVES INFLAMMATION AND DRYNESS OF THE SKIN.

**HARIDRA** IS A PLANT WITH MEDICINAL PROPERTIES. DUE TO THE ANTI-BACTERIAL PROPERTIES OF HARIDRA, SKIN INFECTION IS ELIMINATED AND THE COMPLEXION IMPROVES. THIS MAKES IT AN EXCELLENT INGREDIENT IN FACE WASH. IN HARIDRA IT WORKS VERY WELL IN SKIN DISEASES BESIDES BEING ANTI-BACTERIAL, ANTI-INFLAMMATORY, ANTI-TUMOR, ANTI-ALLERGIC, ANTI-SEPTIC.

**PUDINA SAT** IS VERY EASY TO FIND IN ALMOST EVERY INDIAN KITCHEN. PUDINA SAT IS NOT ONLY USED TO ENHANCE THE TASTE OF FOOD AND DRINK, BUT ALSO HAS MANY MEDICINAL PROPERTIES. WHICH WORK TO BENEFIT BOTH HEALTH AND SKIN. PEOPLE WHO HAVE SKIN SPOTS AND PIMPLES. PUDINA IS VERY BENEFICIAL FOR THEM. ITS ANTI-BACTERIAL PROPERTY ALSO HELPS TO CLEANSER THE SKIN IN A BETTER WAY AND MANY PROBLEMS RELATED TO THE SKIN ARE AUTOMATICALLY ELIMINATED. PUDINA IS NOT ONLY USEFUL FOR CLEANSING THE SKIN, BUT ALSO WITH ITS REGULAR USE, THE SKIN COLOR ALSO INCREASES.

**TULSI** THE BENEFITS OF TULSI ARE ALSO FOR THE FACE, BUT MOST PEOPLE KNOW ONLY THE HEALTH BENEFITS OF TULSI. TULSI IS BEING USED AS AN HERB AND MEDICINE SINCE ANCIENT TIMES. THE BEAUTY AND HEALTH BENEFITS OF TULSI ARE VERY POPULAR ALL OVER THE WORLD. THE USE OF TULSI WORKS GREAT FOR BEAUTIFYING THE FACE, TREATING PIMPLES, REMOVING DARK SPOTS (BLACKHEADS) ON THE SKIN, REDUCING WRINKLES, MAKING THE FACE BLONDE.

## DIRECTIONS FOR USE:-

- WASH THE FACE WITH **AYUR FACE WASH 1** MORNING - EVENING OR AS NEEDED.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE TUBE WELL.
- CONSUME WITHIN 1 MONTH AFTER OPENING OF THE TUBE.
- FOR BETTER RESULTS, USE **AYUR FACE WASH 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE TUBE IS IN GOOD CONDITION.

**AYUR DENTAL CARE 1** TO STRENGTHEN LOOSE TEETH AND STOP BLEEDING FROM THE GUMS, TO FIGHT GERMS, TO CURE TOOTHACHE, MOUTH ULCERS (RED SPOTS OCCUR ON A PERSON'S LIPS, TONGUE OR GUMS ETC.) IN CORRECTING, IN RELIEVING GUM INFECTION AND BLEEDING, IN PROTECTING AGAINST CAVITY BACTERIA, IN TREATING BLEEDING FROM TEETH, IN TREATING PUS (PUS), IN TREATING MOUTH ULCERS, IN MOUTH **AYUR DENTAL CARE 1** DOES A VERY GOOD JOB IN CORRECTING THE DEODORANT, CORRECTING PYORRHEA.

## INGREDIENTS

SENDHA NAMAK (SODII CHLORIDUM) ST. PDR.	400 MG
FITKARI (POTASSIUM ALUMINIUM SULFATE) ST. PDR.	400 MG
LAWANG (SYZYGIIUM AROMATICUM) BUD PDR.	375 MG
VAJRADANTI (BARLERIA PRIONITIS) W.P. PDR.	375 MG
BABOOL (ACACIA ARABICA) BARK PDR.	150 MG
MULETHI (GLYCYRRHIZA GLABRA) ST. PDR.	150 MG
TUMBARU (ZANTHOXYLUM ALATUM) FRT. PDR.	150 MG
BAHEDA (TERMINALIA BELLIRICA) FRT. PDR.	150 MG
HALDI (CURCUMA LONGA) RHI. PDR.	150 MG
AKARKARA (ANACYCLUS PYRETHRUM) RT. PDR.	150 MG
PUDINA SAT (MENTHA SPICATA) AE. PDR.	142.8 MG
KAPOOR (CINNAMOMUM CAMPHORA) EXUDATE	85.7 MG
KALI MIRCH (PIPER NIGRUN) FRT. PDR.	75 MG
KATHA (ACACIA CONSIGNA) HT. WD. PDR.	75 MG
MAJUPHAL (QUERCUS INFECTORIA) GALL PDR.	74.3 MG
CHOTI PIPPALI (PIPER LONGUM) FRT. PDR.	40 MG
NEEM (AZADIRACHTA INDICA) LF. PDR.	40 MG
PILU (SALVADORA PERSICA) W.P. PDR.	40 MG



## IN OUR AYUR DENTAL CARE 1

**ROCK SALT** CONTAINS MINERALS LIKE CALCIUM, MAGNESIUM AND POTASSIUM, WHICH ARE VERY HELPFUL IN STRENGTHENING TEETH, RELIEVING TOOTHACHE, PREVENTING TOOTH DECAY, PROTECTING FROM INFECTION, CLEANING TEETH, WHITENING TEETH, REDUCING GUM INFLAMMATION AND STRENGTHENING GUMS.

**ALUM** HAS ANTISEPTIC AND ANTIBACTERIAL PROPERTIES, WHICH ARE VERY HELPFUL IN CLEANING TEETH, REDUCING TOOTHACHE, RELIEVING MOUTH ULCERS, ELIMINATING BAD BREATH, REDUCING GUM BLEEDING, REMOVING TOOTH CAVITIES, AND CURING TOOTH SENSATION AND TINGLING.



## IN OUR AYUR DENTAL CARE 1

**LAWANG** CONTAIN POTASSIUM, SODIUM, PHOSPHORUS, IRON, MANGANESE, FIBER, IODINE, VITAMIN C AND VITAMIN K, OMEGA-3 FATTY ACIDS, CALCIUM AND MAGNESIUM, EUGENOL ELEMENTS AND PROPERTIES THAT NATURALLY HELP IN REDUCING TOOTHACHE AND SWELLING, PROTECTING TEETH FROM INFECTION, FIGHTING GERMS HIDDEN IN TEETH, REMOVING BAD BREATH AND ULCERS, PREVENTING CAVITIES, REMOVING YELLOWNESS OF TEETH, REMOVING PLAQUE FROM TEETH, ELIMINATING KAPHA-PITTA DOSHA, STOMACH GAS, STOMACH WORMS AND KEEPING THE URINARY TRACT HEALTHY.

**VAJRADANTI** CONTAINS HYDRO ETHANOL, CARBOHYDRATES, PROTEINS, GLYCOSIDES, AMINO ACIDS, ANTISEPTIC AND ANALGESIC PROPERTIES THAT HELP KEEP TEETH STRONG AND HEALTHY, FIGHT BACTERIA TO PREVENT TOOTH DECAY, PLAQUE ACCUMULATION AND GUM INFLAMMATION, INCREASE CALCIUM ABSORPTION, STRENGTHEN GUMS, STOP GUM BLEEDING, STRENGTHEN TOOTH ENAMEL, PREVENT CAVITY FORMATION, HEAL CRACKS AND PORES IN TEETH, ELIMINATE BAD BREATH AND KEEP TEETH AS STRONG AS THUNDERBOLT TILL OLD AGE.

**BABOOL CHHAL** IS A VERY GOOD MEDICINE ACCORDING TO AYURVEDA. BABOOL IS A TREE WHOSE ROOTS FROM TWIGS ACT LIKE MEDICINE FOR HEALTH. BABOOL IS BENEFICIAL FOR TEETH. BABOOL LEAVES AND BARK WITH MEDICINAL PROPERTIES CONTROL INFECTION. BABOOL IS FULL OF NUTRIENTS. IT IS FOUND IN PLENTY IN VITAMINS, IRON, MANGANESE, ZINC, PROTEIN AND FAT. DAILY INTAKE OF BABOOL CHHAL HELPS TO STRENGTHEN THE LOOSE TEETH AND PREVENT BLEEDING FROM THE GUMS. AND BABOOL CHHAL IS VERY BENEFICIAL IN ANY PART OF THE BODY TO GET RELIEF FROM BURNING SENSATION, BACKACHE, STOMACH DISEASE, STOMACH ACHE, TO CURE THE PROBLEM OF MOUTH BLISTERS AND RESPIRATORY TRACT DISEASE.

**MULETHI** IS CONSIDERED VERY BENEFICIAL IN AYURVEDA. AFTER UPROOTING THE ROOT OF MULETHI, IT HAS MEDICINAL PROPERTIES FOR TWO YEARS. THE MULETHI INHIBITS THE GROWTH OF CAVITY BACTERIA DUE TO ITS ANTIBACTERIAL AND ANTIMICROBIAL PROPERTIES, REDUCING PLAQUE. USE OF ROOT OF MULETHI IS BENEFICIAL FOR BETTER HEALTH OF TEETH. MULETHI IS VERY BENEFICIAL FOR GUMS AND THROAT. AND INCREASED PHLEGM IN THE SENSATION OF BURNING SENSATION IN THE THROAT, NOSE, CHEST, STOMACH PAIN, SWELLING OF THE STOMACH, IN THE TREATMENT OF WOUNDS, IN THE TREATMENT OF THROAT DISEASES, IN RESPIRATORY DISEASES, IN DIGESTIVE DISEASES AND URIN TO ELIMINATE THE PROBLEM OF INFECTION FROM ROOT AND WORMS DISEASE IN THE INTESTINES MULETHI IS VERY BENEFICIAL.

**TUMBARU** HAS ANTI-BACTERIAL PROPERTIES WHICH HELPS A LOT IN PREVENTING TOOTH DECAY, CAVITIES AND TOOTHACHE, STRENGTHENING THE TEETH, REDUCING THE CHANCES OF TOOTH DECAY AND BREAKAGE, GIVING RELIEF IN THE PROBLEM OF PYORRHEA.

## IN OUR AYUR DENTAL CARE 1

**BAHEDA** CONTAINS ANTIBACTERIAL, ANTI-INFLAMMATORY, ANTIDONTALGIC, CALCIUM AND OTHER NUTRIENTS AND PROPERTIES WHICH ARE VERY HELPFUL IN RELIEVING TOOTHACHE, REDUCING GUM SWELLING AND BLEEDING, STRENGTHENING TEETH, REMOVING YELLOWNESS OF TEETH, PREVENTING TOOTH DECAY.

**HALDI** IS USED IN AYURVEDA TO PROVIDE RELIEF FROM CAVITY PAIN. THE ANTI-INFLAMMATORY PROPERTIES ALONG WITH THE ANTI-BACTERIAL PROPERTIES PRESENT IN IT, ALONG WITH KEEPING THE GUMS HEALTHY, ALSO PREVENTS THE PROBLEM OF TOOTH FALL DUE TO BACTERIAL INFECTION. IN AYURVEDA, HALDI HAS BEEN CONSIDERED THE "KING OF SPICES" DUE TO ITS BENEFICIAL PROPERTIES. YOU CAN DEFINITELY WHITEN YOUR TEETH WITH HALDI AND NOT ONLY THAT, HALDI CAN ALSO KEEP GUMS HEALTHY. AND HALDI STIMULATES THE GALL BLADDER, IMPROVES DIGESTION, FLUSHES OUT THE TOXINS PRESENT IN THE BLOOD, IN BLOOD CIRCULATION, HEART PROBLEMS, COLDS, COLDS OR PHLEGM, ENHANCING THE IMMUNITY OF THE BODY, ELIMINATING ALL TYPES OF DISEASES OF THE GUMS , IN CURING MOUTH ULCERS, TURMERIC IS VERY BENEFICIAL FOR GAS IN THE STOMACH.

**AKARKARA** THE MEDICINAL AND AYURVEDIC PROPERTIES OF AKARKARA ARE COUNTLESS. IN AYURVEDA, AKARAKARA HAS BEEN USED FOR ALMOST 400 YEARS. IN AYURVEDA, AKARAKARA IS USED AS A MEDICINE. AKARKARA WORKS LIKE MAGIC FOR DISEASES LIKE TOOTHACHE, MOUTH BAD SMELL, DENTAL PROBLEM TO HICCUPS. AND AKARKARA IS VERY BENEFICIAL IN TOOTHACHE, STENCH OF THE MOUTH, DENTAL PROBLEMS, SWEETENING THE TONE OF THE THROAT, IN BREATHING PROBLEMS, IN CORRECTING STOMACH ACHE, IN RELIEVING INDIGESTION.

**PUDINA SAT** HAS BEEN CALLED SANJEEVANI BOOTI. IN AYURVEDA, PUDINA HAS BEEN USED AS A MEDICINE FOR CENTURIES. THE USE OF PUDINA CAN HELP RELIEVE TOOTHACHE, PYORRHEA AND GUMS. AND PUDINA SAT IS VERY USEFUL IN REMOVING STOMACH GAS, IN THE PROBLEM OF MOUTH SORES, TOOTHACHE, INDIGESTION PROBLEMS, AND ALSO IN THE BURNING SENSATION OF THE BODY.

**KAPOOR** HAS MANY THERAPEUTIC BENEFITS. FOR THIS REASON, IT IS ALSO USED IN AYURVEDIC TREATMENTS. KAPOOR HAS ANTI-FUNGAL AND ANTI-BACTERIAL PROPERTIES. KAPOOR IS VERY BENEFICIAL IN TOOTHACHE. AND KAPOOR IS VERY BENEFICIAL TO GET RELIEF FROM TOOTHACHE, BENEFITS IN MOUTH ULCERS, STOMACH PAIN OR GAS AND BURNING SENSATION.

**BLACK PEPPER** CONTAINS NUTRIENTS AND PROPERTIES LIKE ANTI-INFLAMMATORY, ANTIBACTERIAL CALCIUM, POTASSIUM AND SELENIUM WHICH HELP IN STRENGTHENING THE TEETH, RELIEVING TOOTHACHE, SWOLLEN GUMS AND BAD BREATH, REDUCING THE PROBLEM OF BLEEDING GUMS.

## IN OUR AYUR DENTAL CARE 1

**CATECHU** HAS ANTI-BACTERIAL AND ANTI-FUNGAL PROPERTIES WHICH HELP IN REDUCING BACTERIAL AND FUNGAL INFECTIONS IN THE MOUTH, STRENGTHENING GUMS, RELIEVING PYORRHEA AND TOOTHACHE, PREVENTING TOOTH DECAY, REMOVING MOUTH ULCERS AND BAD ODOR AND MAKING TEETH SHINY BY REMOVING YELLOWNESS OF TEETH.

**MAJUPHAL** WHOSE SCIENTIFIC NAME IS MANJAKANI. ALSO KNOWN AS GALL TREE, GALL OAK, MUSKY ETC. IT IS A VERY IMPORTANT MEDICINAL PLANT IN AYURVEDIC MEDICINE. ANTI-MICROBIAL AND ANTI-INFLAMMATORY ELEMENTS ARE FOUND IN MAJUPHAL. THE TEETH ARE STRENGTHENED BY THE CONSUMPTION OF MAJUPHAL. CONSUMPTION OF OINTMENT PROVIDES RELIEF IN GUM INFECTION AND BLEEDING. MAJUPHAL ALSO REDUCES TOOTHACHE AND GINGIVITIS. AND MAJUPHAL IS VERY BENEFICIAL IN THE RELIEF OF TOOTHACHE, TO REMOVE ALL STOMACH PROBLEMS, TO GET RELIEF FROM GUM INFECTION.

**CHOTI PIPPALI** IS A MEDICINAL PLANT. PIPPALI OR CHHOTI PEEPAL OR LONG PEPPER IS A MAJOR MEDICINE IN AYURVEDA DUE TO ITS MANY MEDICINAL PROPERTIES. APART FROM THIS, IT IS ALSO USED AS A SPICE. THE USE OF PIPPALI MAKES THE TEETH STRONG, AND THE PROBLEM OF TOOTHACHE ENDS. AND PIPALI IS VERY BENEFICIAL TO TREAT THE DISEASE OF APPLIQUE TEETH, TO CURE TOOTHACHE, ON THROAT (VOICE), IN RESPIRATORY DISEASE, SORE THROAT, DIGESTIVE DISORDERS, CONSTIPATION PROBLEM, PROTECT FROM BACTERIAL INFECTION.

**NEEM** HAS MANY SUCH MEDICINAL PROPERTIES. DUE TO WHICH NOT ONLY OUR HEALTH IS GOOD, NEEM LEAVES, TWIGS ARE ALSO USED FOR MOUTH CARE. DUE TO THE PROPERTIES OF NEEM, IT IS ALSO CALLED THE KALPA TREE OF THE EARTH. ACCORDING TO AYURVEDA, NEEM TREATS ALL DISEASES OF THE MOUTH. SUCH AS: - BLEEDING FROM TEETH, PUS, BLISTERS IN THE MOUTH, SMELLING OF THE MOUTH, NAUSEA, ETC. DISEASES ARE REMOVED. NEEM ALSO REDUCES THE NUMBER OF BACTERIA IN THE MOUTH WHICH CAUSES DENTAL PLAQUE. AND NEEM IS VERY BENEFICIAL FOR TEETH, IN ELIMINATING STOMACH WORMS, IN ACIDITY, IN STOMACH PAIN, IN DIGESTIVE PROBLEMS.

**PEELU OR MISWAK** IS A TREE. THE USE OF PEELU MAKES TEETH AND GUMS STRONG MISWAK HAS ANTI-BACTERIAL PROPERTIES WHICH PROTECTS TEETH FROM ROT AND CAVITY. SALT AND SPECIAL TYPE OF RESINS ARE FOUND IN THE WOOD OF MISWAK WHICH ADDS SHINE TO THE TEETH. AND PEELU OR MISWAK IS VERY BENEFICIAL TO GET RELIEF FROM TOOTHACHE FOR THE BENEFIT OF MOUTH ULCERS, STOMACH PAIN OR GAS AND BURNING SENSATION, IN STOMACH DISEASE IN THE PROBLEM OF EXCESSIVE THIRST.

**DIRECTIONS FOR USE:-**

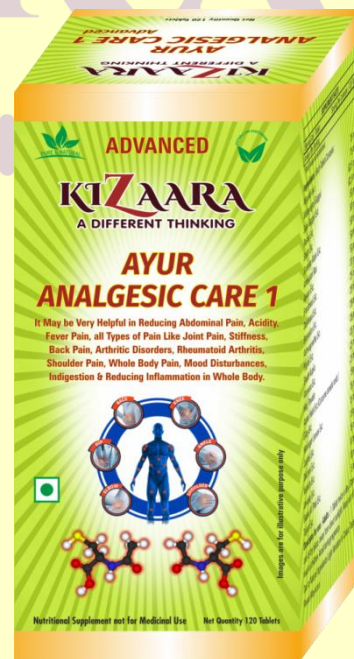
- APPLY **AYUR DENTAL CARE 1** ON YOUR TOOTHBRUSH, BRUSH IT GENTLY (SLOWLY) ON THE TEETH TWICE A DAY (IE MORNING AND EVENING).
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE TUBE WELL.
- FOR BETTER RESULTS, USE **AYUR DENTAL CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY.
- BUY ONLY IF THE TUBE IS IN GOOD CONDITION.

KIZARA  
A DIFFERENT THINKING

**AYUR ANALGESIC CARE 1** IS A VERY BENEFICIAL MEDICINE FOR THE ENTIRE BODY PAIN. **AYUR ANALGESIC CARE 1** NAUSEA, JOINT PAIN, STIFFNESS OF JOINTS, CREPITUS (SOUND COMING FROM JOINTS), FROZEN SHOULDER, SHOULDER PAIN AND BODY PAIN, ELBOW PAIN AND SPRAIN PAIN, NECK PAIN (CERVICAL), ARTHRITIS PAIN, MUSCLE ACHES, ITCHING IN THE EARS, EAR INFECTIONS AND SHARP FLARING PAINS OF THE EAR, CHOKING AND SWELLING ON THE FACE, RASHES ON THE FACE, BELOW-THE-FOOT PAIN (CYSTICA), CALF PAIN, TOES AND TOES INFLAMMATION, DERMATITIS, INFLAMMATION OF THE BODY AND HEALING WOUNDS AND WOUNDS ON THE BODY, HIGH BLOOD PRESSURE, REMOVAL OF BODY WEAKNESS OR WEAKNESS AND ENHANCE PHYSICAL ABILITY, TUBERCULOSIS, MOUTH ULCERS, STOMACH WORMS, STOMACH PROBLEMS (EG: - STOMACH ACHE, ACIDITY ETC.), LOSS OF APPETITE, INABILITY TO EAT, KIDNEY DISEASE, STONE PROBLEM, DIABETES, FILARIASIS, GAS PROBLEM, LIVER PROBLEM, CARDIOVASCULAR DISEASE, ACUTE, MIGRAINE, SORE THROAT, RHEUMATISM FOR (RHEUMATOID ARTHRITIS), INFLAMMATION OF THE LUNGS GREATLY HELPS TO OPEN CLOSED VEINS, PROTECT THE BODY FROM GERMS, AND IMPROVE IRREGULAR MENSTRUATION.

