

for Men & Women

Immunity + Organic Chyawanprash+ Breathe Free

(Both immunity and Organic Chyawanprash guard against cold and cough and other infections, Organic Chyawanprash improves digestion and appetite. Breathe free protects against cold and pollution induced respiratory problems.)

Immunity & Breathe Free, DOSAGE: 1 to 2 capsules twice daily with meals and Organic Chyawanprash 1 table spoon twice daily preferably followed by milk, is recommended.

for Men:

Amalaki + Ashwagandha + Triphala

(Antioxidants including Vitamin c in Amalaki help in multiple ways including better digestion, acidity control, improving luster of skin and hair, and slowing down ageing process, Ashwagandha keeps stress away, improves vigor and vitality. Triphala supports healthy digestion and bowel movement, prevents constipation, and improves liver function. All three are safe for long term use). DOSAGE: 1 to 2 capsule each of all the 3 is recommended twice daily with meals.

for Women:

Amalaki + Women's Well Being + Triphala

(Antioxidants including Vitamin c in Amalaki help in multiple ways including better digestion, acidity control, improving luster of skin and hair, and slowing down ageing process.

Shatavari regulates hormones, thus preventing premenstrual syndrome, regulating periods, and healing problems related to menopause. Triphala supports healthy digestion and bowel movement, prevents constipation, and improves liver function. All three are safe for long term use)

DOSAGE: 1 to 2 capsule each of all the 3 is recommended twice daily with meals.

Winter: (November to February)

for Men:

Immunity + Ashwagandha

(Immunity helps prevent and fight infections common in summer and Ashwagandha improves adaptability to summer heat, besides keeping stress away).

DOSAGE: 1 to 2 capsules each twice daily is recommended with meals.

for Women:

Immunity + Shatavari

(Immunity helps prevent and fight infections common in summer and Shatavari improves adaptability to summer heat as well as guards reproductive health.)

DOSAGE: 1 to 2 capsules each twice daily is recommended with meals.

Rainy Season (July to October)

for Men:

Immunity + Herbal antibiotic (Neem) + Ashwagandha

Viral, Bacterial, Protozoal and Fungal infections are common in rainy season. Immunity and Herbal Antibiotic (Neem) help prevent and fight these infections. Ashwagandha helps prepare the body to fight back, besides improving vigor and vitality) DOSAGE: 1 to 2 capsules each twice daily is recommended with meals.

for Women:

Immunity + Herbal Antibiotic (Neem) + Shatavari + Brahmi

Viral, Bacterial, Protozoal and Fungal infections are common in rainy season. Immunity and Herbal Antibiotic (Neem) help prevent and fight these infections. Shatavari helps prepare the body to fight back, besides guarding reproductive health. Brahmi too helps protect skin. DOSAGE: 1 to 2 capsules each twice daily is recommended with meals.

Tulsi



STRESS RELIEF & IMMUNE SUPPORT

"The Queen of Herbs" - is the most sacred herb of India. Tulsi (*Ocimum sanctum*) is also known as Holy Basil. It belongs to family Labiateae. The name "Tulsi" means "the incomparable one". The leaves contain essential oil that contains eugenol, eugenol, carvacrol, methylchavicol, limatrol and caryophylline. Tulsi is the best Adaptogen.

Each vegetarian capsule of Tulsi contains: -

Krishna Tulsi (*Ocimum sanctum*) - 100mg

Rama Tulsi (*Ocimum sanctum*) - 100 mg

Vana Tulsi (*Ocimum gratissimum*) - 100 mg

- ✔ Relieves stress / adaptogen.
- ✔ Bolsters immunity.
- ✔ Enhances stamina.
- ✔ Provides support during cold season.
- ✔ Promotes healthy metabolism.
- ✔ A natural immunomodulator.
- ✔ Diuretic, uricosuric.

INDICATIONS: Stress induced diseases like bronchial asthma, hypertension, diabetes, arthritis, allergies, malignoma, and viral diseases like encephalitis and AIDS. Cold, flu chronic diseases like pulmonary tuberculosis pneumonia, hyperuricemia, gout and water retention.

DOSAGE: 1-2capsules twice daily with meals. Safe and recommended for long term use. Safe for children and infants.

PACKING: Bottle pack of 60's.

ORGANIC INDIA uses only certified organic whole herbs in its formulas ensuring optimal efficacy and unexcelled safety.

When Bowel Functions are Disturbed Normalize
With

Bowelcare™

RELIEVES CONSTIPATION & IBS

RELIEVES IRRITABLE BOWEL SYNDROME
(IBS) AND CHRONIC CONSTIPATION

RELIEVES: Irritable Bowel Syndrome (IBS) and constipation
Indigestion, dyspepsia and hyperacidity

IMPROVES: Nutritional absorption and assimilation Intestinal
transit, Elimination of stool without development of addiction.



USEFUL IN: Esophagitis, gastritis, GI ulcers, gastroenteritis, diverticulitis, colitis
Chronic diarrhea, chronic giardiasis, amoebic and bacterial dysentery.

Each vegetarian capsule of Bowelcare contains -

Bel (*Aegle marmelos*)

- 300 mg

- ✔ Balances excess mucus secretion
- ✔ Anti - inflammatory, anthelmintic, antiviral
- ✔ Anti - diarrhea, anti - dysentery
- ✔ Reduces colic
- ✔ Inhibits microbial overgrowth in intestines, especially
Salmonella, Shigella and Fungi

Chandrashoor (*Lepidium Sativum*) - 50 mg

- ✔ Reduces tenesmus
- ✔ Anti - ulcer
- ✔ Lubricates and soothes the bowel.

Isabgol (*Plantago ovata*)

- 25 mg

- ✔ Forms mucilage in the GI tract
- ✔ Protects mucosal lining of GI tract
- ✔ Useful in ulcers and inflammation
- ✔ Absorbs toxins and supports healthy peristalsis
- ✔ Facilitates elimination of stool.

DOSAGE: 1-2 capsules twice daily with meals at least for three months. Safe and
recommended for long term use.

Advanced dosage 2capsules thrice daily with meals.

In severe cases of constipation, recommended to be taken with Triphala.

PACKING: Bottle pack of 60's.

ORGANIC INDIA uses only certified organic whole herbs in its formulas for
optimal efficacy and unexcelled safety.

For a Healthy life- Keep Your Liver and Kidneys healthy
With

Liver Kidney Care™

HEALS & PROTECTS LIVER & KIDNEYS

RESTORES HEALTHY LIVER & KIDNEY
FUNCTIONS



✔ Rejuvenates fatty or sluggish liver, effective in hepatitis,
jaundice and cirrhosis

✔ Regulates fat metabolism in obesity

✔ Combats pyelonephritis, renal failure, urinary tract infection, eliminates
kidney stones

✔ Reduces toxicity of pollution, drugs, alcohol and other chemicals.

Each vegetarian capsule of Liver - Kidney Care contains -

Bhumyamalaki (*Phyllanthus niruri*) - 125 mg

✔ Protects against liver and kidney disorders like infectious hepatitis and
nephritis.

✔ Detoxifies and regenerates the kidneys and liver.

✔ Has antiviral activity against hepatitis viruses.

Punarnava (*Boerhaavia diffusa*) - 100mg

✔ Effective against hepatic and urinary tract infections.

✔ Potent diuretic and renal regenerative

Katuki (*Picrorrhiza kurroa*) - 100 mg

✔ Diuretic, antipyretic and antiparasitic

✔ Strengthens immunity from viruses, chemical toxins and other stressors.

LIVER KIDNEY CARE

NUTRITIONALLY SUPPORTS LIVER AND KIDNEYS

DOSAGE: 1-2 capsules twice daily with meals for at least one month or more. Safe
and recommended for long term use. In viral hepatitis and chronic renal failure at
least 1-year treatment is advised. Strongly recommended to be taken
simultaneously with anti-tubercular and other hepatotoxic drugs.

Also recommended for people with alcohol abuse problems.

PACKING: Bottle pack of 60's.

ORGANIC INDIA uses only certified organic herbs in its formulas ensuring
optimal efficacy and unexcelled safety.



Osteoseal™

HERBAL CALCIUM & MINERALS

For osteoporosis, healthy growth, fractured bones, arthritic conditions, muscular diseases.

ORGANIC INDIA offers for the first time, a herbal formulation with the highest bioavailable calcium, phosphorus, vitamins and amino acids.

Each vegetarian capsule of Osteoseal contains-

Harjor (*Cissus quadrangularis*): -200 mg

- ✔ Supplies abundant calcium, phosphorus, vitamin C and interferes with mucopolysaccharides and collagen synthesis which enhance bone formation.
- ✔ Ensures faster recalcification and early completion of the healing process on the fracture site.
- ✔ Anti-inflammatory, analgesic and antioxidant properties help regenerate healthy cells in condition such as arthritic joints and osteoporosis.
- ✔ Assists in healthy bone formation in people of all age groups.