## INGREDIENTS

NIRGUNDI EXT	75 MG.
MAHAYOGRAJ GUGGUL EXT.	75 MG.
SALAL GUGGUL EXT	62.5 MG.
RASNA EXT.	62.5 MG.
SONTH EXT.	50 MG.
SURANJAN KADVI EXT.	50 MG.
AMAVATARI RAS EXT.	50 MG.
AJWAIN EXT	50 MG.
ERANDMOOL EXT	50 MG.
DASHMOOL EXT	30 MG.
BROMALION EXT	25 MG.
ASHWAGANDHA EXT.	25 MG.
PIPPALI EXT	25 MG.
SHUDH KUPILU EXT.	25 MG.
ALOEVERA EXT.	25 MG.
HING POWDER	25 MG.
AAMA HALDI EXT.(CURCUMA AMADA ROXB.)	25 MG.
GILOY EXT.	15 MG.
HARSINGAR LEAVES EXT.	15 MG.
JAIPHAL EXT.	15 MG.
DALCHINI EXT.	15 MG.
NISHOTH EXT.	15 MG.
LAWANG EXT.	10 MG.
BABOOL KI PHALI EXT.	10 MG.
TEJPAT EXT.	5 MG.





## IN OUR AYUR ANALGESIC CARE 1

**NIRGUNDI** IS A VERY GOOD MEDICINE. NIRGUNDI FOUND IN THE HIMALAYAN REGION IS CONSIDERED ONE OF THE BEST PAIN RELIEVERS. IN NIRGUNDI, A CHEMICAL ELEMENT CALLED CASTICIN AND AMSOORMANTINE IS FOUND. IT IS USED IN ARTHRITIS, SCIATICA. NIRGUNDI IS USED IN MANY WAYS IN THE PANCHAKARMA SYSTEM OF AYURVEDA. NIRGUNDI IS KNOWN TO HAVE ANTI-INFLAMMATORY AND ANALGESIC PROPERTIES THAT HELP REDUCE IRRITATION AS WELL AS PAIN. IT IS SAID IN AYURVEDA - NIRGUNDI BODY, PROTECTION, DISEASE, TASAMAD NIRGUNDI . IT MEANS ONE WHO PROTECTS THE BODY FROM DISEASES, IT IS CALLED NIRGUNDI . NIRGUNDI IS A VERY BENEFICIAL MEDICINE FOR MOUTH ULCERS, STOMACH PROBLEMS (EG: STOMACH ACHE, ACIDITY ETC.), FOR JOINT PAIN, FEVER.

**MAHAYOGRAJ GUGGUL** IS AN AYURVEDIC MEDICINE. ITS MAIN FUNCTION IS TO RELIEVE ARTHRITIS AND MUSCLE PAIN. MAHAYOGRAJ GUGGUL THIS DRUG WORKS BEST IN ALL PAINS SUCH AS JOINT PAIN, MUSCLE PAIN, STIFFNESS, BACK PAIN, ARTHRITIS DISORDERS, RHEUMATOID ARTHRITIS, SHOULDER PAIN AND BODY PAIN. MAHAYOGRAJ GUGGUL HAS ANTI-ARTHRITIS, ANTI-INFLAMMATORY AND ANTI-RHEUMATIC PROPERTIES. MAHAYOGRAJ GUGGUL IS ALSO USED AS AN AUXILIARY MEDICINE IN PILES, BHAGANDAR, DIABETES. USED IN ALL DISEASES OF THE DIGESTIVE SYSTEM SUCH AS LOSS OF APPETITE, NO DIGESTION, STOMACH UPSET. IT ALSO REDUCES INFLAMMATION OCCURRING ANYWHERE IN THE BODY.

**SALAL GUGGUL** IS AN AROMATIC GUM RESIN EXTRACTED FROM THE SHALAKI TREE (BOSWELLIA SERRATA). IT IS WELL KNOWN AYURVEDIC MEDICINE USED IN ARTHRITIS. IT RELIEVES PAIN, SWELLING, STIFFNESS, CREPITUS (SOUND COMING FROM JOINTS) AND IMPROVES JOINT MOBILITY. SALAI GUGGUL IS ALSO VERY BENEFICIAL FOR THE TREATMENT OF ARTHRITIS, CHRONIC INFLAMMATION, SKIN DISEASES, BLOOD DISEASES, CARDIOVASCULAR DISEASES, COLD SORES, SORE THROATS AND OTHER CONDITIONS.

**RASNA** IS A VERSATILE AYURVEDIC MEDICINE. RASNA IS USED IN BURNING, SWELLING AND PAIN. ANY KIND OF INJURY OR WOUND IS QUICKLY HEALED WITH ITS USE. AND IT DOES NOT EVEN CAUSE INFECTION. THERE IS A NATURAL REMEDY FOR ALL NERVOUS SYSTEM PROBLEMS, ESPECIALLY THE NERVES. RASNA HELPS IN CONDITIONS SUCH AS NEURITIS (INFLAMMATION OF THE NERVOUS SYSTEM FROM PAIN), SCIATICA AND CHRONIC INFLAMMATION OF THE NERVOUS SYSTEM.

**SONTH** IS AN AYURVEDIC MEDICINE, WHICH CURES MANY DISEASES. SONTN OR DRY GINGER IS ALSO USED TO MAKE MANY TYPES OF HOME MEDICINES. SONTN HAS BEEN USED AS AN EFFECTIVE MEDICINE FOR A LONG TIME. GREAT HELP IN RELIEVING JOINT PAIN, FOR GAS, AROUND, MIGRAINE, NECK AND BODY PAIN, CHEST PAIN, REDUCING SWELLING, SORE THROAT, INDIGESTION, WEIGHT LOSS AND TOXINS OUT OF THE BODY.

## IN OUR AYUR ANALGESIC CARE 1

**SURANJAN KADVI** ALKALOID COLCHICINE IS FOUND IN SIGNIFICANT AMOUNT ON SURANJAN BITTER. SURANJAN BITTER HAS PAIN RELIEF, ANTI-GOUT, ANTI-RHEUMATISM, LAXATIVE AND EMETIC PROPERTIES.

**AAMVATARI RAS** IS A RAS-MEDICAMENT IN WHICH THE JUICE CONTAINS MERCURY. THE MERCURY ITSELF IS CALLED RASA OR PARDA IN AYURVEDA AND IS USED IN THE MANUFACTURE OF MANY MEDICINES. MERCURY IS A TOXIC METAL AND IS USED ONLY IN AYURVEDA BY TREATING IT PROPERLY. WHICH IS MAINLY USED TO TREAT ARTHRITIS DISORDERS, BODY PAIN, JOINT PAIN, JOINT STIFFNESS, SWELLING ETC. AMAVATA IS CALLED RHEUMATOID ARTHRITIS IN AYURVEDA AND AMAVATARI RAS IS A GOOD MEDICINE FOR AAMVAT (RHEUMATOID ARTHRITIS). AAMVATARI RAS TREATS RHEUMATOID ARTHRITIS AND OSTEOARTHRITIS. THE HERBS OF AAMVATARI JUICE ARE ANTI-INFLAMMATORY AND RICH IN NATURAL CALCIUM. AAMVATARI JUICE THEREFORE STRENGTHENS YOUR BONE STRUCTURE, REDUCES INFLAMMATION AND FLUSHES OUT TOXINS FROM THE SYSTEM.

**ALOEVERA** IS A MEDICINAL PLANT. IT IS ALSO KNOWN AS GWARPATHA, GHEEKWAR AND GHRITKUMARI. BY CONSUMING ALOE VERA, THE DEFICIENCY OF NUTRIENTS IN THE BODY CAN BE FULFILLED. IN AYURVEDA IT HAS BEEN GIVEN THE PLACE OF MAHARAJA AS GHRITKUMARI AND IN THE WORLD OF MEDICINE IT IS ALSO CALLED SANJIVANI. IF YOU ARE STRUGGLING WITH PROBLEMS RANGING FROM SKIN TO HAIR, DIGESTION, BLOOD SUGAR OR DIABETES, THEN THE USE OF ALOE VERA IS VERY BENEFICIAL. IT IS ALSO BENEFICIAL FOR STOMACH AILMENTS, JOINT PAINS, EYES AND HAIR. IT IS ALSO BENEFICIAL FOR STOMACH AILMENTS, JOINT PAINS, EYES AND HAIR. THE USE OF ALOE VERA REDUCES INFLAMMATION. THE CAUSE OF INFLAMMATION IN THE BODY IS OXIDATIVE DAMAGE CAUSED BY FREE RADICALS. ALOE VERA CONTAINS ADEQUATE AMOUNTS OF ANTI-OXIDANTS. THESE ANTI-OXIDANTS PREVENT DAMAGE FROM FREE RADICALS.

**ERANDMOOL** IS ESPECIALLY USED TO RELIEVE PAIN AND SWELLING IN THE ORIGINAL JOINTS AND MUSCLES. ANY TYPE OF INFECTION CAN BE AVOIDED BY ITS USE. THE ERANDMOOL HAS ANTI-INFLAMMATORY, ANTI-AGING AND ANTI-BACTERIAL PROPERTIES. DUE TO THE SWELLING-REDUCING PROPERTIES PRESENT IN THE ERANDMOOL, IT RELIEVES JOINT PAIN, NERVE INFLAMMATION AND SORE MUSCLES, HEADACHE, NECK PAIN, INJURIES.

**DASHMOOL** IS A TYPE OF ROOT OR ROOTS. IT IS THE MAIN MEDICINE OF AYURVEDA. IN THIS THE ROOT BARK OR ROOT OF THESE TREES IS USED. IT IS AN EXCELLENT MEDICINE TO RELIEVE SWELLING AND PAIN. IT IS ALSO BENEFICIAL IN SCIATICA, ARTHRITIS ALL TYPES OF BACK PAIN.

**BROMALION OR BROMELAIN** IS AN ENZYME OBTAINED FROM PINEAPPLE JUICE. THIS ENZYME PRODUCES SUBSTANCES THAT FIGHT BODY PAIN AND INFLAMMATION. IT ALSO CONTAINS CHEMICALS THAT DESTROY THE CELLS THAT MAKE UP THE TUMOR AND ALSO SLOW DOWN THE PROCESS OF BLOOD CLOTTING. FRESH PINEAPPLE JUICE CONTAINS A BROMELAIN ENZYME THAT INCREASES THE BODY'S REPULSIVE POWER AND REDUCES INFLAMMATION. REDUCED SWELLING REDUCES ARTHRITIS AND JOINT PAIN.

## IN OUR AYUR ANALGESIC CARE 1

**PIPPALI** IS A HERB. THE BOTANICAL NAME OF PIPPALI IS PIPER LONGUM. PIPPALI OR CHHOTI PEEPAL OR LONG PEPPER IS A MAJOR MEDICINE IN AYURVEDA DUE TO ITS MANY MEDICINAL PROPERTIES. PIPPALI IS COMMONLY USED IN INDIA AS A HOME COOKING SPICE. PEEPLI CONTAINS ALKALOIDS CALLED PIPERINE, WHICH ACTS AS MEDICINE IN A VARIETY OF PROBLEMS. AMONG THEM, COUGH, FEVER, HEADACHE, STOMACH PAIN, MUSCLE PAIN, ARTHRITIS AND TOOTHACHE ARE ALSO VERY BENEFICIAL.

**HING POWDER** IS NOT JUST A SPICE. IT IS ALSO A GREAT MEDICINE. HING IS USED AS A MEDICINE IN AYURVEDA. HING CONTAINS NUTRIENTS SUCH AS PROTEIN, FIBER, CARBOHYDRATES, CALCIUM, PHOSPHORUS, IRON, NIACIN, CAROTENE AND RIBOFLAVIN. HING PROVIDES RELIEF IN ANY TYPE OF PAIN. THE STRONG ANTIOXIDANT AND PAIN RELIEVING PROPERTIES PRESENT IN IT GIVE INSTANT PAIN RELIEF. HING IS CONSIDERED VERY BENEFICIAL IN HEADACHE, STOMACH PAIN AND MANY OTHER DISEASES. HING HAS ANTI-INFLAMMATORY, ANTI-VIRAL AND ANTIBIOTIC PROPERTIES. WHICH ARE GOOD FOR OVERALL HEALTH.

**GILOY** OR GUDUCHI, WHOSE SCIENTIFIC NAME IS TINOSPORA CORDIFOLIA. BECAUSE OF THE MEDICINAL PROPERTIES PRESENT IN GILOY, IT IS CONSIDERED VERY BENEFICIAL IN MANY DISEASES. IT IS ALSO KNOWN BY NAMES LIKE AMRITA, GUDUCHI, CHINNAN RUHA. GILOY CONTAINS PLENTY OF CALCIUM, PROTEIN, PHOSPHORUS AND STARCH IN STEM (MIXED SUGAR IN FOOD). WHICH IS VERY BENEFICIAL FOR BODY PAIN. THE ANTI-BIOTIC AND ANTI-VIRAL PROPERTIES PRESENT IN GILOY ARE VERY BENEFICIAL FOR BODY PAIN AND MANY OTHER DISEASES.

**AJWAIN** IS SUCH A MEDICINE, WHICH NOT ONLY INCREASES THE TASTE OF FOOD, BUT ALSO HELPS IN KEEPING THE HEALTH RIGHT. THIS IS WHY AJWAIN IS USED MORE IN INDIAN CUISINE. AJWAIN IS BENEFICIAL IN RELIEVING ARTHRITIS AND JOINT PAIN. AT THE SAME TIME, ANOTHER RESEARCH HAS REPORTED THAT THE ANTI-INFLAMMATORY EFFECTS FOUND IN CELERY HELP TO RELIEVE THE PROBLEM ASSOCIATED WITH ARTHRITIS. AJWAIN IS AN EFFECTIVE HERB USED FOR TREATING PROBLEMS LIKE JOINT PAIN, ARTHRITIS, KNEE PAIN, UNBEARABLE PAIN IN BODY PARTS DUE TO ITS ANTI-OXIDANT AND ANTI-BACTERIAL PROPERTIES.

**HARSINGAR** AYURVEDIC PHYSICIAN SAYS THAT HARSINGAR LEAVES HAVE MANY LIQUID AND MEDICINAL PROPERTIES. THE FRUIT, LEAVES, SEEDS, FLOWERS AND EVEN ITS BARK OF HARSINGAR ARE USED IN THE TREATMENT OF VARIOUS DISEASES. IF HARSINGAR LEAVES ARE USED, 20 TO 30 YEARS OLD ARTHRITIS AND JOINT SWELLING PROBLEM CAN BE ELIMINATED FROM THE ROOT. HARSINGAR ALSO HAS ANTI-INFLAMMATORY PROPERTIES, SO IT PROVES USEFUL FOR ARTHRITIS PATIENTS. NOT ONLY THIS, IT ALSO OPENS THE CLOSED VEINS AND ALSO RELIEVES SCIATICA PAIN. HARSINGAR HAS RICH ANTI-BACTERIAL PROPERTIES, WHICH HELP TO KEEP OUR BODY HEALTHY BY PROTECTING IT FROM GERMS.

## IN OUR AYUR ANALGESIC CARE 1

**ASHWAGANDHA** IS ACTUALLY AN AYURVEDIC MEDICINE. WHICH HAS THE ABILITY TO CURE MANY INCURABLE DISEASES. ASHWAGANDHA IS USED AS A MEDICINE IN MANY DISEASES. IN MANY DISEASES, ASHWAGANDHA ACTS LIKE A PANACEA. ASHWAGANDHA HAS BEEN USED AS A HERB FOR CENTURIES. ASHWAGANDHA IS A SHRUBBY PLANT. ASHWAGANDHA IS A PLANT TO SAY. BUT THIS MULTIPLE YEARS PLANT HAS NUTRITIOUS ROOTS. ASHWAGANDHA SEEDS, FRUITS AND BARK ARE USED IN THE TREATMENT OF VARIOUS DISEASES. THE LEAVES OF ITS PLANT ARE ALSO VERY USEFUL IN MANY DISEASES RANGING FROM SKIN DISEASES, INFLAMMATION OF THE BODY AND WOUNDS ON THE BODY AND WOUND HEALING. SUCH AS: - FATIGUE, LOSS OF MEMORY, JOINT PAIN, ARTHRITIS PAIN, INSOMNIA, ANXIETY, ANEMIA (LOSS OF BLOOD IN THE BODY), SKIN DISEASES, HIGH BLOOD PRESSURE, TO OVERCOME WEAKNESS OR WEAKNESS OF THE BODY AND ENHANCE PHYSICAL ABILITY, RESPIRATORY DISEASES, COUGH, TUBERCULOSIS, IMPROVING DIGESTIVE SYSTEM, ETC. ARE VERY USEFUL MEDICINE IN DISEASES. USE OF ASHWAGANDHA IS VERY BENEFICIAL IN DANGEROUS DISEASE LIKE CANCER. IT HAS BEEN REPORTED IN MANY RESEARCH. THAT ASHWAGANDHA PREVENTS CANCER CELLS FROM GROWING. AND THE NEW CELLS DO NOT WORK IN THE BODY - THE (RE) ACTIVE MANUFACTURING WORK. WHICH WORKS TO ELIMINATE CANCER CELLS AND ALSO PROTECT AGAINST SIDE EFFECTS FROM CHEMOTHERAPY.

**JAIPHAL** IS AN HERB, USED AS A SPICE. JAIPHAL HAS ANTI-BACTERIAL PROPERTIES ALONG WITH ANTI-INFLAMMATORY ELEMENTS, WHICH HELP A LOT IN CURING YOUR JOINT PAIN OR INFLAMMATION. CONSUMING JAIPHAL DAILY MAKES YOUR BONES STRONG AND RELIEVES ALL TYPES OF JOINT PAIN.

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

**SHUDDHA KUPILU** IS AN AYURVEDIC MEDICINE. IT IS BEING USED IN AYURVEDA FOR MANY YEARS. SHUDDHA KUPILU IS ALSO KNOWN AS KUCHLA IN AYURVEDIC MEDICINE. THE USE OF SHUDDHA KUPILU IS NOT ONLY USED TO CURE ONE DISEASE, BUT IT CAN CURE MANY SERIOUS DISEASES. SHUDDHA KUPILU GOUT, RHEUMATOID ARTHRITIS, KNEE AND JOINT PAIN, MIGRAINE, HEADACHE, COLD, BLOOD CIRCULATION, ALLERGIES AND RESPIRATORY DISEASES, DIGESTIVE SYSTEM DISEASES, DIABETES, ASTHMA, LOSS OF APPETITE, ANEMIA, CONSTIPATION, MALARIA FEVER SHUDDHA KUPILU IS A VERY BENEFICIAL MEDICINE FOR THE TREATMENT OF SKIN DISEASES, VOMITING PROBLEM, IMPOTENCE, PREMATURE EJACULATION AND METAL DEBILITY AND OTHER CONDITIONS.



## IN OUR AYUR ANALGESIC CARE 1

**DALCHINI (CINNAMON)** HAS BEEN DESCRIBED AS A VERY BENEFICIAL MEDICINE IN AYURVEDA. ACCORDING TO AYURVEDA, MANY DISEASES ARE TREATED WITH THE USE OF CINNAMON. CINNAMON IS VERY BENEFICIAL FOR HEALTH. CINNAMON IS A TREASURE TROVE OF ANTI-OXIDANT PROPERTIES, WHICH PROTECT YOU FROM DAMAGE CAUSED BY FREE RADICALS. CINNAMON HAS ANTI-BACTERIAL AND ANTI-FUNGAL PROPERTIES, WHICH ALSO KEEP YOU AWAY FROM INFECTIONS. DIGESTIVE SYSTEM DISORDERS, TOOTH AND HEADACHE, SKIN DISEASES, MENSTRUATION, COLD, COUGH OR THROAT PROBLEMS ARE CURED BY THE CONSUMPTION OF CINNAMON. CINNAMON IS ALSO VERY BENEFICIAL IN THE PAIN OF ARTHRITIS.

**NISHOTH** HAS MANY MEDICINAL PROPERTIES. THE BEST ANTI-BACTERIAL PROPERTIES ARE FOUND IN NISHOTH. NISHOTH IS THE BEST HERB FOR MANY TYPES OF DISEASES. NISHOTH WORKS VERY WELL IN STOMACH, JOINT PAIN, RHEUMATISM (OSTEOARTHRITIS, RHEUMATOID ARTHRITIS, GOUTY ARTHRITIS), PILES, JAUNDICE, CONSTIPATION, VATA, FEVER, HEART DISEASE, ANEMIA, WOUNDS, THROAT AND EYE PROBLEMS.