Sahijan (*Moringa pterygosperma*) - 100 mg

- ✔ Provides complete nutritional support to bones, joints and surrounding tissues with a rich supply of vitamin A, B, C and E, aminoacids, minerals such as calcium, phosphorus, iron and magnesium.

Shatavari (*Asparagus racemosus*) - 50 mg

- ✔ Immunomodulator
- ✔ Antioxidant
- ✔ Soothes Gastrointestinal mucosal layer

DOSAGE: 1-2 capsules twice daily with meals. Safe & recommended for long term use. Osteoseal is compatible with conventional medicines commonly used for the treatment of bone disorders.

In women recommended with Women's well being, for better result.

PACKING: Bottle pack of 60's.

ORGANIC INDIA uses only certified organic whole herbs in its formulas ensuring optimal efficacy and unexcelled safety.

Suffering from ARTHRITIS OR JOINT PAIN?

For complication free effective management take-

Flexibility™

ARTHRITIS RELIEF

POWERFUL HERBAL FORMULATION TO SUPPORT HEALING & REGENERATION OF INFLAMMED AND ARTHRITIC JOINTS

- ✔ Reduces inflammation
- ✔ Relaxes muscle spasms
- ✔ Supports joint reparation
- ✔ Decreases morning stiffness
- ✔ Increases muscular power
- ✔ Enhances stamina and endurance
- ✔ Improves joint mobility
- ✔ Analgesic, antipyretic
- ✔ Anxiolytic
- ✔ Immuno-modulatory action helps in rheumatoid arthritis



Each vegetarian capsule of Flexibility contains:

Motha (*Cyperus rotundus*) - 200 mg

- ✔ Mild tranquilizing qualities
- ✔ Analgesic, anti-inflammatory
- ✔ Anti-arthritic, immuno-modulator
- ✔ Protects gastric mucosa

Ashwagandha (*Withania somnifera*) - 60 mg

- ✔ Anti-arthritic, anti-inflammatory
- ✔ Anti-stress, antipyretic, analgesic
- ✔ Enhances stamina and muscular strength
- ✔ Protects against stress related ulcers of GI tract

Guruchi (*Tinospora cordifolia*) - 35 mg

- ✔ Strong Immunomodulator anti stress
- ✔ Anti-inflammatory anti-arthritic

Rama Tulsi (*Ocimum sanctum*) - 30 mg

- ✔ Anti-arthritic, anti-inflammatory
- ✔ Anti-stress, potent immuno-modulator, analgesic
- ✔ Enhances stamina, endurance, muscular strength
- ✔ Protects against stress related ulcers of GI tract
- ✔ Calming effect on Central nervous system

Long term use of Flexibility may replace the need for allopathic medicines and reduce further development of joint disease (osteo and rheumatoid arthritis). Safe in combination with allopathic analgesics, reducing their side effects (stress ulcers etc.)

DOSSAGE: 1-2 capsules twice daily with meals at least for three months. Safe and recommended for long term use.

Can be taken along with conventional medicines, which can be gradually reduced until no longer necessary.

For better results, Flexibility should be taken with osteoseal while treating osteoarthritis and with Immunity, while treating rheumatoid arthritis.

PACKING: Bottle pack of 60's.

ORGANIC INDIA uses only certified organic whole herbs in its formulas, ensuring optimal efficacy and unexcelled safety.

Hormonal Balance Is The Key To Women's Health

Take

Women's Well Being™

RELIEVES PMS & MENSTRUAL PROBLEMS

TO CORRECT IRREGULAR CYCLES & PRE-MENSTRUAL SYNDROME (PMS) IN TEENAGERS & ADULT WOMEN & FOR MENOPAUSAL SYNDROME IN MIDDLE AGES

- ✔ Restores hormonal balance and regularizes irregular menstrual cycles.
- ✔ Through stress reduction the hypothalmo-pituitary-ovarian endocrine axis normalizes and further restores balance of hormones.
- ✔ Reduction in uterine contraction and protection from stress relieves painful menstruation.



- ✔ Tones female organs, improves feminine figure and luster.
- ✔ Relieves mental and emotional tension during menstruation, hormonal changes and menopause.
- ✔ Safe formulation, reduces the side-effects of hormone therapy.

Each vegetarian capsule of Women's Well-Being contains -

- Shatavari** (*Asparagus racemosus*) - 250 mg
- ✔ Improves all female hormone / reproductive functions and balances hormone levels.
 - ✔ Rich in phytoestrogens, which naturally normalize the estrogen levels, (having either agonist or antagonist actions).

- Guruchi** (*Tinospora cordifolia*) - 50 mg
- ✔ Reduces uterine contraction.
 - ✔ Enhances immunity.
 - ✔ Immuno - modulator, anti - inflammatory agent.
 - ✔ Neuroprotective.

- Vana Tulsi** (*Ocimum gratissium*) - 25 mg
- ✔ Protects against stress and enhances immunity
 - ✔ Calming effect on CNS, anti - inflammatory
 - ✔ Rich in antioxidants, prevents premature ageing

- Lodhra** (*Symplocos racemosa*) - 25 mg
- ✔ Antioxidant rejuvenating tonic for women
 - ✔ In puberty: improves skin tissue, supports breast formation and uterine, as well as ovarian development.
 - ✔ Improves femininity and female figure.

DOSAGE: 1-2 capsules twice daily with meals at least for three months. Safe and recommended for long term use. For acute symptoms: e.g. hot flashes take 2 capsules thrice a day with meals. Pre - Menopause & Menopausal syndrome: Up to 2 capsules 3 times a day can be prescribed.

PACKING: Bottle pack of 60's.

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Feeling tired all the time?
Getting tired easily?
Successfully treated but not fit enough to resume work?
Senior citizen?
Low energy level?
Take-

Vitality™
ENERGISER & VITALIZER

PATIENTS DEFINE IT A FEELING OF WELL - BEING
COMBINATION OF POWERFUL ANTI - STRESS AND ADAPTOGENIC AGENTS
TO ENHANCE ENERGY AND BOOST IMMUNITY.

- ✔ Strong staminator
- ✔ Promotes vitality and alertness
- ✔ Supports a strong, healthy immune system
- ✔ Improves cell - mediated and humoral immunity
- ✔ Shields from oxidative cell damage
- ✔ Prevents premature ageing
- ✔ Protects from viral and other infections, benign and malignant tumors.

Vitalizer that increases the body's resistance to stress and stress related diseases. Defense against low immunity, chronic viral infections and chronic fatigue.

Each vegetarian capsule of Vitality contains -

- Ashwagandha** (*Withania somnifera*) - 100 mg
- ✔ Adaptogen / anti - stress agent, enhances immunity, anti - ageing, anti - fatigue, potent antioxidant, reduces symptoms of Parkinsonism, protects against stress related ulcers, useful in prevention and treatment of tumors, supports healthy thyroid function.

- Vana Tulsi** (*Ocimum gratissium*) - 65 mg
- ✔ Powerful Adaptogen / anti stress agent, immuno modulator, antioxidant, prevent premature stress related ulcers, antiviral, antibacterial.

- Katuki** (*Picrorrhiza kurroa*) - 65 mg
- ✔ Adaptogen / antistress agent with strong defense against viruses, hepatoprotective, reno - protective, staminator.

- Rama Tulsi** (*Ocimum sanctum*) - 65 mg
- ✔ Adaptogen / antistress agent with strong defense against viruses, hepatoprotective, reno - protective, staminator.

- Neelkamal** (*Nymphaea stellata*) - 30 mg
- ✔ Adaptogen / anti-stress agent with gastro friendly effect.

INDICATIONS:

- ✔ Chronic fatigue syndrome
- ✔ Geriatric patients
- ✔ General debility
- ✔ Exhaustion syndrome
- ✔ Stress related diseases
- ✔ Convalescence

DOSAGE: 1-2 capsules twice daily with meals at least for three months. Safe and recommended for long term use.

PACKING: Bottle pack of 60's.



Your Immune system is your most dependable friend-
A strong immune system Keeps cold, cough, various infections and allergies away---

Immune system can be strengthened

Immunity™
VIRAL SUPPRESSANT & IMMUNE SUPPORT

STRENGTHENS AND BALANCES THE IMMUNE SYSTEM, INCREASES STAMINA, PROTECTS AGAINST STRESS.

- ✔ Effective in allergy, upper respiratory tract infection, bronchial asthma and viral pneumonia.
- ✔ Natural support in immune defense against infections like hepatitis, tuberculosis, chronic UTI, AIDS.
- ✔ Supports body in dealing with stress related diseases.
- ✔ Supports immunity in cases of diabetes mellitus, cancer, chemotherapy and radiation.
- ✔ Strengthens immune response to viruses, bacteria, fungi and other microbes.
- ✔ Provides a rich supply of antioxidants and nutritional support to immune system
- ✔ Provides a rich supply of antioxidants and nutritional support to immune system
- ✔ Helps to protect liver and kidney function.

IMMUNITY PRESERVES ENERGY RESERVES OF BODY FOR AN ACTIVE AND HEALTHY LIFE.