**LAWANG (CLOVE)** IS CONSIDERED A PAIN RELIEVER IN AYURVEDA. CLOVE HAS A SPECIAL PLACE IN OUR INDIAN SPICES. AND CLOVE ALSO HAS MANY MEDICINAL BENEFITS. CLOVE HAS ANTI-INFLAMMATORY PROPERTIES. CLOVE FOR JOINT PAIN, MUSCLE SWELLING, RELIEF IN INTERNAL INJURY OR WOUND, HEADACHE, DRY COUGH, PHLEGM, HOARSENESS, LOSS OF VOICE DUE TO PHLEGM, ABDOMINAL PAIN DUE TO EXCESSIVE COUGH, ETC. ARE BENEFICIAL.

**BABOOL (ACACIA)** HAS A VERY IMPORTANT PLACE IN AYURVEDA. ACACIA IS ALSO KNOWN AS KEEKAR IN INDIA. THE SOFT TWIGS OF THIS TREE ARE ALSO USED AS A BRUSH IN HOMES. ACACIA IS ALSO CONSIDERED GOOD FOR TEETH. ACACIA IS ALSO BENEFICIAL IN MANY TYPES OF DISEASES. ACACIA IS PHLEGM AND BILE DESTROYER. ACACIA HAS ANTI-MICROBIAL AND ANTI-OXIDANT PROPERTIES. ACACIA IS A VERY BENEFICIAL MEDICINE TO REMOVE JOINT PAIN, TOOTHACHE, WEAKNESS OF THE BODY, STRENGTHEN BONES.

**TEJPAT** HAS A SPECIAL PLACE IN AYURVEDA FOR ITS TREATMENT DUE TO ITS ANTI-INFLAMMATORY, ANTI-FUNGAL, ANTI-BACTERIAL PROPERTIES. TEJPAT IS PRESENT IN THE KITCHEN OF EVERY HOUSE. POTASSIUM, IRON, VITAMIN-C AND VITAMIN-A ARE FOUND IN ABUNDANCE IN BAY LEAF. ALL THESE NUTRIENTS ARE VERY BENEFICIAL FOR OUR BODY. TEJPAT IS ALSO BENEFICIAL IN MANY DISEASES AND PHYSICAL PROBLEMS. TEJPAT HAS PAIN RELIEVING PROPERTIES. TEJPAT IS A VERY BENEFICIAL MEDICINE IN JOINT PAIN, BODY PAIN, SEVERE HEADACHE, BACK PAIN, SWELLING OF NERVES DUE TO SPASM OR CRAMP, DIGESTION, SPEEDING UP THE BRAIN, CLEARING URINE ETC.



## DIRECTIONS FOR USE:-

- TAKE **AYUR ANALGESIC CARE 1**, ONE TABLET AFTER BREAKFAST EVERY MORNING AND ONE TABLET AFTER DINNER AT NIGHT WITH COLD MILK OR WATER. AND KEEP IN MIND THAT DO NOT EAT ANYTHING IMMEDIATELY AFTER THE INTAKE OF **AYUR ANALGESIC CARE 1**. **AYUR ANALGESIC CARE 1** CAN BE CONSUMED 30 TO 40 MINUTES BEFORE THE INTAKE OF AND 30 TO 40 MINUTES AFTER THE INTAKE.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE PACKET (BOX) WELL.
- CONSUME WITHIN 1 MONTH FROM THE OPENING OF THE LID.
- FOR BETTER RESULTS, TAKE **AYUR ANALGESIC CARE 1** FOR AT LEAST 3 MONTHS CONTINUOUSLY .

**AYUR PANACEA CARE 1 PANACEA MEANS:-** RAM-BAN MEDICINE, SARVAROGHARAN MEDICINE (THE MEDICINE THAT CURES ALL DISEASES) DUKH HARAN AUSHADHI (A DRUG TO RELIEVE PAIN), IS IN A WAY A SANJEEVANI FOR US, A REGENERATING MEDICINE. OUR **AYUR PANACEA CARE 1** WORKS LIKE A SANJEEVANI FOR MANY DISEASES WHICH ARE ARISING DUE TO THE FAST CHANGING WEATHER OF TODAY. INCREASES IMMUNITY AND PLATELET COUNT, BY REMOVING THE FATIGUE OF THE BODY, IN INCREASING THE STRENGTH OF THE BODY, IN CURING ITCHING AND ALLERGIES, IN CURING JAUNDICE, DIGESTIVE DISEASES, BY CURING PITTA DOSHA AND CONSTIPATION, TO INCREASE APPETITE, IN CURING THE PROBLEM OF GASTRIC ULCER AND GASTRITIS, BY CURING BAD BREATH, RESPIRATORY DISEASES, IN STRENGTHENING THE RESPIRATORY SYSTEM, IN IMPROVING LUNG FUNCTION, TO RELIEVE STRESS, ANXIETY AND MENTAL PROBLEMS, TO MAKE EYES AND MIND HEALTHY AND STRONG, BY REDUCING THE LEVEL OF BAD CHOLESTEROL (LDL),, TO INCREASE THE LEVEL OF GOOD CHOLESTEROL (HDL), IN IMPROVING THE METABOLIC PROCESS OF THE BODY, MOUTH ULCERS,, IN CURING INFLAMMATION OF THE LIVER, TO MAKE YOU BEAUTIFUL BY REDUCING FAT, TO CURE BURNING SENSATION IN BODY PARTS, TO CURE COLD, COUGH AND PHLEGM, TO CURE TYPHOID, MALARIA AND OTHER FEVERS, TO CURE NASAL DISEASES, TO REMOVE TOXINS FROM THE BODY, IN DARKENING OF HAIR AND GROWTH OF HAIR, IN CURING SKIN DISEASES, TO BRING GLOW TO THE FACE, TO PREVENT COLON CANCER AND CANCER CELLS FROM GROWING, IN REMOVING THE PROBLEM OF BLOOD CIRCULATION AND HIGH BP, IN REMOVING THE PROBLEM OF BLOOD DISORDERS AND BLOOD CLOTS IN THE BODY, IN CONTROLLING DIABETES, IN CURING HEART PROBLEMS, IN ELIMINATING STOMACH WORMS, STOMACH ACHE,, BACK PAIN, HEADACHE, MIGRAINE PAIN, NECK PAIN, KNEE PAIN, HAND PAIN, LEG PAIN,, HURT PAIN,, MUSCLE AND JOINT PAIN, TO CORRECT THE MOVEMENT OF THE RIBS, TO REDUCE THE PAIN AND SWELLING OF THYROID PROBLEMS AND ARTHRITIS,, IN CURING CHRONIC BACTERIAL DISEASE, APART FROM PROTECTING AGAINST VIRAL INFECTIONS, **AYUR PANACEA CARE 1** ALSO WORKS VERY WELL IN PROTECTING AGAINST ANY TYPE OF VIRUS AND CORONA VIRUS.



## INGREDIENTS

PAPAYA LEAF (CARICA PAPAYA)	500 MG.
GILOY (TINOSPORA CORDIFOLIA)	500 MG.
ASHWAGANDHA (WITHANIA SOMNIFERA)	500 MG.
ARJUN CHHAL (TERMINALIA ARJUNA)	250 MG.
PURE HONEY (APIDAE)	200 MG.
ATIBALA (ABUTILON INDICUM)	200 MG.
NAAGBALA (GREWIA HIRSUTA)	200 MG.
PIPPALI (PIPER LONGUM)	200 MG.
HARAD (TERMINALIA CHEBULA)	200 MG.
BAHEDA (TERMINALIA BELLIRICA)	200 MG.
AMLA (PHYLAANTHUS EMBLICA)	200 MG.
HALDI (CURCUMA LONGA)	200 MG.
GARLIC (ALLIUM SATIVUM)	200 MG.
GINGER (ZINGIBER OFFICINALE)	200 MG.
TULSI (OCIMUM TENUIFLORUM)	100 MG.
MULETHI (GLYCYRRHIZA GLABRA)	100 MG.
WHEATGRASS (THINOPYRUM INTERMEDIUM)	100 MG.
AGAYA GHASS (CYMBOPOGON CITRATUS)	100 MG.
KAKDA SINGI (RHUS SUCCEDANEA)	100 MG.
MUNAKKA (VITIS VINIFERA)	100 MG.
ELAICHI (ELETTARIA CARDAMOMUM)	100 MG.
LAWANG (SYZYGIIUM AROMATICUM)	50 MG.
DALCHINI (CINNEMOMUM ZYLINCIIUM)	50 MG.
KALI MIRCH (PIPER NIGRUM)	50 MG.
LEMON (CITRUS LIMON)	50 MG.
BHILAWA (SEMECARPUS ANACARDIUM)	50 MG.
VATSANABHA (ACONITUM FEROX)	50 MG.



## IN OUR AYUR PANACEA CARE 1

**PAPAYA LEAF** IS KNOWN FOR ITS MEDICINAL USES AND HAS SPECIAL SIGNIFICANCE IN AYURVEDA. MORE THAN PAPAYA, ITS LEAVES ARE CONSIDERED BENEFICIAL FOR HEALTH. PAPAYA LEAVES ARE KNOWN TO BE RICH IN MEDICINAL PROPERTIES. NUTRIENTS LIKE VITAMIN-A, VITAMIN-B, VITAMIN-C, VITAMIN-D AND VITAMIN-E AS WELL AS ANTI-OXIDANTS, FLAVONOIDS, CAROTENE, ALKALOIDS, PAPAIN ARE FOUND IN PAPAYA LEAVES. THE JUICE OF PAPAYA LEAVES IS NOT ONLY CONSIDERED BENEFICIAL FOR HEALTH, BUT ALSO WORKS TO DRIVE AWAY MANY DISEASES. THE JUICE OF PAPAYA LEAVES NOT ONLY FIGHTS DISEASES BUT ALSO INCREASES THE IMMUNITY OF THE BODY.

## IN OUR AYUR PANACEA CARE 1

DRINKING THIS JUICE INCREASES THE NUMBER OF WHITE BLOOD CELLS AND PLATELETS IN THE BLOOD. THERE ARE 50 ACTIVE COMPONENTS FOUND IN PAPAYA LEAVES. WHICH HELP IN KILLING BACTERIA, VIRUSES, FUNGUS AND CANCER CELLS. THIS HELPS IN CONTROLLING ANY TYPE OF INFECTED VIRUS AND BACTERIA SPREADING IN THE BODY. A STRONG IMMUNE SYSTEM IS DIRECTLY RELATED TO THE FIGHT AGAINST THE CORONA VIRUS. PAPAYA LEAVES CONTAIN A LOT OF FIBER WHICH BOOSTS THE IMMUNE SYSTEM.

**GILOY** IS A TYPE OF VINE WHICH IS COMMONLY FOUND IN THE JUNGLES AND BUSHES. GILOY IS BEING USED AS AN AYURVEDIC MEDICINE SINCE ANCIENT TIMES. GILOY IS ALSO KNOWN BY THE NAMES OF GUDUCHI, AMRITA ETC. ACCORDING TO AYURVEDA, GILOY'S VINE ALSO ABSORBS THE PROPERTIES OF THE TREE ON WHICH IT CLIMBS, SO GILOY'S VINE CLIMBED ON THE NEEM TREE IS CONSIDERED BEST FOR MEDICINE. IT IS KNOWN AS NEEM GILOY. COPPER, IRON, PHOSPHORUS, ZINC, CALCIUM AND MANGANESE ARE ALSO FOUND IN ABUNDANCE IN GILOY. GILOY IS USEFUL IN THE TREATMENT OF MANY SERIOUS DISEASES INCLUDING DIABETES, CONSTIPATION AND JAUNDICE. DUE TO THE PROPERTIES OF GILOY OR GUDUCHI, IT IS NAMED AMRITA IN AYURVEDA, WHICH MEANS THAT THIS MEDICINE IS EXACTLY LIKE NECTAR. ACCORDING TO AYURVEDA, APART FROM DIGESTIVE DISEASES, GILOY IS ALSO VERY BENEFICIAL IN RELIEVING RESPIRATORY DISEASES SUCH AS ASTHMA AND COUGH. THE ANTI-PYRETIC PROPERTY PRESENT IN GILOY CURES FEVER QUICKLY AND ALSO ACTS AS AN IMMUNITY BOOSTER. ALONG WITH THE CORONA VIRUS, YOU NEED TO KEEP YOUR IMMUNITY STRONG TO PROTECT AGAINST OTHER VIRUSES. GILOY PLAYS AN IMPORTANT ROLE IN STRENGTHENING IMMUNITY. GILOY PROTECTS YOUR BODY FROM DISEASES CAUSED BY VIRUSES.

**ASHWAGANDHA** THE NAME OF ASHWAGANDHA IS VERY POPULAR IN AYURVEDIC MEDICINES. ASHWAGANDHA HAS BEEN USED FOR CENTURIES IN THE TREATMENT OF MANY DISEASES. ASHWAGANDHA IS ONE OF THE IMPORTANT AYURVEDIC HERBS. AYURVEDA EXPERTS BELIEVE THAT ASHWAGANDHA IS USED TO OVERCOME MANY PHYSICAL PROBLEMS. MANY SMALL AND BIG PROPERTIES FOR HEALTH ARE HIDDEN IN IT. IF THERE IS STRESS, ANXIETY, MENTAL PROBLEM DUE TO ANY REASON, THEN ASHWAGANDHA MUST BE CONSUMED. THE MEDICINAL PROPERTIES PRESENT IN IT HELPS A LOT IN RELIEVING STRESS. THE ANTI-STRESS PROPERTIES IN ASHWAGANDHA PROVIDE RELIEF FROM STRESS. CONSUMING ASHWAGANDHA REDUCES THE RISK OF HEART-RELATED DISEASES BECAUSE THE ANTI-OXIDANT AND ANTI-INFLAMMATORY PROPERTIES FOUND IN IT ARE HELPFUL IN REDUCING CHOLESTEROL. ITS CONSUMPTION STRENGTHENS THE HEART MUSCLES AND REDUCES THE LEVEL OF BAD CHOLESTEROL. TODAY PEOPLE ARE SLOWLY BECOMING AFFECTED BY DIABETES. THIS IS SUCH A DISEASE, THE TREATMENT OF WHICH CAN BE POSSIBLE ONLY WITH AYURVEDIC HERBS. DIABETES CAN BE CONTROLLED BY CONSUMING ASHWAGANDHA. THE ANTI-INFLAMMATORY PROPERTIES FOUND IN ASHWAGANDHA ARE HELPFUL IN RELIEVING THE PROBLEM OF INFLAMMATION IN THE LIVER.

## IN OUR AYUR PANACEA CARE 1

IT REDUCES INFLAMMATION. DURING THE CORONA PERIOD, PEOPLE'S TRUST IN AYURVEDIC MEDICINES INCREASED AND THESE HERBS ARE BEING USED ALL OVER THE COUNTRY TODAY. ONE OF THESE AYURVEDIC MEDICINE IS ASHWAGANDHA. DURING THE CORONA PERIOD, MOST PEOPLE HAVE USED ASHWAGANDHA TO BOOST IMMUNITY. SO THAT THEY CAN NOT ONLY PROTECT THEMSELVES FROM CORONA VIRUS BUT ALSO KEEP THEIR FAMILY SAFE FROM THE GRIP OF THIS PANDEMIC. DURING THIS EPIDEMIC, PEOPLE HAVE INCREASED THEIR IMMUNE SYSTEM BY DRINKING THE MOST DECOCTION.

**HONEY** HAS INNUMERABLE BENEFITS. APART FROM IMPROVING DIGESTION, RELIEVING COUGH, HONEY IS ALSO VERY BENEFICIAL FOR THE SKIN. THE ANTI-BACTERIAL AND ANTI-OXIDANT PROPERTIES PRESENT IN HONEY PROTECT YOU FROM MANY DISEASES. REGULAR CONSUMPTION OF HONEY INCREASES THE IMMUNITY OF THE BODY. HONEY IS A VERY BENEFICIAL MEDICINE IN HEALING WOUNDS, REMOVING PHLEGM, REMOVING TOXINS FROM THE BODY, INCREASING APPETITE, IMPROVING SKIN. ALTHOUGH HONEY ATTRACTS PEOPLE NOT ONLY BECAUSE OF ITS TASTE, BUT ITS MEDICINAL PROPERTIES ARE LIKED MORE BY PEOPLE. HONEY IS A PANACEA FOR BOOSTING IMMUNITY. IF YOU WANT TO KEEP YOURSELF HEALTHY THEN CONSUMING HONEY IS VERY BENEFICIAL.

**ARJUNA BARK** THE EVERGREEN TREE ARJUNA HAS BEEN USED AS A MEDICINE IN AYURVEDA FOR CENTURIES. ITS BARK IS USED AS MEDICINE IN AYURVEDA. IT HAS MANY MEDICINAL PROPERTIES, DUE TO WHICH IT IS USED IN MEDICINES. ARJUNA TREE, FRUIT, LEAVES, BARK AND ROOTS ARE USED TO CURE MANY DISEASES. ARJUNA TREE CONTAINS BETA-SITOSTEROL, ELLAGIC ACID, TRIHYDROXY TRITERPENE, MONO CARBOXYLIC ACID, ARJUNIC ACID. DUE TO WHICH IT IS CONSIDERED VERY USEFUL FOR CURING DISEASES. ARJUNA'S BARK CAN BE USED FOR INJURIES, BONE FRACTURES, BURNS, HEART DISEASE, MOUTH ULCERS, INCREASING BODY STRENGTH, PITTA, TUBERCULOSIS, COLD, COUGH, PHLEGM, ABDOMINAL PAIN, OBESITY, REDUCING EXCESSIVE CHOLESTEROL AND AND BELLY FAT (STOMACH). ARJUNA BARK IS A VERY BENEFICIAL MEDICINE IN MANY DISEASES LIKE FAT. IN CASES OF CORONA VIRUS INFECTION, IT HAS BEEN SEEN THAT PEOPLE WHO HAVE MORE IMMUNITY TO FIGHT THE DISEASE, THEY DID NOT GET INFECTED WITH CORONA EVEN AFTER COMING IN CONTACT WITH A CORONA INFECTED PATIENT.

**HARAD** IS CONSIDERED A POTENT MEDICINE IN AYURVEDA. THE FIRST MEDICINE MENTIONED IN THE CHARAKA SANHITA OF AYURVEDA IS HARAD, HARRE OR HARITAKI. HARAD IS ONE OF THE THREE FRUITS OF TRIPHALA. HARAD IS USED A LOT IN AYURVEDA FOR MEDICINE. HARAD IS VERY BENEFICIAL NOT ONLY FOR MEDICINE BUT ALSO FOR HEALTH AND BEAUTY. HARAD FRUIT, ROOT AND BARK ARE ALL USED. ACCORDING TO AYURVEDACHARYAS, THERE ARE ABOUT 7 TYPES OF HARAD AND THEY COME IN DIFFERENT SIZES. FROM THE ROOT OF THE MYROBALAN PLANT TO ITS FRUIT, EVERYTHING IS USED. HARAD HAS ANTI-BACTERIAL AND ANTI-INFLAMMATORY PROPERTIES.



## IN OUR AYUR PANACEA CARE 1

WHICH INCREASE THE IMMUNITY OF OUR BODY. MANY TYPES OF NUTRIENTS ARE FOUND IN HARAD. BY CONSUMING IT, OUR BODY GETS IRON, COPPER, MANGANESE, POTASSIUM, PROTEINS AND VITAMINS. ALL THESE KEEP OUR DIGESTIVE SYSTEM STRONG, THE RESPIRATORY SYSTEM. ACCORDING TO A RESEARCH, THE RISK OF CORONA VIRUS AS WELL AS OTHER VIRUSES CAN BE REDUCED BY THE CONSUMPTION OF MYROBALAN.

**BAHEDA** IS A VERY IMPORTANT MEDICINE WHICH IS USED IN MANY DISEASES. BAHEDA IS RICH IN ACTIVE BIOLOGICAL COMPOUNDS THAT GIVE IT ANTIMICROBIAL, ANTI-OXIDANT AND IMMUNOSUPPRESSIVE PROPERTIES. THE SANSKRIT NAME OF THIS HERB IS VIBHITAKI. WHICH IS CALLED FEARLESS IN ENGLISH AND 'NIRBHAY' IN HINDI. WHICH MEANS IT REMOVES THE FEAR OF DISEASE. BAHEDA IS A VERY BENEFICIAL MEDICINE FOR HEART DISEASE. THE PROBLEM OF HEART DISEASE IS REMOVED BY THE CONSUMPTION OF BAHEDA. BAHEDA REMOVES ALL THE THREE DOSHAS OF VATA, PITTA AND KAPHA. BAHEDA IS BENEFICIAL FOR EYES, HAIR, NASAL DISEASES, BLOOD DISORDERS, AND HEART DISEASES. IT RELIEVES CONSTIPATION. IT MAKES MEDA (STOMACH) STRONG. INCREASES APPETITE, REMOVES HEADACHE, ELIMINATES PILES, MAKES EYES AND MIND HEALTHY AND POWERFUL. BURNING IN THE BODY PARTS IS PACIFIED THROUGH BAHEDA. BECAUSE IT IS ALSO A GOOD ANTI-ALLERGIC. IT IS A PANACEA FOR ALL STOMACH PROBLEMS. IT IS A GOOD SOURCE OF CALCIUM. AND IT IS VERY BENEFICIAL FOR THE STRENGTH OF BONES. REMOVES WHITENESS OF HAIR. AND MAKES HAIR BEAUTIFUL. BAHEDA - DESTROYS PHLEGM AND BILE. IT CURES HOARSENESS. IT DESTROYS INTOXICATION, BLOOD DISORDERS AND STOMACH WORMS. AND IT IS ALSO VERY BENEFICIAL IN TUBERCULOSIS (TB) AND LEPROSY (LEPROSY, WHITE SPOTS). ACCORDING TO AYURVEDA, THE BENEFITS OF BAHERA ARE MANY, BAHERA HAS A WARMING EFFECT ON THE BODY, IT HELPS IN DETOXIFYING THE BLOOD (REMOVAL OF TOXINS). IT GIVES RELIEF FROM COUGH AND COLD AND IS BENEFICIAL FOR EYE HEALTH AND HAIR GROWTH. BAHEDA ESPECIALLY REMOVES PHLEGM. DOES NOT ALLOW PHLEGM TO ACCUMULATE ANYWHERE IN THE BODY. IMPROVES LUNG FUNCTION. REMOVES HARMFUL TOXINS FROM THE BODY. INCREASES THE BODY'S STRENGTH TO FIGHT AGAINST VIRUSES AND BACTERIA.