Each vegetarian capsule of Immunity contains -

Katuki (*Picrorrhiza kurroa*) - 165 mg

- ✔ Significant adaptogenic / anti-stress activity, protects against stress, increases stamina.
- ✔ Strong support in defense against viral infections.
- ✔ Hepato and renoprotective, promotes overall immune function, effective in stress related ulcers of GI tract.

Krishna Tulsi & Vana Tulsi (*Ocimum sanctum & Ocimum gratissimum*) - 55 mg

- ✔ Immuno - modulators, anti-inflammatory
- ✔ Staminators, anti-asthmatic, prevent GI ulcers
- ✔ Protect against radiation, anti-ageing
- ✔ Facilitate digestion & absorption of nutrients

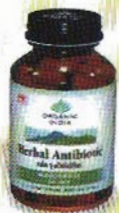
Immunity reduces the effect of physical, chemical, biological, psychological and emotional stress. Provides calmness and clarity and increases the body's capacity to fight against diseases.

DOSAGE: 1-2 capsules twice daily with meals at least for three months. Safe and recommended for long term use. Recommended in combination with Liver-kidney Care in cases of viral hepatitis.

In cold and cough, Immunity, along with Amalaki and Ashwagandha, can give better results.

PACKING: Bottle pack of 60's.

ORGANIC INDIA uses only certified organic whole herbs in its formulas ensuring optimal efficacy and unexcelled safety.



Herbal Antibiotic™

BLOOD PURIFIER

ANTI-MICROBIAL AND BLOOD - PURIFYING FORMULA MADE WITH NEEM

- ✔ A broad-spectrum natural antibiotic of plant origin.
- ✔ Relieves acne, fungal, bacterial, viral and parasitic infections. Provides nutritional support to various tissues of skin and minimizes skin blemishes.

- ✔ Effective in oral hygiene, wound healing, purification of blood and blood sugar regulation.
- ✔ Treats chronic respiratory, urinary tract and other infections, supports therapy of pulmonary tuberculosis.

Each vegetarian capsule of Herbal Antibiotic contains -

Neem (*Azadirachta indica*)

- Leaves:** 300 mg
- Flowers:** 10 mg
- Soft twigs:** 15 mg
- ✔ Nature's best anti-infective agent
- ✔ Strong immuno modulator
- ✔ Supports action of leaves.

For prevention and treatment of all types of infections: viral, bacterial, fungal and parasitic.

DOSAGE: 1-2 capsules twice daily with meals at least for three months. Recommended for a minimum of three months for candidiasis, acne and chronic UTI. Recommended to be taken in combination with immunity for all chronic infections.

Recommended for 1-3 months for acute infections and wound healing.

PACKING: Bottle pack of 60's.



Lipidcare™

TOTAL CHOLESTEROL CONTROL

Hypercholesterolemia and dyslipidemia are the major risk factors leading to development of cardiovascular diseases. Moderate to severe adverse effects have been reported with available drugs, such as statins. There is need for a product which can prevent both hypercholesterolemia and dyslipidemia without adverse side effects. Lipidcare is a natural cardio-protective offering total cholesterol control.

- ✔ Lowers LDL, enhances HDL
- ✔ Reduces heart's work load by lowering heart rate and blood pressure.
- ✔ Is a mild blood thinner and diuretic, hence reduces work load on heart
- ✔ Significantly reduces triglycerides
- ✔ Contains active antioxidants protecting the heart tissues.

Each vegetarian capsule of Lipidcare contains:

Arjun (*Terminalia arjuna*): 150mg

- ✔ Lowers LDL, raises HDL
- ✔ Reduces work load on heart by lowering heart rate and blood pressure
- ✔ Increases fecal bile acid secretion
- ✔ Inhibits hepatic cholesterol synthesis.

Harjor (*Cissus quadrangularis*): 150mg

- ✔ Lowers serum lipid level, which includes Total cholesterol, LDL cholesterol and Triglycerides.
- ✔ Improves HDL cholesterol level
- ✔ Lowers body weight
- ✔ Reduces Body Fat mass
- ✔ Reduces blood glucose level

Amalaki (*Phyllanthus emblica*): 50mg

- ✔ Lowers blood cholesterol level
- ✔ Rich in antioxidants
- ✔ Relieves oxidative stress.
- ✔ Lowers triglycerides level
- ✔ Prevents atherosclerosis

Vana Tulsi (*Ocimum gratissimum*): 50mg

- ✔ Reduces Total lipid level
- ✔ Reduces total triglycerides level
- ✔ Reduces blood glucose level
- ✔ Reduces total cholesterol level
- ✔ Reduces total phospholipids level

INDICATIONS:

- ✔ Hypercholesterolemia
- ✔ Dyslipidemia
- ✔ Atherosclerosis
- ✔ As a cardio-protective

DOSAGE: 2 capsules twice daily.