**AMLA** IS LIKE NECTAR IN AYURVEDA AND IS FULL OF MANY MEDICINAL PROPERTIES. NATURE HAS GIVEN IT THE POWER TO ELIMINATE MANY DISEASES FROM THE ROOT. 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 INCLUDING POTASSIUM, CALCIUM, CARBOHYDRATE, FIBER, MAGNESIUM, IRON, VITAMIN-C, CALCIUM, POTASSIUM, IRON ARE FOUND. REGULAR CONSUMPTION OF AMLA WORKS AS A PANACEA IN HEART DISEASE AS WELL AS DIABETES, PILES, ULCER, ASTHMA, BRONCHITIS AND LUNG DISEASE. AMLA IS THE BEST SOURCE OF VITAMIN-C. AMLA IS BENEFICIAL FOR OUR DIGESTIVE SYSTEM. AMLA IS BENEFICIAL FOR OUR DIGESTIVE SYSTEM.

## IN OUR AYUR PANACEA CARE 1

AMLA WORKS TO IMPROVE OUR IMMUNE SYSTEM, FROM DIABETES TO DIGESTIVE SYSTEM AND BONE HEALTH. AMLA IS GOOD FOR BOTH PHYSICAL AND MENTAL HEALTH. ALONG WITH THIS, THE ANTI-BACTERIAL ELEMENTS FOUND IN AMLA HELP THE BODY TO FIGHT AGAINST BACTERIAL AND FUNGAL INFECTIONS. AMLA GIVES THE POWER TO FIGHT DISEASES BY INCREASING THE IMMUNITY OF THE BODY. AMLA IS VERY BENEFICIAL IN INCREASING IMMUNITY, FOR DIABETIC PATIENTS, FOR BETTER DIGESTIVE SYSTEM, IN PROTECTING THE LIVER, IN CONTROLLING CHOLESTEROL, IN ASTHMA, IN PREVENTING THE GROWTH OF CANCER CELLS, FOR HAIR AND FOR SKIN IT HAPPENS .

**HALDI** REGULAR USE OF HALDI PROVIDES RELIEF IN JOINT PAIN. AND STAY HEALTHY FOR A LONG TIME. HALDI HAS BEEN USED AS A MEDICINE FOR CENTURIES. HALDI CONTAINS VITAMINS, MINERALS, FIBER AND PROTEIN. APART FROM THIS, HALDI IS ALSO A PAIN RELIEVER HALDI IS VERY HELPFUL IN RELIEVING PAIN ASSOCIATED WITH ARTHRITIS (OSTEOARTHRITIS, RHEUMATOID ARTHRITIS AND GOUTY ARTHRITIS), MUSCLE ACHES AND FIBROMYALGIA (A SYNDROME THAT CAUSES PAIN ALL OVER THE BODY). HALDI CONTAINS AN ELEMENT CALLED CURCUMIN. WHICH HELPS A LOT IN RELIEVING PAIN. AND PROMOTES BRAIN FUNCTION. IT ALSO HELPS IN INCREASING THE MEMORY. REGULAR CONSUMPTION OF TURMERIC MAKES THE MIND SHARP AND THE LEVEL OF CONCENTRATION ALSO IMPROVES. HALDI HAS ANTI-BACTERIAL AND ANTI-OXIDANT PROPERTIES. HALDI IS FULL OF MEDICINAL PROPERTIES NOT ONLY FOR OUR HEALTH BUT ALSO VERY GOOD FOR THE SKIN. AND HALDI STIMULATES THE GALLBLADDER, IMPROVES DIGESTION, REMOVES TOXINS FROM THE BLOOD, HALDI IS VERY BENEFICIAL IN BLOOD CIRCULATION, IN HEART RELATED PROBLEMS, IN COLD, COLD OR COUGH, IN INCREASING THE IMMUNITY OF THE BODY, REMOVING ALL KINDS OF GUM DISEASES, CURING MOUTH ULCERS, STOMACH GAS. THE KITCHEN INGREDIENT HALDI HAS VERY POWERFUL ANTI-VIRAL PROPERTIES, ACCORDING TO A STUDY BY JOURNAL OF GENERAL VIROLOGY. HALDI CONTAINS A NATURAL COMPOUND CALLED CURCUMIN WHICH KILLS VIRUSES. HALDI IS USED TO FIGHT AND CURE DISEASES. IT IS ONE OF THE MOST IMPORTANT INGREDIENTS IN INDIAN KITCHEN. CURCUMIN HAS BEEN SHOWN TO BE VERY BENEFICIAL IN FIGHTING CERTAIN OTHER TYPES OF VIRUSES, INCLUDING DENGUE VIRUS, HEPATITIS-B, AND ZIKA VIRUS (THE ZIKA VIRUS IS PRIMARILY TRANSMITTED TO HUMANS BY THE BITE OF AN INFECTED AEDES MOSQUITO). THIS COMPOUND HAS ALSO BEEN FOUND TO HAVE SEVERAL IMPORTANT BIOLOGICAL EFFECTS, INCLUDING ANTI-TUMOR, ANTI-INFLAMMATORY AND ANTI-BACTERIAL PROPERTIES. OUR SAGES HAD MADE IT A PART OF OUR CULTURE BY CALLING IT AUSPICIOUS. ACTUALLY HALDI IS SUPER ANTI-OXIDANT AS WELL AS ANTI-BIOTIC AND ANTI-VIRUS. HALDI WORKS AS A MEDICAL AGENT AND IMMUNE SYSTEM BOOSTER. NOW THIS AYURVEDIC MEDICINE IS BEING CONSIDERED AS EFFECTIVE AGAINST CORONA VIRUS. IN THE CORONA PERIOD, MORE AND MORE PEOPLE ARE ADOPTING AYURVEDA METHOD.

## IN OUR AYUR PANACEA CARE 1

**GARLIC** REDUCES APPETITE. GARLIC RELEASES NOREPINEPHRINE (AN IMPORTANT BRAIN CHEMICAL) IN OUR BODY. AND NEUROTRANSMITTER (CARRYING SIGNALS IN NERVES) IS CHEMICAL. THIS IMPROVES THE METABOLIC PROCESS OF THE BODY. REGULAR CONSUMPTION OF GARLIC ELIMINATES THE PROBLEM OF OXIDATIVE DAMAGE IN THE BRAIN AND BODY. GARLIC HAS ANTI-OXIDANT PROPERTIES THAT ALSO PROTECT AGAINST DAMAGE TO BRAIN CELLS. DISEASES LIKE ALZHEIMER'S AND DEMENTIA CAN BE AVOIDED BY THE CONSUMPTION OF GARLIC. NUTRIENTS PRESENT IN GARLIC ARE ALSO VERY BENEFICIAL IN STRENGTHENING THE MEMORY POWER ALONG WITH THE IMMUNE SYSTEM. NUTRIENTS PRESENT IN GARLIC ARE ALSO VERY BENEFICIAL IN STRENGTHENING THE MEMORY POWER ALONG WITH THE IMMUNE SYSTEM. GARLIC STRENGTHENS OUR IMMUNE SYSTEM. GARLIC HAS MANY MEDICINAL PROPERTIES. WHICH PROTECT THE BODY FROM MANY PROBLEMS. VITAMIN-C, VITAMIN B-6, FIBER, POTASSIUM, CALCIUM ETC. ARE ALSO PRESENT IN IT. GARLIC NOT ONLY ENHANCES THE TASTE OF FOOD. BUT IT ALSO PROTECTS AGAINST MANY DISEASES. EVEN GARLIC HAS THE ABILITY TO ELIMINATE THE PAIN IN ANY PART OF THE BODY FROM THE ROOT. GARLIC HAS ANTIBACTERIAL, ANTI-FUNGAL, ANTI-VIRAL, ANTI-OXIDANT AND ANTI-INFLAMMATORY PROPERTIES. FOR THIS REASON, GARLIC IS MORE EFFECTIVE IN KILLING THE VIRUS. GARLIC IS VERY BENEFICIAL IN BACK PAIN, NECK PAIN, KNEE PAIN, ARM PAIN OR FOOT PAIN IN ALL TYPES OF PAIN.

**GINGER** HAS ANTI-BACTERIAL, ANTI-FUNGAL AND ANTI-OXIDANT PROPERTIES. WHICH ARE VERY HELPFUL IN PROTECTING FROM MANY DISEASES. VITAMINS ARE ALSO FOUND IN GINGER. WHICH GIVE ENERGY TO THE BODY. GINGER IS CONSIDERED ONE OF THE MOST IMPORTANT HERBS WITH MEDICINAL PROPERTIES IN AYURVEDIC TEXTS OF INDIA. GINGER CONTAINS A VERY EFFECTIVE SUBSTANCE CALLED GINGEROL. GINGEROL HAS MEDICINAL PROPERTIES. WHICH REDUCES MUSCLE AND JOINT PAIN. GINGER IS ALSO BEING USED SINCE TIME IMMEMORIAL TO INCREASE SEX POWER. ITS FRAGRANCE HELPS A LOT IN INCREASING YOUR SEXUAL DESIRE AND STAMINA. IT ALSO INCREASES THE BLOOD FLOW IN YOUR BODY. BLOOD CIRCULATES MORE EASILY IN THE CENTRAL PART OF YOUR WHICH IS ESPECIALLY NECESSARY FOR SEXUAL PERFORMANCE. THE PROPERTIES PRESENT IN GINGER LIKE POTASSIUM, MAGNESIUM ETC. GET RID OF THYROID PROBLEM. THE ANTI-INFLAMMATORY PROPERTIES IN GINGER DO NOT ALLOW THE THYROID TO GROW AND IMPROVE ITS FUNCTIONING. THE MINERALS PRESENT IN IT HELP IN REDUCING INFLAMMATION IN THE BODY. GINGER IS ONE OF THE HEALTHIEST MEDICINES ON EARTH. LOADED WITH NUTRIENTS AND BIO-ACTIVE COMPOUNDS, IT IS VERY BENEFICIAL FOR THE BODY AND MIND. GINGER IMPROVES THE WORKING OF YOUR BRAIN. ALSO PROTECTS YOU FROM AMNESIA (ALZHEIMER'S). GINGER ALSO INCREASES THE IMMUNITY OF THE BODY, WHICH IS WHY IT IS ALSO HELPFUL IN FIGHTING VIRUSES LIKE CORONA. GINGER HAS MANY PROPERTIES. USUALLY WE USE GINGER ONLY IN COLD AND COUGH, BUT GINGER IS SUCH A MEDICINE IN WHICH HUNDREDS OF PROPERTIES ARE FOUND.

## IN OUR AYUR PANACEA CARE 1

IT NOT ONLY CURES MANY DISEASES, BUT ALSO PREVENTS MANY DISEASES FROM OCCURRING. AND BENEFITS HEALTH IN MANY WAYS. SOME SUCH ELEMENTS ARE FOUND IN ABUNDANCE IN GINGER. WHICH ALSO WORK TO REDUCE THE RISK OF LUNG, PROSTATE, COLON CANCER, OVARIAN, BREAST, SKIN AND PANCREATIC CANCER.

**TULSI** HAS ANTI-BACTERIAL AND ANTI-VIRAL, VITAMIN-A, VITAMIN-C, VITAMIN-D, IRON, FIBER, CALCIUM, ZINC AND IRON ALONG WITH CITRIC TARTARIC AND MALIC ACID PROPERTIES. WHICH GREATLY INCREASE OUR IMMUNITY. TULSI HAS THE POWER TO FIGHT EVERY INFECTION. TULSI IS USEFUL IN CURING MORE THAN 200 DISEASES. TULSI REDUCES HARMFUL MICROBES FROM DRINKING WATER. IT IS USED FOR COLD, COUGH, FEVER, CHRONIC BACTERIAL DISEASE, SKIN DISEASES, BAD BREATH, BRIGHTENING OF FACE, ALLERGIES, ITCHING, RICKETS, WALKING OF RIBS, PNEUMONIA, CONSTIPATION, REDUCING STRESS, WEIGHT GAIN PHENOMENON, RELIEVES HEADACHE, ALSO STRENGTHENS THE DIGESTIVE SYSTEM PROCESS AND WORKS MIRACULOUSLY IN ALL DISEASES. IF YOUR CHILD IS ALSO SUFFERING FROM ANY DISEASE. SO GIVE HIM TULSI. YOU WILL NOT BELIEVE IT, BUT TULSI WILL PROVE TO BE NO LESS THAN A PANACEA. CONSUMPTION OF TULSI IS VERY BENEFICIAL FOR CHILDREN. TULSI, FULL OF MEDICINAL PROPERTIES, IS CONSIDERED VERY BENEFICIAL FOR HEALTH. IT REMOVES YOUR TIREDNESS FROM THE DAY. MOREOVER, TULSI HAS THE ABILITY TO FIGHT CANCER AS WELL AS CORONA VIRUS. TULSI PLAYS AN IMPORTANT ROLE IN KEEPING OUR IMMUNITY SYSTEM STRONG. TULSI HAS PROVED TO BE EFFECTIVE IN MANY DISEASES FOR CENTURIES. ON THE OTHER HAND, TULSI HAS SAVED PEOPLE FROM GETTING CAUGHT BY THE CORONA VIRUS BY STRENGTHENING THE IMMUNITY. TULSI BALANCES ACID REFLUX AND ALSO BALANCES THE PH LEVEL IN THE STOMACH.

**MULETHI** IS A VERY EFFECTIVE MEDICINE. MULETHI IS A BUSHY PLANT. USUALLY THE STEM OF THIS PLANT IS DRIED ALONG WITH THE BARK AND IT IS USED. ITS STEM HAS MANY MEDICINAL PROPERTIES. EVEN AFTER UPROOTING THE ROOT OF LIQUORICE, MEDICINAL PROPERTIES ARE PRESENT IN IT FOR TWO YEARS. MULETHI IS VERY BENEFICIAL FOR THE THROAT. MULETHI CONTAINS ANTIOXIDANTS, ANTIBIOTICS, CALCIUM, FATS, PROTEINS AND GLYCYRRHIZIC ACID, WHICH HELPS IN REDUCING THE PAIN AND INFLAMMATION CAUSED BY ARTHRITIS. MULETHI IS VERY BENEFICIAL FOR ARTHRITIS PATIENTS. AND THERE ARE MANY MIRACULOUS PROPERTIES OF BALANCING THE THYROID AS WELL. ITS TASTE IS SWEET. IN 2011, THE BIOSCIENCES AND TECHNOLOGY INSTITUTE REPORTED. IN WHICH IT WAS FOUND. THAT MULETHI CONTAINS THE TRITERPENOID GLYCYRRHETINIC ACID. WHICH NOT ONLY ELIMINATES THYROID, BUT ALSO CANCER CELLS. AND ALSO PREVENTS THESE CELLS FROM FORMING. THAT IS, IF YOU USE REGULAR LIQUORICE. THEN YOUR THYROID PROBLEM WILL BE OVER FROM THE ROOT. LIQUORICE KEEPS THE THYROID GLAND BALANCED. DUE TO WHICH THE FATIGUE AND WEAKNESS IN THYROID PATIENTS IS CONVERTED INTO ENERGY.

## IN OUR AYUR PANACEA CARE 1

GENERALLY PEOPLE USE LIQUORICE TO GET RELIEF IN COLD AND COUGH OR COUGH. USING IT IN SORE THROAT IS MOST BENEFICIAL. IF YOU ARE TROUBLED BY DRY COUGH OR THROAT PROBLEMS. SO MULETHI IS A VERY BENEFICIAL MEDICINE FOR YOU. A LARGE NUMBER OF PEOPLE ARE CONSUMING FRUITS AND VEGETABLES DAILY AS WELL AS VITAMIN AND MINERAL SUPPLEMENTS TO PROTECT AGAINST THE CORONA VIRUS AND STRENGTHEN THEIR IMMUNITY. MULETHI HELPS TO PROTECT AGAINST MANY DISEASES. MULETHI NOT ONLY HELPS IN PROTECTING AGAINST CORONA VIRUS, IT ALSO HELPS IN SPEEDING UP THE RECOVERY PROCESS OF CORONA INFECTED PATIENTS (SPEEDS UP RECOVERY). MOST OF THE PEOPLE'S IMMUNITY DECREASES DUE TO THE CHANGING WEATHER, MAINLY DUE TO THE EVER-INCREASING TEMPERATURE. DUE TO WHICH THE BALANCE OF OUR BODY GETS DISTURBED. IN THIS SITUATION, THE BODY NEEDS EXTRA ENERGY, WHICH CAN GIVE ENERGY TO IMPROVE THE DISTURBED BALANCE. MULETHI ACTS AS A POWER BOOSTER IN OUR BODY. IF YOU WANT THAT YOU ALWAYS STAY HEALTHY AND FIT, THEN YOU SHOULD CONSUME LIQUORICE IN A CERTAIN AMOUNT REGULARLY. ITS CONSUMPTION STRENGTHENS THE IMMUNITY OF OUR BODY. HARMFUL BACTERIA AND VIRUSES ARE NOT ABLE TO ATTACK OUR BODY QUICKLY. AND IT IS ALSO CONSIDERED VERY GOOD FOR THE SKIN AND HAIR.

**WHEAT GRASS** NATURE HAS GIVEN US MANY INVALUABLE AYURVEDIC MEDICINES WHICH ARE CONSIDERED BENEFICIAL FOR OUR HEALTH. WHEATGRASS IS PREPARED FROM FRESH LEAVES OF TRITICUM AESTIVUM OR COMMON WHEAT. CONSUMPTION OF WHEAT GRASS HELPS IN FULFILLING THE DEFICIENCY OF ALL THE ESSENTIAL ELEMENTS IN THE BODY. WHEAT GRASS CONTAINS VITAMINS, PROTEINS, MINERALS, FIBER AND ANTI-OXIDANT, ANTI-INFLAMMATION AND ANTI-INFECTION PROPERTIES. APART FROM THIS, CHLOROPHYLL, FLAVONOIDS, VITAMIN-C AND VITAMIN-E ARE FOUND IN VERY HIGH AMOUNTS IN IT. THE AMOUNT OF CALORIES IN WHEAT GRASS JUICE IS VERY LESS. WHICH CAN ALSO HELP YOU IN REDUCING YOUR WEIGHT. WHEATGRASS IS CONSIDERED BENEFICIAL IN THE TREATMENT OF DIABETES, CANCER, SKIN DISEASES, OBESITY, KIDNEY AND STOMACH RELATED DISEASES. WHEATGRASS JUICE IS ALSO USED TO GET INSTANT ENERGY. BY CONSUMING WHEATGRASS JUICE, THE BODY CAN BE SAVED FROM THE RISK OF MANY DISEASES. THE MINERALS PRESENT IN IT PROTECT YOU FROM THE RISK OF CANCER BY TAKING OUT THE TOXIC SUBSTANCES OF THE BODY. BY CONSUMING IT, THERE IS PROPER CIRCULATION OF BLOOD IN THE BODY AND THE FLOW OF OXYGEN IS ALSO MAINTAINED, WHICH KEEPS THE RISK OF CANCER AWAY FROM THE BODY. ALL THE PROPERTIES OF WHEAT GRASS ALSO PROTECT YOU FROM THE DAMAGE CAUSED BY FREE RADICALS AND PREVENT THE SIGNS OF AGING AND ALSO HELP IN REGENERATING CELLS. WHEATGRASS STRENGTHENS THE BODY AND ACTS AS AN IMMUNITY BOOSTER. THEREFORE, WHEAT GRASS IS VERY BENEFICIAL FOR THE BODY IN VARIOUS WAYS. ITS CONSUMPTION IS BENEFICIAL FOR THE DIGESTIVE SYSTEM, SKIN, HAIR AS WELL AS PROTECTS AGAINST VIRAL INFECTIONS.



## IN OUR AYUR PANACEA CARE 1

**AGAYA GHASS (LEMON GRASS)** HAS ANTI-HYPERLIPIDEMIC AND ANTI-HYPERCHOLESTEROLEMIC PROPERTIES. IT HELPS A LOT IN KEEPING THE LEVEL OF GOOD CHOLESTEROL NORMAL. LEMON GRASS LOOKS LIKE ORDINARY GRASS, BUT IT IS OF GREAT USE FOR THE BODY. DUE TO THE SMELL OF LEMON, ITS IMPORTANCE INCREASES A LOT. MANY MEDICINAL PROPERTIES ARE FOUND IN THIS HERB WHICH ARE VERY BENEFICIAL FOR HEALTH. LEMON GRASS IS VERY BENEFICIAL FOR THE NERVOUS SYSTEM, SKIN AND IMMUNE SYSTEM. ITS CONSUMPTION HELPS IN STAYING AWAY FROM TYPE-2 DIABETES, OBESITY, CANCER, STOMACH RELATED DISEASES, SLEEP DISORDERS AND RESPIRATORY DISEASES. THIS LEMON-SCENTED GRASS IS RICH IN ANTI-OXIDANTS, ANTI-INFLAMMATORY, ANTI-SEPTIC, ANTI-BACTERIAL, ANTI-FUNGAL AND VITAMIN-C WHICH CREATES THE ABILITY TO FIGHT DISEASES. IT CONTAINS MANY NUTRIENTS LIKE CALCIUM, IRON, MAGNESIUM, PHOSPHORUS, PROTEIN, FAT, CARBOHYDRATE, MINERAL, POTASSIUM, SODIUM, ZINC, COPPER, MANGANESE, VITAMIN B-6, VITAMIN-C, VITAMIN-A ETC. LEMON GRASS HAS GOT RID OF MANY DISEASES INCLUDING CANCER. THERE IS A SPECIAL ELEMENT IN THIS GRASS WHICH IS CALLED CITRAL. THIS ELEMENT IS EFFECTIVE IN STOPPING CANCER CELLS AT AN EARLY STAGE. THIS GRASS HAS BEEN FOUND TO BE VERY BENEFICIAL IN BREAST CANCER AND SKIN CANCER. LEMON GRASS IS BENEFICIAL FOR CHILDREN WHO DO NOT SLEEP EASILY. LEMON GRASS IS USEFUL IN VARIOUS TYPES OF ANEMIA. IRON DEFICIENCY IN THE BODY CAN BE FULFILLED BY ITS REGULAR CONSUMPTION. LEMONGRASS HELPS KEEP BACTERIAL, FUNGAL OR YEAST INFECTIONS AT BAY, AS IT HAS ANTISEPTIC, ANTI-BACTERIAL AND ANTI-FUNGAL PROPERTIES. WHICH PROVES BENEFICIAL IN COLD, COUGH AND FEVER. AT THE SAME TIME, IT IS ALSO EXCELLENT FOR SHARPENING THE MIND. IT IS ESPECIALLY BENEFICIAL IN HEADACHE AND JOINT PAIN. LEMON GRASS IS BEING USED FOR IMMUNITY BOOSTER DURING CORONA VIRUS. IT ALSO HELPS TO PURIFY AND DETOX THE BLOOD.

**LAWANG** IS A POWERFUL MEDICINE, WHICH IS USED FOR MANY TYPES OF DISEASES. THE USE OF EVERY PART OF THE LAWANG PLANT HAS BEEN TOLD IN AYURVEDA. COUGH IS RELIEVED BY USING LAWANG. LAWANG ALSO STRENGTHENS THE IMMUNE SYSTEM. LAWANG IS A VERY BENEFICIAL MEDICINE IN DENTAL DISEASES, IN FIGHTING AND REMOVING THE GERMS HIDDEN IN THE TEETH, IN TOOTHACHE AND MOUTH ULCER. LAWANG ARE A GOOD SOURCE OF POTASSIUM, SODIUM, PHOSPHORUS, IRON, MANGANESE, FIBER, IODINE, VITAMIN-K, VITAMIN-C, OMEGA-3 FATTY ACIDS, CALCIUM AND MAGNESIUM. AND CLOVES ARE VERY BENEFICIAL IN STOMACH GAS, EXCESSIVE THIRST, KAPHA-PITTA DOSHA, ELIMINATING STOMACH WORMS, KEEPING THE URINARY TRACT CORRECT AND REMOVING HARMFUL THINGS THROUGH THE URINARY TRACT. ACCORDING TO AYURVEDA SCIENCE, CONSUMPTION OF CLOVES IS VERY IMPORTANT TO KEEP THE BODY HEALTHY. EATING LAWANG ALSO INCREASES PHYSICAL CAPACITY. TAKING IT WITH MILK EVERY NIGHT KEEPS THE BODY FIT AND HEALTHY. IT IS VERY BENEFICIAL FOR MEN. LAWANG HOLDS AN IMPORTANT PLACE IN AYURVEDA FOR ITS AMAZING BENEFITS.

## IN OUR AYUR PANACEA CARE 1

LAWANG ARE USED AS SPICES IN EVERY HOUSEHOLD. IN AYURVEDA, IT IS USED MEDICINALLY AS A HERB. LAWANG IS PROVING TO BE A PANACEA IN STRENGTHENING THE IMMUNE SYSTEM, RELIEVING SORE THROAT, RELIEVING COLD, COLD AND DRY COUGH DURING THE CORONA PERIOD. TO AVOID CORONA VIRUS INFECTION, IT IS MOST IMPORTANT TO KEEP YOUR IMMUNITY STRONG AND FOR THIS YOU SHOULD CONSUME THINGS RICH IN NUTRITIOUS AND MEDICINAL PROPERTIES. ONE OF THESE IS LAWANG, WHOSE AROMATIC SMELL NOT ONLY BRINGS FLAVOR TO YOUR FOOD, BUT ITS NUTRITIONAL PROPERTIES ALSO IMPROVE HEALTH. LAWANG ARE RICH IN ANTI-OXIDANT, ANTI-VIRAL AND ANTI-INFLAMMATORY PROPERTIES.

**DALCHINI** IS EXTRACTED FROM THE BARK OF THE TREE. IT REMOVES WEAKNESS AND GIVES ENERGY. DALCHINI IS VERY EFFECTIVE IN MAINTAINING YOUR SEXUAL HEALTH. DALCHINI IS ONE OF THE MAJOR INDIAN SPICES THAT HAS BEEN USED AT HOME FOR CENTURIES. THE CONSUMPTION OF DALCHINI, WHICH HOLDS A PROMINENT PLACE IN INDIAN SPICES, IS POPULAR ALL OVER INDIA. IT NOT ONLY ENHANCES THE TASTE OF FOOD. BUT DUE TO ITS MEDICINAL PROPERTIES, IT IS ALSO HELPFUL IN THE TREATMENT OF MANY DISEASES. DALCHINI WORKS AS A VERY EFFECTIVE MEDICINE IN COLD, COUGH OR THROAT PROBLEMS. IT GIVES GREAT RELIEF IN CHRONIC PHLEGM AND COUGH. CONSUMPTION OF DALCHINI 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 REDUCTION OF SUCH CHOLESTEROL REDUCES THE RISK OF BLOCKAGE OF THE ARTERIES. DALCHINI HAS BEEN DESCRIBED AS A VERY BENEFICIAL MEDICINE IN AYURVEDA. ACCORDING TO AYURVEDA, MANY DISEASES CAN BE TREATED WITH THE USE OF CINNAMON. THE AMOUNT OF DALCHINI IS ALSO INCLUDED IN THE DECOCTION BEING CONSUMED BY THE CORONA VIRUS PATIENTS. NOT ONLY IS IT PLAYING A SPECIAL ROLE IN CURING PATIENTS, BUT ITS CONSUMPTION ALSO HAS MANY OTHER BENEFITS. IT IS USED BY PEOPLE TO EAT IT IN DIFFERENT FORMS. TO SAY, DALCHINI IS ONLY A SPICE, BUT DUE TO BEING FULL OF MEDICINAL PROPERTIES, IT HAS MANY SUCH SPECIAL ABILITIES WHICH ARE CONSIDERED VERY BENEFICIAL FOR THE BODY. DALCHINI IS RICH IN ANTI-OXIDANTS THAT PROTECT OUR BODY FROM OXIDATIVE DAMAGE AND FREE RADICALS. IT HAS POWERFUL ANTI-OXIDANT PROPERTIES CALLED POLYPHENOLS. DALCHINI HAS ANTI-MICROBIAL, ANTI-BACTERIAL AND ANTI-FUNGAL ACTIVITY. THIS ACTIVITY WORKS TO PREVENT INFECTION FROM ATTACKING YOUR BODY. DALCHINI IS USED TO PREVENT BACTERIAL AND FUNGAL INFECTIONS. AYURVEDIC MEDICINES, SPICES AND DECOCTIONS ARE USED IN MANY DISEASES IN RURAL AREAS. IN SUCH A SITUATION, THE IMPORTANCE OF AYURVEDA AND THE MEDICINES MADE FROM IT HAS INCREASED IN THE ANCIENT TRADITION. DALCHINI HAS BEEN DESCRIBED AS A WONDERFUL MEDICINE IN AYURVEDA. THE IMMUNE SYSTEM IS STRENGTHENED BY THE CONSUMPTION OF DALCHINI. ALONG WITH THIS, THE RISK OF HEART-RELATED DISEASES ALSO GOES AWAY.

## IN OUR AYUR PANACEA CARE 1

**KALI MIRCH** STIMULATES DIGESTIVE JUICES AND ENZYMES THAT DIGEST FOOD.(ENZYMES ARE A TYPE OF BIOLOGICAL CATALYST. WHICH INCREASE THE RATE OF BIOCHEMICAL REACTIONS. PROTEINS ARE ORGANIC SUBSTANCES OF NATURE THAT ACT AS CATALYSTS IN LIVING CELLS ARE CALLED ENZYMES) DUE TO WHICH DIGESTION POWER IMPROVES. WHEN YOU CONSUME KALI MIRCH WITH FOOD. SO ITS EFFECT IS MORE ON THE DIGESTIVE POWER. KALI MIRCH CONTAINS NATURALLY OCCURRING DIGESTIVE ENZYMES. DUE TO WHICH IT IS USEFUL FOR STRENGTHENING THE DIGESTIVE SYSTEM. ACCORDING TO INDIAN PERSPECTIVE, KALI MIRCH HAS BEEN USED FOR HUNDREDS OF YEARS. BLACK PEPPER HAS BEEN USED AS A MEDICINE IN VARIOUS DISEASES. IN AYURVEDA, MANY TYPES OF MEDICINES ARE MADE FROM KALI MIRCH. CONSUMING KALI MIRCH INCREASES THE IMMUNITY OF THE BODY. THIS KEEPS THE BODY HEALTHY. IT PREVENTS EXTERNAL INFECTION FROM REACHING THE BODY AND CONTROLS KAPHA, PITTA AND VAYU. BY THE WAY, KALI MIRCH IS VERY BENEFICIAL IN ITSELF. BLACK PEPPER HAS BEEN DESCRIBED AS A MEDICINE IN AYURVEDA. WHEN THIS CHEMICAL PRESENT IN IT IS USED AS A MEDICINE, IT WILL NEUTRALIZE THE VIRUS. THIS CHEMICAL HAS ANTI-VIRAL PROPERTIES.

**NIMBU (LEMON)** HAS BEEN USED FOR AYURVEDIC TREATMENT SINCE TIME IMMEMORIAL. DUE TO ITS NATURAL ANTI-SEPTIC PROPERTIES, LEMON REMOVES ALL SKIN RELATED PROBLEMS. LEMON HAS NATURAL BLEACHING PROPERTIES. BEING A NATURAL LIGHTENING AGENT, IT IS VERY BENEFICIAL FOR THE SKIN. VITAMIN-C PRESENT IN LEMON HELPS TO PROTECT THE SKIN FROM DARK PATCHES (HYPERPIGMENTATION) AND SCARS, BLEMISHES, DUE TO WHICH THE SKIN BECOMES GLOWING. MANY SWEET BENEFITS OF HEALTH ARE HIDDEN IN SOUR LEMON IN TASTE. LEMON IS A STOREHOUSE OF MANY PROPERTIES THAT DESTROY VARIOUS DISEASES. ACCORDING TO MODERN RESEARCH, LEMON HAS STRONG GERMICIDAL POWER AND IT INCREASES IMMUNITY. IT IS RICH IN CITRIC ACID AND MINERALS LIKE CALCIUM, PHOSPHOROUS ETC. ESPECIALLY VITAMIN-C FOODS ARE BEING USED TO INCREASE IMMUNITY. AT THE SAME TIME, LEMON IS CONSIDERED TO BE THE MOST EFFECTIVE TO PROTECT AGAINST CORONA VIRUS. THE NUTRIENTS PRESENT IN LEMON DO NOT ALLOW THE VIRUS TO FLOURISH IN THE BODY, DUE TO WHICH THE VIRUS IS NOT ABLE TO ATTACK THE THROAT AND BODY PARTS WITH ITS FULL FORCE.

**ATIBALA** IS FULL OF NUTRITIOUS PROPERTIES, IT IS ALSO CALLED KHIRAITI. ATIBALA IS A HERB. THIS BUSHY PLANTS REMAINS GREEN FOR MANY YEARS ITS ROOT AND SEED ARE USED AS MEDICINE. ATIBALA PLANT IS A VERY POTENT MEDICINE. FOR MANY YEARS AYURVEDACHARYAS HAVE BEEN WORKING TO CURE MANY DISEASES BY USING ATIBALA. IT IS PUNGENT, BITTER, LIGHT TO DIGEST, SMOOTH, AND BALANCES VATA-PITTA. ATIBALA HAS MANY BENEFITS. IT INCREASES MAN'S AGE, BODY STRENGTH, FACIAL GLOW AND SEXUAL POWER.

## IN OUR AYUR PANACEA CARE 1

OVERACTIVE PAIN, IN CURING FEVER, IN CURING TOOTHACHE, IN CURING COUGH, DYSENTERY, PILES, URINARY DISEASES, IN REMOVING THE PROBLEM OF STONES, IN CORRECTING WHITE SPOTS, IN WOUND HEALING, IN CURING JAUNDICE, IN STOPPING THE MENSTRUAL CYCLE AND CORRECTING IRREGULARITIES, IN REMOVING THE PROBLEM OF LEUCORRHOEA DUE TO INFECTION IN WOMEN, IN CURING LOOSENESS AND SWELLING OF THE GUMS, IN CURING THE BURNING OF THE BODY, IN REMOVING PHYSICAL WEAKNESS, ATIBALA IS A VERY BENEFICIAL MEDICINE IN MAKING THE LIVER HEALTHY, REDUCING BLOOD SUGAR, BOOSTING THE IMMUNE SYSTEM AND REMOVING INFECTIONS.

**NAGBALA** PLANT IS KNOWN FOR ITS MEDICINAL PROPERTIES. ACCORDING TO AYURVEDA, IT IS USED IN THE TREATMENT OF MANY DISEASES. ACCORDING TO AYURVEDA, IT IS A GOOD CHEMICAL, RESTORATIVE AND STRENGTH ENHANCER. EXPERTS SAY THAT NAGBALA IS VERY USEFUL IN THE TREATMENT OF DISEASES RELATED TO HEART AND STOMACH DISEASES. NAGBALA IS USED TO CURE FEVER, TO CURE WOUNDS OR SKIN DISEASES, TO CURE COLD, TO CURE BREAST PAIN, TO CURE PILES, TO CURE ARTHRITIS PAIN, TO TREAT TUBERCULOSIS, IN NOSE-EAR NAGBLA IS A VERY BENEFICIAL MEDICINE IN CURING BLEEDING, INCREASING THE QUALITY OF SEMEN, CURING MENTAL DISORDERS, NERVOUS OR NERVOUS DISORDERS AND URINARY DISORDERS.

**PIPPALI** IS A HERB. FOUR SPECIES OF PIPPALI HAVE BEEN MENTIONED IN AYURVEDA, BUT IN PRACTICE ONLY TWO TYPES OF PIPPALI ARE USED. PIPPALI HAS ANTI-OXIDANT, ANTI-MICROBIAL AND ANTI-INFLAMMATORY PROPERTIES. LONG PEPPER, ALSO KNOWN AS PIPPALI, IS AN ESSENTIAL AROMATIC PLANT. WHOSE ROOTS AND FLOWERS ARE MAINLY USED FOR MEDICINE. THE MEDICINAL BENEFITS OF THIS PLANT HAVE ALSO BEEN MENTIONED IN AYURVEDA. THE CREEPER OF PIPPALI SPREADS ON THE GROUND. ITS ROOT IS WOOD-LIKE, HARD, HEAVY AND DARK COLORED. ITS TASTE IS PUNGENT. THE FLOWERS OF PIPPALI PLANT BLOOM IN THE RAINY SEASON AND THE FRUITS ARE IN THE COLD SEASON. ITS FRUITS ARE CALLED PIPPALI. THE MORE WEIGHTY AND THICKER THE ROOT, THE MORE BENEFICIAL IT IS CONSIDERED. PIPPALI BRONCHITIS (INFLAMMATORY DISEASE OF THE RESPIRATORY TRACT), ASTHMA, COUGH, SORE THROAT, MAJOR STOMACH PROBLEMS (EG:- CONSTIPATION AND INDIGESTION), LUNG PROBLEMS, RESPIRATORY PROBLEMS, INSOMNIA (SLEEP DISORDER) IT IS A VERY BENEFICIAL MEDICINE IN REMOVING THE DEFICIENCY OF BLOOD, IN PURIFYING THE BLOOD, IN THE PROBLEM OF IMPOTENCE AND PREMATURE EJACULATION, IN THE BACK PAIN IN GETTING RELIEF FROM THE PAIN OF INJURY OR SPRAIN.

**KAKADASINGI** IS A TYPE OF HERB. WHICH IS USED AS MEDICINE IN AYURVEDA. IN KAKADASINGI FEVER, IN THE TREATMENT OF UPPER BODY PROBLEMS CAUSED BY VATA DOSHA, IN RELIEVING COUGH, IN ASTHMA, IN RELIEVING VOMITING, IN CURING STOMACH PROBLEMS, IN STRENGTHENING THE DIGESTIVE POWER, IN CURING THE PROBLEM OF FREQUENT HICCUPS, IN RELIEVING DIARRHEA OR DIARRHEA, IN RELIEVING ITCHING, IN CURING RESPIRATORY PROBLEMS, IN VARIOUS DISEASES OF CHILDREN (EG:- COUGH IN BABIES) KAKADASINGI IS A VERY BENEFICIAL MEDICINE IN CURING THE PROBLEM OF BLEEDING GUMS, IN GETTING RID OF FEVER AND VOMITING AND PROBLEMS DURING TOOTH EXTRACTION), IN CORRECTING BLOOD DEFECTS.

## IN OUR AYUR PANACEA CARE 1

**MUNAKKA** ARE SAID TO BE FULL OF MEDICINAL PROPERTIES IN AYURVEDA. THE NATURE OR EFFECT OF MUNAKKA IS HOT. IT IS USED AS MEDICINE IN MANY DISEASES. MUNAKKA HAVE ANTI-OXIDANT AND ANTI-BACTERIAL PROPERTIES. THERE ARE MANY HEALTH BENEFITS OF MUNAKKA. RAISIN IS A TYPE OF GRAPE, WHEN THE GRAPE IS DRIED, IT IS KNOWN AS RAISIN. MUNAKKA ARE GOOD FOR HEALTH. THERE ARE MANY BENEFITS OF EATING MUNAKKA. MUNAKKA ARE KNOWN TO BE AN ENERGETIC DRY FRUIT. MUNAKKA ARE USED TO CURE COLD AND FLU, INCREASE EYESIGHT, CURE THROAT PROBLEMS (EG:- SORENESS OR ITCHING), CURE FEVER, INCREASE BLOOD, STRENGTHEN BONES, KIDNEY STONES, HEART IT HELPS IN CURING DISEASES LIKE ARTHRITIS AND RHEUMATISM, IN RELIEVING CONSTIPATION, IN PREVENTING THE GROWTH OF BACTERIA IN THE TEETH, IN KEEPING AWAY THE PROBLEM OF HEART ATTACK, IN CONTROLLING HIGH BLOOD PRESSURE, REDUCING THE PROBLEM OF HAIR LOSS. DRIED GRAPES ARE VERY BENEFICIAL MEDICINE.

**ELAICHI** MANY MEDICINAL PROPERTIES ARE FOUND IN ELAICHI, WHICH PROTECT US FROM MANY SERIOUS DISEASES. ELAICHI HAS ANTI-INFLAMMATORY AND ANTI-OXIDANT PROPERTIES. ELAICHI HELPS IN CURING THE PROBLEM OF VENEREAL DISEASE, IN CURING CANCER (CANCER OF THE MOUTH AND SKIN CANCER), IN CORRECTING THE PROBLEM OF FREQUENT HICCUPS, IN REMOVING BAD BREATH, VOMITING AND NAUSEA. HELPS TO RELIEVE CONSTIPATION, MAINTAINS NORMAL BLOOD CIRCULATION, CONTROLS BLOOD PRESSURE, RELIEVES GAS, ACIDITY AND STOMACH PROBLEMS, RELIEVES DIGESTION PROBLEMS, RESPIRATORY PROBLEMS, SUGAR IN REDUCING THE LEVEL, RELIEVING ALLERGY AND INFLAMMATORY PROBLEMS, RELIEVING THE PROBLEM OF COLD-COUGH OR SORE THROAT, REDUCING THE RISK OF LIVER DISEASES, FAST WEIGHT LOSS, REMOVING IMPOTENCE AND CARDAMOM IS A VERY BENEFICIAL MEDICINE IN RELIEVING STRESS.