Breathe Free™

ASTHMA & RESPIRATORY RELIEF

WHEN THERE IS A NEED TO BREATHE FREE
----- THIS FORMULATION BRINGS ASTHMA
RELIEF & LUNG PURIFICATION

Decongests the pulmonary system and helps repair damaged lung tissues.

RELIEVES

- ✔ Infections of the respiratory tract including lung infections.
- ✔ Respiratory allergies including allergic asthma.
- ✔ Bronchial asthma and chronic spasmodic bronchitis.
- ✔ Complements the treatment of coronary artery diseases.

Today's exposure to air pollution in city life and increasing numbers of various allergens, makes maintaining clean lungs a priority for a healthy life. Breathe free nourishes and supports the vital respiratory functions.

Each vegetarian capsule of Breathe Free contains -

Pushkarmool (*Inula racemosa*) - 250mg

- ✔ Strong anti - allergic and antihistaminic agent
- ✔ Cardio protection against respiratory anoxia.
- ✔ Expectorant properties
- ✔ Potent broncho dilator

Krishna Tulsi (*Ocimum sanctum*) - 30 mg

- ✔ Antibacterial, antiviral, antifungal, anti-inflammatory
- ✔ Immunomodulator, Adaptogen, anti-stress agent
- ✔ Calming effect on central nervous system
- ✔ Provides antioxidant and other nutrients

Bibhitaki (*Terminalia belerica*) - 30 mg

- ✔ Expectorant, antipyretic
- ✔ Relaxes smooth muscles of respiratory tract
- ✔ Mild central stimulation of respiratory centers
- ✔ Improves psychosomatic component of asthma

Pippali (*Piper longum*) - 15 mg

- ✔ Relief of cough, expectorant
- ✔ Protection against allergic bronchospasm
- ✔ Centrally improves depressed respiratory component of bronchial disease.

Breathe Free can be taken simultaneously with most allopathic anti-asthmatic drugs without contraindications. Many patients have found that the dosage of allopathic drugs can be decreased gradually until they are no longer necessary.

DOSAGE: 1-2 capsule twice daily with meals at least for three months. Safe and recommended for long term use. Recommended for long-term use in chronic allergic and bronchial asthma and other forms of COPD.

Recommended for short-term use (1to 3 weeks) in cases of acute exacerbation of COPD.

PACKING: Bottle pack of 60's.

ORGANIC INDIA uses only certified organic herbs in its formulas ensuring optimal efficacy and unexcelled safety.

Ensure A Complication Free Management Of Diabetes
With

Sugar Balance™

DIABETIC RELIEF



- ✔ Useful for diabetic patients on oral anti-diabetic drugs
- ✔ Useful for diabetic patients on insulin therapy
- ✔ Preventative in predisposition to diabetes mellitus
- ✔ Retards absorption of dietary sugar
- ✔ Normalizes blood glucose level
- ✔ Improves insulin receptor sensitivity

Each vegetarian capsule of Sugar Balance contains -

Bimbi (*Coccinia indica*) -200 mg

- ✔ Retards absorption of dietary sugar

Bougainbelia (*Bougainvillea spectabilis*) - 30 mg

- ✔ Improves sensitivity of insulin receptors and is a natural source of pinitol

Sadabahar (*Vinca rosea*) - 20 mg

- ✔ Blood glucose lowering property

- ✔ Single use in control and treatment of mild diabetes mellitus
- ✔ Allows gradual reduction and cessation of concurrent use of modern drugs
- ✔ Completely safe for long term use
- ✔ Complements diet, exercise and modern therapy in diabetes mellitus

Sugar Balance improves the utilization of glucose in the blood and can be used together with conventional anti-diabetic medicines. Repeated testing of serum glucose levels may indicate that oral antidiabetics can be gradually decreased in dosage until no longer necessary. In severe cases of diabetes mellitus, treated by insulin injections, Sugar Balance can be administered simultaneously with insulin therapy. By continuous testing of the serum glucose levels in the first four months of additional administration of Sugar Balance, it may be possible to taper insulin doses as the requirements of insulin decrease. In many cases, after four months, insulin requirements become very low to negligible, and oral anti-diabetic medicines can also be discontinued, so that Sugar Balance alone is sufficient to control diabetes mellitus. Complications of diabetes mellitus (e.g. diabetic nephropathy) might be also improved.