**BHILAWA** ACCORDING TO BHILAWA AYURVEDA, THIS FRUIT HAS A SWEET AND PUNGENT JUICE, WITH A BITTER TASTE. ITS TASTE IS HOT. THIS IS A VERY TOXIC MEDICINAL FRUIT, SO IT IS USED ONLY AFTER PURIFICATION IN AYURVEDA. BHILAWA IS SUCH A FRUIT THAT HAS THE POWER TO ELIMINATE CANCER FROM THE ROOT. CURES KAPHA AND VATA DISEASES, REMOVES SEXUAL DEBILITY, INCREASES SPERM COUNT, SKIN RASHES, ITCHING AND SWELLING, HEMORRHOIDS, INCREASES APPETITE, IMPROVES DIGESTION, REMEMBRANCE BHILAWA IS A VERY BENEFICIAL MEDICINE IN IMPROVING STRENGTH, IN CURING COUGH AND ASTHMA, IN CURING HEART ATTACK AND WEAKNESS OF THE HEART, AND IN INCREASING IMMUNITY.

**VATSANABHA** IS BOTH POISONOUS AND NON-POISONOUS. IT IS A BUSHY PLANT WHICH CONTAINS POISONOUS ELEMENTS CALLED ACONITE AND PSEUDOACONITIN. BY SMELLING THE FLOWERS OF ITS POISONOUS PLANT, A PERSON BECOMES UNCONSCIOUS. VATSANABHA IS USED AS AN AYURVEDIC MEDICINE ACCORDING TO AYURVEDA, THIS PLANT HAS ANTIPYRETIC, ANTI-INFLAMMATORY AND IMPORTANT PROPERTIES THAT REMOVE STOMACH RELATED DISORDERS. VATSANABHA TO REMOVE THE PAIN OF ALL PARTS OF THE BODY, TO REMOVE THE PROBLEM OF FREQUENT URINATION, TO CURE FEVER, TO CURE ASTHMATIC DISEASES, TO CURE DIABETES, TO CURE LEPROSY, TO CURE INTESTINAL DISEASE. VATSANABHA IS A VERY BENEFICIAL MEDICINE IN REMOVING AND CURING INTERNAL AND EXTERNAL INFLAMMATION.



## DIRECTIONS FOR USE:-

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

**AYUR EXTRA POWER JUICE 1** USEFUL IN BUILDING MUSCLE STRENGTH. IT MAY RELIEVE IN PHYSICAL WEAKNESS, MENTAL WEAKNESS, REDUCE SKIN WRINKLES, CURE BLOOD SUGAR, REDUCE CHOLESTEROL, KEEP HEART HEALTHY, PROTECT AGAINST CANCER, BREATHING PROBLEM. IMPOTENCE, REMOVE SEXUAL DEBILITY, SEXUAL DISORDERS. **AYUR EXTRA POWER JUICE 1** MAY GREATLY IMPROVE PHYSICAL STRENGTH, AND MAY BE VERY HELPFUL IN SEXUAL POWER, MUSCLE STRENGTH, SPERM COUNT AND SPERM QUALITY AND MAINTAIN YOUNG BEYOND 100 YEARS. OUR **AYUR EXTRA POWER JUICE 1** CONTAINS MANY POWERFUL INGREDIANTS WHICH ARE BENEFICIAL FOR OUR ENTIRE HUMAN BODY TO FIGHT AGAINST DISEASES AND IMPROVE OUR IMMUNE SYSTEM AND REGENERATING CELLS.

## INGREDIENTS

CORDYCEPS (CORDYCEPS MILITARIS)	25 MG.
ASHWAGANDHA (WITHANIA SOMNIFERA)	20 MG.
SHATAVARI (ASPARAGUS RACEMOSUS)	15 MG.
AMLA (PHYLLANTHUS EMBLICA)	15 MG.
SHILAJIT (ASPHALTUM PUNJABIANUM)	15 MG.
GARCINIA EXT (GARCINIA CAMBOGIA)	15 MG.
SAFED MUSLI (CHLOROPHYTUM BORIVILIANUM)	15 MG.
PAPAYA (CARICA PAPAYA)	10 MG.
BILBERRY (VACCINIUM MYRTILLUS)	10 MG.
ALOEVERA (ALOE BARBADENSIS)	10 MG.
PINEAPPLE (ANANAS COMOSUS)	10 MG.
GOJIBERRY (LYCIUM BARBARUM)	10 MG.
CRANBERRY (VACCINIUM OXYCOCCOS)	10 MG.
BLUEBERRY (VACCINIUM SECT. CYANOCOCCUS)	10 MG.
ACAIBERRY (EUTERPE OLERACEA)	10 MG.
RASPBERRY (RUBUS IDAEUS)	10 MG.
BLACKBERRY (RUBUS SUBG. RUBUS)	10 MG.
STRAWBERRY (FRAGARIA)	10 MG.
VIJAYSAR (PTEROCARPUS MARSUPIUM)	10 MG.
BURANSH (RHODODENDRON)	10 MG.
JAMUN (SYZYGIIUM CUMINI)	10 MG.
STEVIA (STEVIA REBAUDIANA)	10 MG.
PLUM (PRUNUS DOMESTICA)	10 MG.
RED ALOEVERA EXT (ALOE CAMERONII)	10 MG.
BAEL (AEGLE MARMELOS)	10 MG.
MADHUYASTI (GLYCYRRHIZA GLABRA)	10 MG.
GREEN COFFEE BEAN (COFFEA CANEPHORA)	10 MG.
MORINGA (MORINGA OLEIFERA)	10 MG.
ARJUN CHAAL (TERMINALIA ARJUNA)	10 MG.



## INGREDIENTS

POMEGRANATE (PUNICA GRANATUM)	10 MG.
SEABUCKTHORN (HIPPOPHAE RHAMNOIDES)	10 MG.
WHEAT GRASS (TRITICUM AESTIVUM)	10 MG.
MANGOSTEEN (GARCINIA MANGOSTANA)	10 MG.
GRAPE SEED (VITIS VINIFERA)	10 MG.
RED GRAPE (VITIS VINIFERA RED)	10 MG.
MILK THISTLE (SILYBUM MARIANUM)	10 MG.
TARTCHERRY (PRUNUS CERASUS)	10 MG.
CURCUMIN (CURCUMA LONGA)	10 MG.
GINSENG (PANAX GINSENG)	10 MG.
ACEROLA (MALPIGHIA EMARGINATA)	10 MG.
APRICOT (PRUNUS ARMENIACA)	10 MG.
GILOY (TINOSPORA CORDIFOLIA)	10 MG.
NONI (MORINDA CITRIFOLIA)	10 MG.
GREEN APPLE (MALUS DOMESTICA M. SYLVESTRIS)	10 MG.
MACA ROOT (LEPIDIUM MEYENII)	10 MG.
CYANOCOBALAMIN (COBALAMIN)	5.0 MG.
SAFFRON (CROCUS SATIVUS)	Q.S.



## IN OUR AYUR EXTRA POWER JUICE 1

**CORDYCEPS** IS USED TO TREAT COUGHS, CHRONIC BRONCHITIS, RESPIRATORY DISORDERS, KIDNEY DISORDERS, NIGHTTIME URINATION, MALE SEXUAL PROBLEMS, ANEMIA, IRREGULAR HERTBEAT, HIGH CHOLESTEROL, LIVER DISORDERS, DIZZINESS. CORDYCEPS MAY BE IMPROVE IMMUNITY BY STIMULATING CELLS AND SPECIFIC CHEMICALS IN THE IMMUNE SYSTEM. IT MAY ALSO HAVE ACTIVITY AGAINST CANCER CELLS AMD MAY SHRINK TUMOR SIZE, PARTICULARLY WITH LUNG OR SKIN CANCERS.

**ASHWANGANDHA** IS CONSIDERES ONE OF THE FINEST MEDICINES IN AYURVEDA. IT IS NOT JUST A PLANT. IT IS ALSO AN EXCELLENT MEDICINE TO ELIMINATE MANY DISEASES FROM THE SUBSTRUCTION. IT HAS BEEN CONSIDERED A MEDICINE MORE THAN SIX THOUSAND YEARS OLD. IT NOT ONLY HELPS A LOT IN ENHANCING SEXUAL ABILITIES, BUT ALSO IMPROVES THE QUALITY OF SPERM.

**SHATAVARI** IS ALSO BENEFICIAL FOR MEN AS IT IMPROVES TESTOSTERONE LEVELS. IT MIGHT BE GOOD FOR DIABETES AS IT HELPS MANAGE BLOOD SUGAR LEVELS. SHATAVARI MIGHT ALSO PROMOTE MEMORY FUNCTIONS DUE TO ITS ANTIOXIDANT ACTIVITY.

**AMLA** REDUCES THE NUMBER OF FREE RADICALS IN THE BODY THROUGH ITS ANTIOXIDANT PROPERTIES. IT HELPS REDUCE WRINKLES, DARK CIRCLES AND OTHER SIGNS OF AGING. IT ALSO PROTECTS THE BODY FROM RADIATION. DAILY CONSUMPTION OF AMLA HELPS IMPROVES NERVE HEALTH FACILITATING PROPER BLOOD FLOW.

## IN OUR AYUR EXTRA POWER JUICE 1

**SHILAJIT** IS HIGH IN MINERAL CONTENT THAT CONTRIBUTES TO MUSCLE STRENGTH AND VITALITY. ITS ROLE IN IMPROVING OXYGEN DELIVERY TO TISSUES MAY DELAY FATIGUE DURING STRENUOUS PHYSICAL ACTIVITIES. ITS AN EFFECTIVE AND SAFE SUPPLEMENT THAT CAN HAVE A POSITIVE EFFECT ON YOUR OVERALL HEALTH AND WELL-BEING.

**SAFED MUSLI** IS USED POPULARLY TO IMPROVE SEXUAL PERFORMANCE AND GENERAL OVERALL HEALTH IN BOTH MEN AND WOMEN. SAFED MUSLI HELPS MANAGE ERECTILE DYSFUNCTION AS WELL AS STRESS-INDUCED SEXUAL PROBLEMS. IT ALSO HELPS IMPROVE THE QUALITY AS WELL AS QUANTITY OF SPERM DUE TO ITS SPERMATOGENIC, ANTI-STRESS AND ANTIOXIDANT PROPERTIES.

**PAPAYAS** CONTAIN A RANGE OF NUTRIENTS, SUCH AS ANTIOXIDANTS AND POTASSIUM. POSSIBLE HEALTH BENEFITS OF EATING PAPAYA MAY INCLUDE REDUCING THE RISK OF HEART DISEASE, DIABETES, CANCER, AND MORE. CONSUMING PAPAYA INCLUDE A REDUCED RISK OF HEART DISEASE, DIABETES, CANCER, AIDING IN DIGESTION, IMPROVING BLOOD GLUCOSE CONTROL IN PEOPLE WITH DIABETES, LOWERING BLOOD PRESSURE, AND IMPROVING WOUND HEALING.

**TART CHERRY** EXTRACT HAS BEEN SHOWN TO SIGNIFICANTLY REDUCE THE MARKER OF INFLAMMATION IN WOMEN WITH OSTEOARTHRITIS. THIS IS THE MOST COMMON FORM OF ARTHRITIS.

**BILBERRIES** ARE RICH IN ANTIOXIDANTS, WHICH ARE BENEFICIAL PLANT COMPOUNDS THAT HELP PROTECT YOUR BODY AGAINST DAMAGE AND DISEASE. BILBERRIES CONTAIN VITAMIN C AND PHENOLIC ACIDS AND ARE AN ESPECIALLY GOOD SOURCE OF ANTHOCYANINS.

**ALOEVERA** PLANT HAS BEEN EMPLOYED TO TREAT SKIN PROBLEMS (BURNS, WOUNDS, AND ANTI-INFLAMMATORY PROCESSES). MOREOVER, ALOE VERA HAS SHOWN OTHER THERAPEUTIC PROPERTIES INCLUDING ANTICANCER, ANTIOXIDANT, ANTIDIABETIC, AND ANTIHYPERLIPIDEMIC. IT REDUCES CONSTIPATION. IT LOWERS BLOOD SUGAR LEVELS.

**PINEAPPLE** CONTAINS NUTRIENTS AND BENEFICIAL COMPOUNDS, SUCH AS VITAMIN C, MANGANESE, AND ENZYMES, TO HELP AID DIGESTION. EATING PINEAPPLE MAY HELP BOOST IMMUNITY, LOWER CANCER RISK, AND IMPROVE RECOVERY TIME AFTER SURGERY. MAY HELP WITH WEIGHT LOSS. FIGHTS INFLAMMATION. RELIEVES ARTHRITIS PAIN.

**GOJIBERRIES** MAY HELP REDUCE THE RISK OF GLAUCOMA. PROVIDES IMMUNE SYSTEM SUPPORT. PROTECTS AGAINST CANCER. PROMOTES HEALTHY SKIN. STABILIZES BLOOD SUGAR, IMPROVES DEPRESSION, ANXIETY, AND SLEEP. PREVENTS LIVER DAMAGE.

**ACAIBERRY** CONTAIN ANTIOXIDANTS THAT MAY HELP BOOST HEART HEALTH, IMPROVE MEMORY, AND PROTECT AGAINST CANCER. SPECIFICALLY, THE ANTIOXIDANT ANTHOCYANIN, WHICH IS ABUNDANT IN ACAI BERRIES, MAY LOWER OXIDATIVE STRESS AND INFLAMMATION, PROMOTING BRAIN HEALTH.

## IN OUR AYUR EXTRA POWER JUICE 1

**CRANBERRY** FRUITS OR LEAVES WERE USED FOR BLADDER, STOMACH, AND LIVER DISORDERS, AS WELL AS DIABETES, WOUNDS, AND OTHER CONDITIONS. TODAY, CRANBERRY IS MOST COMMONLY PROMOTED FOR URINARY TRACT INFECTIONS (UTIS). THE PREVENTION OF CERTAIN TYPES OF CANCER, IMPROVED IMMUNE FUNCTION, AND DECREASED BLOOD PRESSURE.

**BLUEBERRIES** ARE OFTEN CALLED A "SUPERFOOD"; THIS SMALL BUT MIGHTY BERRY IS LOADED WITH NUTRIENTS. THEY MAY HELP LOWER BLOOD PRESSURE, PREVENT HEART DISEASE, IMPROVE MEMORY, AID IN EXERCISE RECOVERY, AND MORE. BLUEBERRIES ARE SWEET, NUTRITIOUS AND WILDLY POPULAR.

**RASPBERRY** THEY PROVIDE POTASSIUM, ESSENTIAL TO HEART FUNCTION, AND PROVEN TO LOWER BLOOD PRESSURE. THE OMEGA-3 FATTY ACIDS IN RASPBERRIES CAN HELP PREVENT STROKE AND HEART DISEASE. THEY ALSO CONTAIN A MINERAL CALLED MANGANESE, WHICH IS NECESSARY FOR HEALTHY BONES AND SKIN AND HELPS REGULATE BLOOD SUGAR.

**BLACKBERRIES** IN YOUR DIET IS A DELICIOUS WAY TO CARE FOR YOUR HEALTH, AND EATING THESE FRUITS REGULARLY MAY REDUCE YOUR RISK OF SEVERAL HEALTH CONDITIONS, INCLUDING HEART DISEASE. BLACKBERRIES ARE PURPLE-HUED FRUITS THAT ARE PACKED WITH HEALTH-SUPPORTING NUTRIENTS. BLACKBERRIES ARE ONE OF THE RICHEST SOURCES OF ANTHOCYANIN PIGMENTS, WHICH ARE COMPOUNDS THAT HAVE POWERFUL CELLULAR-PROTECTIVE PROPERTIES.

**STRAWBERRIES**, INCLUDING VITAMIN C, CAN SUPPORT YOUR IMMUNE SYSTEM AND MAY LOWER YOUR CHANCES OF GETTING SICK WHEN YOU'RE AROUND GERMS. THEY MAY ALSO HELP CURB INFLAMMATION, MANAGE YOUR BLOOD SUGAR, AND GUARD AGAINST HEALTH CONDITIONS LIKE HIGH CHOLESTEROL, CANCER, HEART DISEASE, STROKE, AND DIABETES.

**VIJAYSAR** OFFERS MANY BENEFITS FOR PEOPLE WITH DIABETES. IT MAY AID IN REGULATING BLOOD GLUCOSE LEVELS AND THE REGENERATION OF INSULIN-PRODUCING CELLS. IT MAY ALSO PROTECT INSULIN-PRODUCING CELLS AND ALSO RESTORE NORMAL INSULIN LEVELS. VIJAYSAR SHOULD BE USED UNDER THE SUPERVISION OF A MEDICAL PROFESSIONAL.

**BURANSH** FLOWER IS NATURALLY LOADED WITH HEALTH ENRICHING NUTRIENTS AND IS USUALLY CONSUMED AS JUICE OR SQUASH. THIS JUICE IS GREAT FOR HEALING INFLAMMATION, LIVER AILMENTS, REDUCES ARTHRITIS PAIN, BRONCHITIS AND GROUT.

SOME RESEARCH SHOWS **GREEN COFFEE** MAY HELP WITH WEIGHT LOSS GREEN COFFEE MAY ACT BY LOWERING BLOOD SUGAR AND BLOCKING FAT BUILDUP. GREEN COFFEE ALSO SEEMS TO HELP LOWER HIGH BLOOD PRESSURE IN SOME PEOPLE.



## IN OUR AYUR EXTRA POWER JUICE 1

**JAMUN** HELPS TREAT MANY HEALTH CONDITIONS SUCH AS HEART PROBLEMS, DIABETES, SKIN ISSUES, INFECTIONS, ASTHMA, STOMACH PAIN, FLATULENCE, AND A LOT OF OTHER MEDICAL PROBLEMS. YOU CAN CONSUME JAMUN AS IT IS OR IN THE FORM OF JUICE, POWDER, OR IN SALADS AND SMOOTHIES.

**STEVIA** IS AN INTENSELY SWEET-TASTING, ZERO-CALORIE PLANT EXTRACT THAT'S GAINED INTEREST AS A REPLACEMENT FOR SUGAR. MOST NOTABLY, STEVIA IS VERY POTENT; ITS AROUND 200 TO 350 TIMES SWEETER THAN SUGAR.

**PLUMS** ARE CHOCK FULL OF FIBER, WHICH HELPS SLOW DOWN A BLOOD SUGAR SPIKE AFTER YOU EAT CARBS. THEY CAN ALSO BOOST YOUR BODY'S PRODUCTION OF ADIPONECTIN, A HORMONE THAT HELPS REGULATE YOUR BLOOD SUGAR LEVELS. BONE HEALTH. SOME STUDIES SHOW THAT PRUNES (DRIED PLUMS) MAY HELP REDUCE BONE LOSS AND MAY EVEN PRESERVE IT.

**RED ALOE VERA** JUICE STRENGTHENS YOUR BODY'S IMMUNITY. THIS PROTECTS YOU FROM BACTERIA AND INFECTION. YOU CAN ALSO GET RELIEF FROM COLD AND COUGH. IN FACT, WHEN THE IMMUNITY OF THE BODY IS BOOSTED, PROBLEMS RELATED TO THE RESPIRATORY SYSTEM GET RELIEF.

**BAEL** FRUIT PULP ALONG WITH SUGAR OR HONEY IS FOUND TO BE VERY EFFECTIVE IN MANAGING DIARRHEA, DYSENTERY AND OTHER GASTROINTESTINAL DISORDERS. BAELEAF DECOCTION WITH BLACK PEPPER ALSO HELP MANAGE CONSTIPATION AS IT LOOSENS THE STOOLS DUE TO ITS LAXATIVE PROPERTY. IT ALSO HELP MANAGE COUGH DUE TO ITS EXPECTORANT PROPERTY. THIS PROMOTES THE SECRETION OF SPUTUM BY THE AIR PASSAGES AND HELPS IN EASY BREATHING.

**MADHUYASHTI** IS INDICATED TO PERFORM AS "RASAYANA". ALSO, THE PRESENCE OF MULETHI IN IT IS SAID TO BE EXTREMELY ADVANTAGEOUS FOR SEVERE DIGESTIVE PROBLEMS SUCH AS ACIDITY AND ULCER. MADHUYASHTI IS ALSO KNOWN AS LICORICE, IS SAID TO BE A NATURAL ULCER HEALER WHICH PROPAGATES BETTER DIGESTION. IT ALSO HELPS GET RID OF A SORE THROAT OR SEVERE COUGH, THUS IMPROVING THE RESPIRATORY SYSTEM. HIGH CHOLESTEROL CAN OFTEN LEAD TO A LOT OF HEALTH HAZARDS IN THE LONG RUN. THUS THIS NATURAL HERB COMES AS A BOON THAT HELPS ERADICATE POOR CHOLESTEROL SIGNS AND HELPS IN BUILDING A MORE HEALTHY CHOLESTEROL FLOW IN THE BODY.

**MORINGA OLEIFERA** PLAYS AN IMPORTANT ROLE IN PROTECTING THE LIVER FROM DAMAGE, OXIDATION AND TOXICITY DUE TO THE HIGH CONCENTRATIONS OF POLYPHENOLS IN ITS LEAVES AND FLOWERS. MORINGA OLEIFERA OIL CAN ALSO RESTORE LIVER ENZYMES TO NORMAL LEVELS, REDUCING OXIDATIVE STRESS AND INCREASING PROTEIN CONTENT IN THE LIVER.

## IN OUR AYUR EXTRA POWER JUICE 1

**POMEGRANATES** CAN HAVE UP TO THREE TIMES MORE ANTIOXIDANTS THAN GREEN TEA OR RED WINE. ANTIOXIDANTS PROTECT OUR CELLS FROM DAMAGE CAUSED BY FREE RADICALS AND REDUCE INFLAMMATION. STUDIES SUGGEST THAT POMEGRANATES CAN HELP PROTECT YOUR HEART IN MANY WAYS, SUCH AS LOWERING BLOOD PRESSURE AS WELL AS BLOOD SUGAR LEVELS.

**SEA BUCKTHORN** JUICE IS A POPULAR ALTERNATIVE REMEDY FOR A VARIETY OF AILMENTS. IT IS RICH IN MANY NUTRIENTS AND MAY IMPROVE THE HEALTH OF YOUR SKIN, IMMUNE SYSTEM, LIVER, AND HEART. IT MAY ALSO HELP PROTECT AGAINST DIABETES AND EVEN CERTAIN TYPES OF CANCER.

**WHEATGRASS** IS A SUPERFOOD PACKED WITH NUTRIENTS AND ANTIOXIDANTS. IT MAY HELP BOOST YOUR IMMUNE SYSTEM, AID IN DIGESTION, AND GIVE YOU ENERGY. ITS USUALLY CONSUMED AS A FRESH JUICE, BUT IT ALSO COMES IN POWDERED FORM. FRESH WHEATGRASS JUICE IS CONSIDERED TO BE A LIVING FOOD.

**MANGOSTEEN** HAS BEEN USED TO TREAT SKIN INFECTIONS AND DIARRHEA. RECENT SCIENTIFIC STUDIES SUGGEST THAT MANGOSTEEN POSSESSES STRONG ANTIOXIDANT, ANTI-CANCER, ANTI-INFLAMMATORY, ANTI-ALLERGIC, ANTI-MICROBIAL, AND ANTI-MALARIAL PROPERTIES. IT ENHANCES BRAIN ACTIVITY.

EXTRACTS OF **GRAPE SEED** MAY BE USED TO TREAT A RANGE OF HEALTH PROBLEMS RELATED TO FREE RADICAL DAMAGE, INCLUDING HEART DISEASE, DIABETES, AND CANCER. GRAPE SEED EXTRACT HAS ALSO BEEN SHOWN TO PROTECT AGAINST BACTERIAL INFECTIONS, SUCH AS STAPHYLOCOCCUS AUREUS.

THE MANY NUTRIENTS AND ANTIOXIDANT PROPERTIES OF **RED GRAPES** BENEFIT YOUR OVERALL HEALTH. THEIR VITAMINS E AND C AND RESVERATROL MAY HELP IN CANCER PREVENTION, IMPROVE SKIN HEALTH, KIDNEY HEALTH AND FIGHT AGAINST NEURODEGENERATIVE DISORDERS LIKE ALZHEIMER'S DISEASE, IMPROVE EYESIGHT, AND LOWER THE RISK OF HEART DISEASE.

**MILK THISTLE** IS PROMOTED AS A DIETARY SUPPLEMENT FOR HEPATITIS, CIRRHOSIS, JAUNDICE, DIABETES, INDIGESTION, AND OTHER CONDITIONS. PEOPLE HAVE USED MILK THISTLE FOR LIVER DISORDERS AND GALLBLADDER PROBLEMS.

EFFECTS OF **GINSENG** HAVE BEEN DEMONSTRATED IN CANCER, DIABETES, CARDIOVASCULAR DISEASES AND HAVE BEEN USED FOR PROMOTING IMMUNE FUNCTION, CENTRAL NERVOUS SYSTEM (CNS) FUNCTION, RELIEVING STRESS, AND FOR ITS ANTIOXIDANT ACTIVITIES.

## IN OUR AYUR EXTRA POWER JUICE 1

**CURCUMIN (HALDI)** CAN HELP IN THE MANAGEMENT OF OXIDATIVE AND INFLAMMATORY CONDITIONS, METABOLIC SYNDROME, ARTHRITIS, ANXIETY, AND HYPERLIPIDEMIA. IT MAY ALSO HELP IN THE MANAGEMENT OF EXERCISE-INDUCED INFLAMMATION AND MUSCLE SORENESS, THUS ENHANCING RECOVERY AND SUBSEQUENT PERFORMANCE IN ACTIVE PEOPLE. THE PHARMACOLOGICAL.

**ACEROLA** IS ALSO USED FOR PREVENTING HEART DISEASE, & HARDENING OF THE ARTERIES (ATHEROSCLEROSIS), BLOOD CLOTS, AND CANCER. IT IS USED TO TREAT THE COMMON COLD, PRESSURE SORES, BLEEDING IN THE EYE (RETINAL HEMORRHAGES), TOOTH DECAY, GUM INFECTIONS, DEPRESSION, HAY FEVER, AND COLLAGEN DISORDERS.

**ARJUNA BARK** HAS ANTI-CANCER PROPERTIES WHICH HELP YOU IN REDUCING THE RISK OF CANCER. IF YOU DRINK ARJUNA BARK DECOCTION REGULARLY, YOU REDUCE THE RISK OF CANCER TO A GREAT EXTENT. CONSUME ARJUNA BARK TO CURE SORE THROAT. IT GREATLY REDUCES THE PROBLEM OF PHLEGM IN THE THROAT, HEART HEALTH, DIABETES, MUCUS IN THE CHEST.

**APRICOTS** ARE A GREAT SOURCE OF MANY ANTIOXIDANTS, INCLUDING BETA CAROTENE AND VITAMINS A, C, AND E. APRICOT (PRUNUS ARMENIACA) IS A SMALL TREE THAT GROWS A FRUIT THAT IS COMMONLY EATEN AS FOOD. THE FRUIT, JUICE, AND LEAVES HAVE ALSO BEEN USED AS MEDICINE. APRICOT IS USED FOR ASTHMA, CONSTIPATION, INFERTILITY, AND OTHER CONDITIONS.

**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 B3, VITAMIN C, 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.

**GREEN APPLES** ARE LOWER IN CALORIES AND CARBS. GREEN ALSO HAVE 63% MORE PROTEIN, SLIGHTLY MORE FIBER, MORE POTASSIUM AND IRON. RED IS HIGHER IN BETA CAROTENE AND IN ANTIOXIDANTS. THE ONLY MAJOR DIFFERENCE IN NUTRITION IS THAT GREEN APPLES HAVE ALMOST TWICE AS MUCH VITAMIN A THAN RED APPLES.

**GILOY** IS VERY BENEFICIAL FOR CONTROLLING TYPE-2 DIABETES, DENGUE, INDIGESTION, COLD-COUGH, FEVER, BOOSTING IMMUNITY, JAUNDICE, ANEMIA, SKIN, ARTHRITIS, ASTHMA, LIVER. GILOY ALSO INCREASES SPERM QUALITY AND SPERM MOTILITY. GILOY IS A NATURAL LIBIDO ENHANCER AND STIMULATES LIBIDO-ENHANCING HORMONES. AND HELPS IN REDUCING STRESS IN MEN.

## IN OUR AYUR EXTRA POWER JUICE 1

**MACA ROOT** IS A PERUVIAN PLANT, AND IS A NATURAL SUPERFOOD WHICH IS RENOWNED FOR ITS REMARKABLE PROPERTIES. FROM BOOSTING ENERGY LEVELS AND IMPROVING MOOD TO SUPPORTING HORMONAL BALANCE AND ENHANCING FERTILITY, THIS POTENT SUPPLEMENT HAS GARNERED SIGNIFICANT ATTENTION FOR ITS POSITIVE IMPACT ON HUMAN HEALTH.

**GARCINIA** CONTAINS A CHEMICAL CALLED HYDROXYCITRIC ACID (HCA) THAT HELPS INCREASE LEVELS OF GOOD CHOLESTEROL (HDL) BY LOWERING LEVELS OF BAD CHOLESTEROL (LDL) AND TRIGLYCERIDES. IT IS USED FOR DISEASES SUCH AS DIABETES, CANCER, ULCERS, DIARRHEA, AND CONSTIPATION. IT MAY HELP WITH WEIGHT LOSS, REDUCE APPETITE, AND INCREASE EXERCISE TOLERANCE.

**SAFFRON** IS A POWERFUL SPICE HIGH IN ANTIOXIDANTS. IT HAS BEEN LINKED TO HEALTH BENEFITS, SUCH AS IMPROVED MOOD, LIBIDO, AND SEXUAL FUNCTION, AS WELL AS REDUCED PMS SYMPTOMS AND ENHANCED WEIGHT LOSS. BEST OF ALL, IT'S GENERALLY SAFE FOR MOST PEOPLE AND EASY TO ADD TO YOUR DIET.

**CYANOCOBALAMIN** IS A MEDICATION USED TO MANAGE AND TREAT VITAMIN B12 DEFICIENCIES. MOST PEOPLE GET ENOUGH VITAMIN B12 FROM THEIR DIET. VITAMIN B12 IS IMPORTANT TO MAINTAIN THE HEALTH OF YOUR METABOLISM, BLOOD CELLS, AND NERVES.

## DIRECTIONS FOR USE:-

- SHAKE WELL BEFORE USE **AYUR EXTRA POWER JUICE 1**.
- TAKE **AYUR EXTRA POWER JUICE 1** ON AN EMPTY STOMACH 05 TO 10 ML TWICE DAILY.
- KEEP AWAY FROM DIRECT SUNLIGHT. AND CLOSE THE BOTTLE TIGHTLY.
- USE WITHIN 1 MONTH OF OPENING THE BOTTLE.
- FOR BETTER RESULTS, TAKE **AYUR EXTRA POWER JUICE 1** CONTINUOUSLY FOR AT LEAST 3 MONTHS.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

**AYUR CHOLESTEROL CARE 1** IT MAY BE VERY WELL IN CORONARY HEART DISEASE, HYPERTENSION, TYPE 1 & 2 DIABETES, HYPERLIPIDEMIA, CEREBROVASCULAR DISEASE, FATTY LIVER, WOUNDS, COUGH AND SORE THROAT, INFECTIONS, IMMUNE SYSTEM, CANCER, REDUCES INFLAMMATION, INCREASES SEX DRIVE, STRENGTHENS BONES, BUILDS HEMOGLOBIN, INCREASES OXYGEN LEVEL IN BLOOD, MAINTAINS HEALTHY HAIR, DIGESTIVE HEALTH, MAINTAINS HEALTHY BRAIN, PROTECTS AGAINST FREE RADICALS, BALANCES HORMONES AND REDUCES BAD CHOLESTEROL AND TRIGLYCERIDES AS WELL AS INCREASES GOOD CHOLESTEROL.

## INGREDIENTS

HONEY (APIS MELLIFERA)	2.0 GM.
GINGER (ZINGIBER OFFICINALE) RHI. EXT.	1.5 GM.
LEMON (CITRUS LIMON) FR. EXT.	1.5 GM.
GARLIC (ALLIUM SATIVUM) BU. EXT.	1.5 GM.
APPLE CIDER VINEGAR (MALUS PUMILIA MILL) FR.	1.5 ML.
DALCHINI (CINNAMOMUM VERUM) BK. EXT.	1.0 GM.
ARJUN (TERMINALIA ARJUNA) BK. EXT.	0.5 GM.
FENUGREEK (TRIGONELLA FOENUM GRAECUM) SD. EXT.	0.5 GM.



## IN OUR AYUR CHOLESTEROL CARE 1

**HONEY** HAS ZERO CHOLESTEROL CONTENT AND DAILY DOSAGE OF HONEY HELPS TO CONTROL CHOLESTEROL LEVELS TO A GREAT EXTENT. SOME MINERALS PRESENT IN HONEY LIKE POTASSIUM, CALCIUM, SODIUM FIGHT CHOLESTEROL. THE ANTIOXIDANTS PRESENT IN HONEY ARE GOOD FOR HEART HEALTH. IT HELPS IN HEALING WOUNDS QUICKLY, RELIEVING COUGH AND SORE THROAT AND STRENGTHENING OUR IMMUNE SYSTEM. ITS ANTISEPTIC PROPERTIES KEEP INFECTIONS AWAY. HONEY INCREASES METABOLISM, WHICH HELPS IN WEIGHT LOSS. APART FROM THIS, IT ALSO CONTROLS APPETITE. HONEY CONTAINS MANY NUTRIENTS LIKE CARBOHYDRATES, PROTEIN, VITAMIN A, VITAMIN B, VITAMIN C, ZINC, COPPER, IRON, MAGNESIUM, CALCIUM, PHOSPHORUS, POTASSIUM AND SODIUM, WHICH ARE BENEFICIAL FOR HEALTH IN MANY WAYS. DUE TO WHICH IT HELPS IN REMOVING MANY PROBLEMS LIKE FACIAL GLOW, REDUCING OBESITY, COUGH, PHLEGM.

**GINGER** CONTAINS AN ELEMENT CALLED GINGEROL WHICH REDUCES BAD CHOLESTEROL. GINGER CONTAINS HYPOLIPIDEMIC AGENT WHICH REDUCES CHOLESTEROL AND IMPROVES LIPID PROFILE. EATING GINGER INCREASES THE LEVEL OF GOOD CHOLESTEROL IN THE BODY. PEOPLE WHO CONSUME GINGER HAVE LOW TRIGLYCERIDES AND LDL CHOLESTEROL LEVELS. EATING GINGER STRENGTHENS BONES AND ALSO PROVIDES RELIEF FROM ARTHRITIS PAIN. EATING GINGER IS VERY BENEFICIAL IN SERIOUS DISEASES LIKE ALZHEIMER'S. GINGER RELIEVES TENSION AND PHYSICAL WEAKNESS AND CURES MEMORY PROBLEMS.



## IN OUR AYUR CHOLESTEROL CARE 1

THE ANTIOXIDANTS FOUND IN **GINGER** HELP IN INCREASING MEMORY BY CURING BRAIN INFLAMMATION. ITS REGULAR CONSUMPTION PROVIDES RELIEF FROM COUGH, COLD AND FLU. GINGER HAS ANTI-INFLAMMATORY PROPERTIES THAT HELP SOOTHE COUGHS AND COLDS BY REDUCING INFLAMMATION. HELPS IN REDUCING INFLAMMATION BY ELIMINATING THE EFFECT OF PROTEINS THAT CAUSE PAIN, ITCHING AND IRRITATION IN THE THROAT.

**LEMON** CONTAINS VITAMIN C WHICH CONTROLS CHOLESTEROL LEVELS. CONSUMPTION OF LEMON REDUCES BAD CHOLESTEROL. VITAMIN C, FOLIC ACID, VITAMIN B AND MINERALS PRESENT IN LEMON HELP CURE YOUR ACNE, OILY SKIN, BLACKHEADS AND DANDRUFF. VITAMIN C IS ALSO A POWERFUL ANTIOXIDANT. ANTIOXIDANTS HELP PREVENT CELL DAMAGE CAUSED BY OXIDATIVE STRESS, WHICH CAN IMPROVE SKIN HEALTH. LEMON AIDS IN WEIGHT LOSS AND REDUCES THE RISK OF HEART DISEASE, ANEMIA, KIDNEY STONES, DIGESTIVE PROBLEMS AND CANCER. VITAMIN C PRESENT IN LEMON HELPS IN MAKING COLLAGEN, WHICH IS A PROTEIN THAT HELPS A LOT IN KEEPING YOUR SKIN HEALTHY.

EATING RAW **GARLIC** ON AN EMPTY STOMACH IN THE MORNING REDUCES BAD CHOLESTEROL VERY RAPIDLY AND ALSO KEEPS THE HEART HEALTHY. ACTUALLY, THE ALLICIN ELEMENT FOUND IN RAW GARLIC NOT ONLY REDUCES CHOLESTEROL BUT ALSO WORKS TO THIN THE BLOOD. GARLIC HAS POWERFUL MICROBIAL AND ANTIVIRAL PROPERTIES. IN SUCH A SITUATION, EATING RAW GARLIC HELPS IN FIGHTING PATHOGENS INCLUDING BACTERIA, VIRUSES AND FUNGI, WHICH REDUCES THE RISK OF INFECTION AND ALSO IMPROVES ORAL HEALTH. CONSUMPTION OF GARLIC INCREASES SEXUAL DESIRE AND ALSO REDUCES THE RISK OF INFERTILITY. VITAMIN C AND B6 PRESENT IN GARLIC STRENGTHENS IMMUNITY, WHICH PROVIDES RELIEF FROM COUGH AND COLD. EATING GARLIC IS VERY BENEFICIAL FOR HIGH BP PATIENTS. IT HELPS A LOT IN REDUCING HEART RELATED DISEASES.

**APPLE CIDER VINEGAR** ALSO HAS ACIDIC PROPERTIES THAT HELP IN REDUCING BAD CHOLESTEROL AND INCREASING GOOD CHOLESTEROL. THE ACIDIC PROPERTIES PRESENT IN APPLE CIDER VINEGAR ALSO HELP IN REDUCING WEIGHT AND REDUCING THE EXTRA FAT PRESENT IN THE BODY. ITS CONSUMPTION ALSO HELPS IN CONTROLLING THE BLOOD SUGAR LEVEL. APPLE CIDER VINEGAR STRENGTHENS IMMUNITY AND PREVENTS MANY DISEASES. APART FROM ACETIC ACID AND FLAVONOIDS, IT ALSO CONTAINS ANTI-MICROBIAL PROPERTIES. DRINKING APPLE CIDER VINEGAR REDUCES THE RISK OF HEART DISEASE. THE ACETIC ACID PRESENT IN APPLE CIDER VINEGAR DOES NOT ALLOW CHOLESTEROL AND TRIGLYCERIDE TO INCREASE. THE ACETIC ACID PRESENT IN APPLE CIDER VINEGAR CONTROLS THE GLUCOSE LEVEL. THIS PROVIDES RELIEF TO DIABETIC PATIENTS. IT HELPS IN INCREASING THE ABSORPTION OF ESSENTIAL NUTRIENTS IN THE BODY.

## IN OUR AYUR CHOLESTEROL CARE 1

**CINNAMON** ACCORDING TO AYURVEDIC DOCTORS, THE PROBLEM OF CHOLESTEROL IS REDUCED IN A FEW DAYS BY CONSUMING CINNAMON. CONSUMING CINNAMON REDUCES BAD CHOLESTEROL AS WELL AS IMPROVES HEART HEALTH. USING CINNAMON PROVIDES RELIEF IN THE PROBLEM OF HICCUPS, TO INCREASE APPETITE, TO STOP VOMITING, EYE DISEASES, TOOTHACHE. CINNAMON CONTAINS A GOOD AMOUNT OF CALCIUM, WHICH HELPS IN STRENGTHENING BONES. CINNAMON IS CONSIDERED VERY BENEFICIAL FOR DIABETES PATIENTS. DIABETES IS CONTROLLED BY CONSUMING CINNAMON WATER. CONSUMPTION OF CINNAMON PROVIDES RELIEF FROM STOMACH GAS, CONSTIPATION PROBLEM. AND THE DIGESTIVE SYSTEM REMAINS GOOD.

**ARJUNA BARK** ITS TREE CONTAINS ELLAGIC ACID, BETA-SITOSTEROL, MONO CARBOXYLIC ACID WHICH IS BENEFICIAL IN DISEASES LIKE CANCER, BAD CHOLESTEROL, DIABETES. THE HYPOLIPIDEMIC PRESENT IN ARJUN BARK CONTROLS THE BAD CHOLESTEROL LEVEL IN THE BODY AND INCREASES THE GOOD CHOLESTEROL IN THE BODY OF THE PATIENTS. ARJUN BARK IS ALSO USED IN THE TREATMENT OF HEART RELATED PROBLEMS. IT HELPS IN CONTROLLING BLOOD PRESSURE AND INCREASES THE EFFICIENCY OF THE HEART. ARJUN BARK ALSO HAS LIVER DETOXIFYING PROPERTIES AND CONSUMPTION OF ARJUN BARK PROVIDES RELIEF FROM PREMATURE EJACULATION. PAIN OR BURNING SENSATION WHILE URINATING ARE THE MAIN SYMPTOMS OF URINARY TRACT INFECTION. CONSUMPTION OF ARJUN BARK IS BENEFICIAL IN URINARY TRACT INFECTION. ARJUN BARK IS VERY BENEFICIAL IN REMOVING BONE WEAKNESS. ARJUN BARK PROVIDES RELIEF FROM ACNE AND ALSO INCREASES THE GLOW OF THE FACE. ARJUN BARK IS VERY HELPFUL IN RELIEVING THE SYMPTOMS OF FEVER CAUSED BY ANY INFECTION. ARJUN BARK CURES SERIOUS ARTHRITIS PROBLEMS LIKE SEVERE JOINT PAIN AND STIFFNESS AND SWELLING IN THE JOINTS. THE AYURVEDIC PROPERTIES OF ARJUN BARK ARE ALSO VERY BENEFICIAL FOR HAIR AND SCALP. IT IMPROVES BLOOD CIRCULATION IN THE SCALP. THIS ALSO REDUCES HAIR FALL. ALONG WITH THIS, THE ANTI-MICROBIAL PROPERTIES PRESENT IN IT ALSO CURE DANDRUFF AND SCALP INFECTIONS.