DOSAGE: 1-2 capsules twice daily with meals at least for three months. Safe and recommended for long term use.

PACKING: Bottle pack of 60's.



Suffering from Over weight and Obesity?

Take

Weight Balance™

METABOLIC REGULATOR

NATURAL SOLUTION TO EXCESS WEIGHT & OBESITY

- ✔ Promotes weight loss
- ✔ Restores normal fat distribution
- ✔ Removes fatigue
- ✔ Complements allopathic therapy in over-weight patients of arthritis and diabetes mellitus

Each vegetarian capsule of Weight Balance contains -

Bhumyamalaki (*Phyllanthus niruri*) - 125mg

✔ Improves excretory functions, helps normalizing body weight

Guruchi (*Tinospora cordifolia*) - 125 mg

✔ Immunomodulator, fat regulator

Amalaki (*Phyllanthus emblica*) - 75 mg

✔ Antioxidant, improves fat distribution

WEIGHT BALANCE NORMALISES FAT METABOLISM IN OVER WEIGHT PATIENTS. EFFECT ENHANCED BY REGULAR EXERCISE

DOSAGE: 1 -2 capsules twice daily with meals for at least one month or more. Recommended with controlled diet rich in fibres and low on fats for better results. Safe and recommended for long term use.

PACKING: Bottle pack of 60's.

ORGANIC INDIA uses only certified organic whole herbs in its formulas ensuring optimal efficacy and unexcelled safety.

Memory, Intelligence And Mental Concentration Can Be Improved With



Brahmi

IMPROVES BRAIN & NERVOUS SYSTEM

THE MEMORY ENHANCER

Botanical name of this plant is *Centella asiatica*. It belongs to family Umbelliferae. Brahmi a name derived from Brahma, the creator God of the Hindu pantheon of deities. It is also known as Mandookparni. It is celebrated for its diversity of usage. Brahmi has been used in traditional Indian medicines for over 3000 years. Traditionally, it is known as a miracle brain food to enhance memory development,

learning and concentration.

Each vegetarian capsule of Brahmi contains -

Brahmi (*Centella asiatica*) - 350 mg

- ✔ Enhances memory, mental alertness and concentration.

- ✔ Protects and supports the nervous system.
- ✔ Relieves mental stress, negative emotions and depression.
- ✔ Reduces leg edema (swelling) due to venous insufficiency.
- ✔ Anti - giardiasis activity.

INDICATIONS - Mental stress, depression, lack of concentration, memory decline, negative emotions, leg oedema due to venous insufficiency, Alzheimer's disease and paralysis, herpes simplex, giardiasis.

DOSAGE: 1-2 capsules twice daily with meals. Safe & recommended for long term use.

PACKING: Bottle pack of 60's.

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Vigour And Vitality Can Be Improved Precious Moments With Your Partner Can Be Made More Enjoyable With-

Ashwagandha

ENHANCES VIGOUR & VIRILITY



Botanical name of this plant is *Withania somnifera*. It belongs to family Solanaceae. Other names being Winter cherry and Indian ginseng. Ashwagandha in Sanskrit means "horse's smell", probably originating from the odor of its root which resembles a sweaty horse. The species name *somnifera* means "sleep bearing" in Latin.

Indicating it was considered as a sedative but it has been also used for sexual vitality and as an adaptogen. The key constituents of

Ashwagandha are alkaloids and a group of steroidal lactones known as withanolides. Ashwagandha has been shown to increase stress resistance, improve memory related performance, and protect against stress-induced responses such as anxiety and physiological imbalances. It offers powerful nutritional support to energize and rejuvenate, by helping minimize the negative effects of stress, supports a healthy immune system and helping build sexual and reproductive balance.

Each vegetarian capsule of Ashwagandha contains: -

Ashwagandha (*Withania somnifera*) - 400 mg

- ✔ Enhances vigor and vitality.
- ✔ Energizes and rejuvenates.
- ✔ Neuroprotective
- ✔ Thyroid stimulant

INDICATIONS: Stress related diseases and disorders like chronic bronchitis, hypertension, colitis, gastric ulcer, fatigue syndrome, premature ageing, tension, anxiety, neurosis, schizophrenia, Parkinsonism, rheumatism, insomnia, cancer and hypothyroidism.

DOSAGE: 1-2 capsules twice daily with meals for 3 months. Safe and recommended for long term use.

PACKING: Bottle pack of 60's.