**FENUGREEK** IS A RICH SOURCE OF FIBER, PROTEIN, VITAMINS A, B, C, IRON, CALCIUM, MAGNESIUM, POTASSIUM, SODIUM, ZINC, PHOSPHORUS, AND FOLIC ACID, AND GALACTOMANNAN. HENCE, IT HELPS IN PRODUCING A GOOD AMOUNT OF HEMOGLOBIN AND INCREASING THE OXYGEN LEVEL IN THE BLOOD, SUPPLYING OXYGEN-RICH BLOOD TO THE HEART. IT CONTAINS ANTIOXIDANTS THAT PROTECT THE BODY FROM FREE RADICALS AND REDUCE THE RISK OF HEART DISEASES, CURE CHRONIC HEART DISEASES, IMPROVE DIGESTION, LOSE WEIGHT, IMPROVE SKIN AND KEEP HAIR HEALTHY. CONSUMPTION OF FENUGREEK HELPS IN CONTROLLING TYPE 1 AND TYPE 2 BLOOD SUGAR, MAKE THE BRAIN HEALTHY, BALANCE HORMONES, REDUCE CHOLESTEROL ABSORPTION IN THE INTESTINES, INCREASE GOOD CHOLESTEROL BY REDUCING BAD CHOLESTEROL IN THE BODY.

## DIRECTIONS FOR USE:-

- SHAKE THE BOTTLE WELL BEFORE USING **AYUR CHOLESTEROL CARE 1**.
- TAKE **AYUR CHOLESTEROL CARE 1** TWICE A DAY ON AN EMPTY STOMACH WITH 25 TO 30 ML OF LUKEWARM WATER.
- KEEP AWAY FROM DIRECT SUNLIGHT AND CLOSE THE BOTTLE TIGHTLY.
- USE WITHIN 1 MONTH OF OPENING THE BOTTLE.
- FOR BETTER RESULTS, TAKE **AYUR CHOLESTEROL CARE 1** CONTINUOUSLY FOR AT LEAST 3 MONTHS.
- BUY ONLY IF THE BOTTLE IS IN GOOD CONDITION.

KIZAARA  
A DIFFERENT THINKING

**AYUR NATURAL SKIN CARE ( NEEM TULSI SOAP )** CONTAINS COCONUT OIL, LEAF LEAF EXTRACT, NEEM LEAF EXTRACT, ALMOND OIL, ALOE VERA EXTRACT, CASTOR OIL, AND FRAGRANCE. IT IS A VERY SAFE AND NATURAL EXFOLIATE THAT HELPS GREATLY IN REMOVING DEAD SKIN CELLS, REDUCING DRY SKIN, PROTECTING SKIN FROM IRRITATION AND UV RAYS, CLEANSING, BRIGHTENING, HEALING ACNE, SOFTENING SKIN, ANTIBACTERIAL AND FRAGRANCE PROPERTIES HELP IN REFRESHING SKIN.

## INGREDIENTS

COCONUT (COCUS NUCIFERA) FR. OIL	30.0 ML.
TULSI (OCIMUM TENUIFLORUM) LF. EXT.	15.0 ML.
NEEM (AZADIRACHTA INDICA) LF. EXT.	15.0 ML.
ALMONDS (PRUNUS AMYGDALUS) SD. OIL	10.0 ML.
ALOEVERA (ALOE BARBADENSIS) LF. EXT.	10.0 ML.
CASTOR (RICINUS COMMUNIS) SD. OIL	10.0 ML.



## IN OUR AYUR NEEM TULSI SOAP

**COCONUT OIL** IS RICH IN POTASSIUM, MAGNESIUM, SATURATED FATS, AMINO ACIDS AND ELECTROLYTES. IT PENETRATES THE HAIR ROOTS AND INCREASES THEIR MOISTURE AND REMOVES DRYNESS. IT ALSO REDUCES THE CHANCES OF SPLIT ENDS, MAKING THE HAIR SOFT AND SHINY. COCONUT OIL HELPS A LOT IN REDUCING DARK SPOTS, CALMING FACIAL REDNESS, CORRECTING UNEVEN SKIN TONE, INCREASING THE NATURAL PRODUCTION OF COLLAGEN, MAKING THE SKIN FLEXIBLE AND STRONG, CARING FOR THE SKIN AND MOISTURIZING IT.

**TULSI** HAS ANTISEPTIC, ANTIOXIDANT, ANTI-AGING, ANTIBACTERIAL AND ANTI-FUNGAL, VITAMINS AND MINERALS AND PURIFYING PROPERTIES, WHICH HELP A LOT IN CURING PIMPLES ON THE SKIN, MAKING THE SKIN GLOWING, REDUCING WRINKLES AND FINE LINES ON THE SKIN, INCREASING SKIN FIRMNESS, NOURISHING THE SKIN, KEEPING IT YOUNG AND HEALTHY, INCREASING BLOOD CIRCULATION IN THE SKIN, REDUCING PIGMENTATION, DEEPLY CLEANSING THE SKIN, HYDRATING THE SCALP, REDUCING HAIR FALL, DRYNESS AND DANDRUFF AS WELL AS PROMOTING HAIR GROWTH AND KEEPING THE HAIR SHINY AND SOFT.

**NEEM** LEAVES HAVE ANTIOXIDANTS, EXFOLIATING AGENTS, ANTIBACTERIAL AND ANTIFUNGAL PROPERTIES THAT HELP IN CLEANSING AND TIGHTENING THE SKIN, REMOVING SKIN PROBLEMS, CURING ACNE, BLEMISHES, BOILS, ENHANCING SKIN COMPLEXION AND NATURAL GLOW, REDUCING WRINKLES AND FINE LINES, IMPROVING SKIN ELASTICITY AND KEEPING THE SKIN HEALTHY BY PROTECTING IT FROM INFECTIONS AND GETTING RID OF MANY OTHER PROBLEMS LIKE PREMATURE GRAYING OF HAIR, HAIR FALL, DANDRUFF, DAMAGED HAIR AND SCALP INFECTIONS.

## IN OUR AYUR NEEM TULSI SOAP

**ALMOND** OIL CONTAINS ANTIOXIDANTS, VITAMIN A AND VITAMIN E, WHICH ARE VERY HELPFUL IN SOFTENING THE SKIN, ADDING GLOW TO THE SKIN, PROVIDING MOISTURE TO THE SKIN, PROTECTING THE SKIN FROM UV RADIATION, PROTECTING THE SKIN FROM INFLAMMATION, KEEPING THE SKIN YOUTHFUL, IMPROVING SKIN COMPLEXION, TIGHTENING THE SKIN, REMOVING IMPURITIES, REDUCING DEAD SKIN, SOFTENING THE SKIN, REDUCING FINE LINES AND WRINKLES, PROMOTING YOUTHFUL COMPLEXION, REMOVING EXCESS OIL FROM THE SKIN, REDUCING PUFFINESS UNDER THE EYES, REDUCING DARK CIRCLES AND ACNE SCARS AND GIVING THE SKIN A SOFT AND EVEN COMPLEXION.

**ALOEVERA** HAS ANTI-AGING, ANTI-INFLAMMATORY, ANTIOXIDANT, VITAMIN A AND E PROPERTIES, WHICH HELP IN REMOVING WRINKLES, INCREASING COLLAGEN PRODUCTION IN THE SKIN, REMOVING TANNING FROM THE SKIN, REDUCING SKIN INFLAMMATION, PROTECTING THE SKIN FROM FREE RADICALS, GETTING RID OF DRY AND LIFELESS SKIN, REDUCING WRINKLES AND ACNE, REDUCING BURNS AND INJURY WOUNDS, AND THE MOISTURIZING PROPERTIES PRESENT IN IT HELP IN KEEPING THE SKIN HYDRATED AND REMOVING SKIN RELATED PROBLEMS.

**CASTOR OIL** HAS ANTIOXIDANT, ANTI-INFLAMMATORY, FATTY ACID PROPERTIES. WHICH HELPS A LOT IN REDUCING FREE RADICALS IN THE SKIN, REDUCING IRRITATION AND INFLAMMATION, PREVENTING FINE LINES AND WRINKLES ON THE SKIN, REDUCING ACNE, SOOTHING INFLAMED SKIN, RELIEVING PAIN, INCREASING COLLAGEN, SOFTENING THE SKIN, IMPROVING SKIN COMPLEXION, REMOVING BLEMISHES CAUSED BY PIGMENTATION, INCREASING THE NATURAL MOISTURE OF THE SKIN, REMOVING DRYNESS OF THE SKIN, REDUCING DARK CIRCLES.

## DIRECTIONS FOR USE:-

- RUB **AYUR NEEM TULSI SOAP** ON WET BODY SURFACE WHILE BATHING.
- **AYUR NEEM TULSI SOAP** IS SAFE FOR ALL TYPES OF EXTERNAL SKIN ONLY.
- CAUTION: AVOID CONTACT OF **AYUR NEEM TULSI SOAP** WITH EYES AS IT IS A HERBAL PRODUCT AND SOME INDIVIDUALS MAY BE SENSITIVE TO SOME OF ITS INGREDIENTS.



**AYUR NATURAL BEAUTY ( TURMERIC SANDALWOOD SOAP )** IT IS A VERY SAFE AND NATURAL EXFOLIATOR WHICH HELPS A LOT IN REMOVING DEAD SKIN CELLS, REDUCING DRY SKIN, REJUVENATING SKIN, PROTECTING SKIN FROM IRRITATION AND UV RAYS, NOURISHING SKIN, KEEPING IT CLEAN, MAKING IT GLOWING, CURING ACNE, REMOVING DRYNESS AND ROUGHNESS OF SKIN, SOFTENING SKIN AND ITS AROMATIC PROPERTIES HELPS IN KEEPING SKIN FRESH.

## INGREDIENTS

SHUDH SUHAGA (BORAX PURIFIED) PW.	25 MG.
HALDI (CURCUMA LONGA) RHI. EXT.	5.0 MG.
MANJISTHA (RIBIA CORDIFOLIA) RT. EXT.	2.5 MG.
TULSI (OCIMUM TENUIFLORUM) LF. EXT.	2.5 MG.
GILOY (TINOSPORA CORDIFOLIA) ST. EXT.	2.5 MG.
NEEM (AZADIRACHTA INDICA) LF. EXT.	2.0 MG.
AMLA (EMBLIXA OFFICINALIS) FR. EXT.	1.0 MG.



## IN OUR AYUR HALDI CHANDAN SOAP

**PURE BORAX** HAS ANTISEPTIC, ANTIMICROBIAL, ASTRINGENT, SHARP, ROUGH AND ALKALINE PROPERTIES. ITS USE HELPS A LOT IN REMOVING PIMPLES FROM THE SKIN, CONTROLLING SKIN INFECTIONS AND WARTS, REDUCING BLEMISHES, DARK CIRCLES, WRINKLES AND FINE LINES ON THE SKIN, MAKING THE SKIN SHINY AND ALSO PROTECTING THE SKIN FROM DAMAGE CAUSED BY THE SUN'S UVB AND UVA RAYS.

**TURMERIC** HAS ANTIFUNGAL, ANTI-INFLAMMATORY, ANTIBACTERIAL, ANTIOXIDANT PROPERTIES. WHICH HELPS A LOT IN REDUCING SKIN IRRITATION AND INFLAMMATION, PREVENTING SKIN INFECTIONS AND GETTING RID OF ACNE, PROTECTING THE SKIN FROM FREE RADICALS, HEALING SKIN WOUNDS, IMPROVING SKIN COMPLEXION AND MAKING THE SKIN GLOWING, REDUCING DARK SPOTS ON THE SKIN, PREVENTING DRYNESS OF THE HAIR SCALP, HAIR LOSS AND DANDRUFF, PROTECTING HAIR FROM DAMAGE CAUSED BY UV RAYS AS WELL AS KEEPING THEM HEALTHY AND BLACK.

**MANJISTHA** IS AN AYURVEDIC MEDICINE. IT HAS ANTI-INFLAMMATORY, ANTI-BACTERIAL, ANTI-MICROBIAL, ANTI-OXIDANT, ANTI-ACNE AND ANTIBACTERIAL PROPERTIES. IT HELPS A LOT IN REDUCING SKIN INFLAMMATION, REDUCING REDNESS ON THE SKIN, REDUCING PIMPLES ON THE SKIN, REDUCING SKIN BLEMISHES, REDUCING MELANIN IN THE SKIN, INCREASING SKIN COMPLEXION, RELIEVING SKIN ITCHING, SOFTENING DRY SKIN, REDUCING WRINKLES ON THE SKIN AND IMPROVING SKIN COMPLEXION.

## IN OUR AYUR HALDI CHANDAN SOAP

**TULSI** HAS ANTISEPTIC, ANTIOXIDANT, ANTI-AGING, ANTIBACTERIAL AND ANTI-FUNGAL, VITAMINS AND MINERALS AND PURIFYING PROPERTIES, WHICH HELP A LOT IN CURING PIMPLES ON THE SKIN, MAKING THE SKIN GLOWING, REDUCING WRINKLES AND FINE LINES ON THE SKIN, INCREASING SKIN FIRMNESS, NOURISHING THE SKIN, KEEPING IT YOUNG AND HEALTHY, INCREASING BLOOD CIRCULATION IN THE SKIN, REDUCING PIGMENTATION, DEEPLY CLEANSING THE SKIN, HYDRATING THE SCALP, REDUCING HAIR FALL, DRYNESS AND DANDRUFF AS WELL AS PROMOTING HAIR GROWTH AND KEEPING THE HAIR SHINY AND SOFT.

**GILOY** IS AN AYURVEDIC MEDICINE. IT HAS ANTI-OXIDANT, ANTI-INFLAMMATORY, ANTI-AGING PROPERTIES, WHICH HELP IN DETOXIFYING THE SKIN, CURING ACNE, PIMPLES, SWELLING AND ACNE MARKS ON THE SKIN, REMOVING DARK SPOTS ON THE SKIN, REDUCING LINES AND WRINKLES ON THE SKIN, PROTECTING THE SKIN FROM SUN RAYS, UV RAYS, SKIN INFECTIONS AND ALLERGIES, FIGHTING FREE RADICALS OF THE SKIN, PROTECTING FROM PIGMENTATION AND OTHER PROBLEMS CAUSED BY ENVIRONMENTAL POLLUTION, IMPROVING AND GLOWING THE SKIN, IMPROVING THE COMPLEXION OF THE SKIN, MAKING THE SKIN CLEAN, SOFT AND GLOWING AND KEEPING THE SKIN YOUNG.

**NEEM** LEAVES HAVE ANTIOXIDANTS, EXFOLIATING AGENTS, ANTIBACTERIAL AND ANTIFUNGAL PROPERTIES THAT HELP IN CLEANSING AND TIGHTENING THE SKIN, REMOVING SKIN PROBLEMS, CURING ACNE, BLEMISHES, BOILS, ENHANCING SKIN COMPLEXION AND NATURAL GLOW, REDUCING WRINKLES AND FINE LINES, IMPROVING SKIN ELASTICITY AND KEEPING THE SKIN HEALTHY BY PROTECTING IT FROM INFECTIONS AND GETTING RID OF MANY OTHER PROBLEMS LIKE PREMATURE GRAYING OF HAIR, HAIR FALL, DANDRUFF, DAMAGED HAIR AND SCALP INFECTIONS.

**AMLA** CONTAINS ANTIOXIDANT, ANTI-INFLAMMATORY, ANTI-BACTERIAL VITAMIN C AND NUTRIENTS THAT HELP IN SLOWING DOWN THE SIGNS OF AGEING, MAKING THE SKIN GLOW, REDUCING WRINKLES, KEEPING THE SKIN YOUTHFUL, PROTECTING THE SKIN FROM FREE RADICALS, IMPROVING SKIN TONE, TEXTURE AND ELASTICITY, ENHANCING THE NATURAL GLOW OF THE SKIN, FLUSHING OUT TOXINS AND BUILDING NEW CELLS, RETAINING MOISTURE IN THE SKIN, INCREASING RADIANCE, BOOSTING COLLAGEN PRODUCTION AND MAINTAINING SKIN ELASTICITY, REDUCING DARK SPOTS AND PIGMENTATION, PROTECTING THE SKIN FROM INFECTIONS AND CONTROLLING PIMPLES AND OTHER SKIN PROBLEMS AS WELL AS MAKING THE SKIN CLEAN AND SPOTLESS.

**SANDALWOOD** HAS ANTIOXIDANT, ANTIBACTERIAL, ANTI-INFLAMMATORY, ANTISEPTIC PROPERTIES WHICH HELP IN PREVENTING SKIN AGEING, REDUCING BLEMISHES, INCREASING COLLAGEN IN THE SKIN, IMPROVING SKIN COMPLEXION, COOLING THE SKIN, REMOVING SKIN IMPURITIES, REDUCING ACNE AND BOILS, REMOVING SKIN DARKENING CAUSED BY SUNRAYS, INCREASING KERATIN PROTEIN, PROTECTING FROM INFECTIONS AND EVEN OUT SKIN TONE.

## DIRECTIONS FOR USE:-

- RUB **AYUR HALDI CHANDAN SOAP** ON WET BODY SURFACE WHILE BATHING.
- **AYUR HALDI CHANDAN SOAP** IS SAFE FOR ALL TYPES OF EXTERNAL SKIN ONLY.
- CAUTION: AVOID CONTACT OF **AYUR HALDI CHANDAN SOAP** WITH EYES AS IT IS A HERBAL PRODUCT AND SOME INDIVIDUALS MAY BE SENSITIVE TO SOME OF ITS INGREDIENTS.

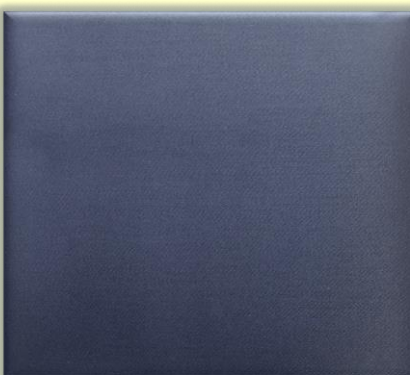
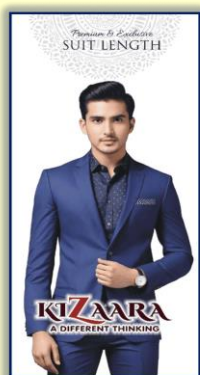
## KIZAARA GREY SUIT LENGTH



CLOTHING THAT DEFINES YOUR PERSONALITY, KIZAARA INTERNATIONAL RETAIL PVT LTD PRESENTS YOU **PREMIUM AND EXCLUSIVE SUIT LENGTH** THAT WILL HELP TO ENHANCE YOUR PERSONALITY. A **PREMIUM AND EXCLUSIVE SUIT LENGTH** FOR MEN AND WOMEN BY KIZAARA INTERNATIONAL RETAIL PVT LTD WITH A GREAT LOOK, BEST QUALITY AND AFFORDABLE PRICE JUST FOR YOU. SUIT LENGTH 3.0 METERS, COLOR :- GREY

**COLOR MAY SLIGHTLY VARY FROM THE PICTURE**

## KIZAARA BLUE SUIT LENGTH



CLOTHING THAT DEFINES YOUR PERSONALITY, KIZAARA INTERNATIONAL RETAIL PVT LTD PRESENTS YOU **PREMIUM AND EXCLUSIVE SUIT LENGTH** THAT WILL HELP TO ENHANCE YOUR PERSONALITY. A **PREMIUM AND EXCLUSIVE SUIT LENGTH** FOR MEN AND WOMEN BY KIZAARA INTERNATIONAL RETAIL PVT LTD WITH A GREAT LOOK, BEST QUALITY AND AFFORDABLE PRICE JUST FOR YOU. SUIT LENGTH 3.0 METERS, COLOR :- BLUE

**COLOR MAY SLIGHTLY VARY FROM THE PICTURE**

## 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 ”**





# KI ZAARA

A DIFFERENT THINKING

INTERNATIONAL RETAIL PVT LTD.

## HEALTH

## AND

## SUCCESS

**BOTH ARE IN YOUR HAND.**



**THANK YOU**





# **KIZAARA**

**A DIFFERENT THINKING**

**INTERNATIONAL RETAIL PVT LTD.**

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