ORGANIC INDIA uses only certified organic whole herbs in its formula ensuring optimal efficacy and unexcelled safety.

*The Name Shatavari Means - It Can Multiply Your Youthful Womenhood
Hundred Times.*

IT IMPROVES WOMEN'S GENERAL HEALTH ALSO.

Shatavari

HORMONAL BALANCE



Botanical name of this plant is *Asparagus racemosus*. It belongs to family *Asparagaceae*. Other names being Indian asparagus, hundred roots, asparagus roots. Shatavari is a versatile traditional plant used for a variety of serious diseases as also impotency of both sexes. Shatavari means "one who possesses a hundred husbands". It is considered both a general tonic and a female reproductive tonic.

Shatavari is the main ayurvedic rejuvenative tonic for females. Shatavari is however, also used for sexual debility and infertility in both sexes. It is also used for menopausal symptoms and to increase lactation.

Each vegetarian capsule of Shatavari contains:-

Shatavari (*Asparagus racemosus*) - 400 mg

- ✔ Nutritive tonic
- ✔ Rejuvenative
- ✔ Aphrodisiac
- ✔ Laxative
- ✔ Diuretic
- ✔ Appetizer

INDICATIONS: hormonal imbalances including irregular and painful menses, PMS, premenopausal and menopausal syndrome, post partum bleeding, insufficient lactation, disturbed estrogen level.

DOSAGE: 1-2 capsules twice daily with meals. Safe and recommended for long term use.

PACKING: Bottle pack of 60's.

ORGANIC INDIA uses only certified organic whole herbs in its formulas ensuring optimal efficacy and unexcelled safety.

*Youthfulness Can Be Prolonged-cells' destruction Can Be Slowed Down. All
Body Functions Can Be Improved And A Healthy
Digestion Can Be Restored With-*

Amalaki

NATURAL VITAMIN C



Botanical name of this plant is *Emblica officinalis* (Greek), *Phyllanthus emblica* (Latin), and the other names being Indian gooseberry, Dhatri the nurse. Amalaki is also known as a rasayana (having restorative and balancing effects on the 3 constitutional elements that govern human life: Vat, Pit, Kaph). It belongs to family *Euphorbiaceae*. *Emblica officinalis* is a deciduous tree with exfoliating bark. It is used

in Ayurveda as an antacid, cardiogenic, aphrodisiac, antipyretic, antidiabetic, cerebral and gastrointestinal tonic. It raises the total protein level and increases the body weight due to positive nitrogen balance. It has been found to have an anabolic effect.

Each vegetarian capsule of Amalaki contains:-

Amalaki (*Emblica officinalis*) - 500 mg

- ✔ Natural antioxidant with Vitamin C.
- ✔ Improves eye - sight, luster of skin and hair.
- ✔ Improves stamina, soothes and cleanses the bowel.
- ✔ Mild laxative, anti - ulcer activity.

INDICATIONS: Low immune states like chronic and recurring common cold, fever, allergy, skin infection, oral ulcer, bleeding gums and anti ageing, hyperacidity, gastroduodenal ulcers.

DOSAGE: 1-2 capsules twice daily with meals for three months. Safe and recommended for long term use.

PACKING: Bottle pack of 60's.

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Triphala

IMPROVES DIGESTION & ELIMINATION



In fact, the benefits of Triphala are so well known that a well-known Indian saying goes like this: "You don't have a mother? Don't worry, as long as you have Triphala in your life!"

Triphala is one of the most famous ayurvedic herbal formulations.

Triphala literally means "three fruits". The three fruits contained in triphala are Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia*

belerica) and Haritaki (*Terminalia chebula*). Triphala is tridoshic--equally balancing for Vata, Pitta and Kapha--it is useful for all skin types. Amla, one of the three ingredients in Triphala, is the richest known natural source of vitamin C. Vitamin C helps in the production of collagen, which is necessary to keep skin supple and thick. Triphala also contains calcium and other micronutrients.

Each vegetarian capsule of Triphala contains:-

Amalaki (*Emblica officinalis*) - 160 mg

Haritaki (*Terminalia chebula*) - 160 mg

Bibhitaki (*Terminalia belerica*) - 160 mg

Triphala helps to detoxify and cleanse the colon, it also purifies the blood and removes toxins from the liver. Other benefits of Triphala include reducing some forms of lipids (serum cholesterol), hypotensive and antacid activity.

INDICATIONS: Constipation, hyperacidity, hyper motility, anorexia, indigestion and skin disorders, eye diseases.

DOSAGE: (Specific laxative dose as per Dr N.Singh -4 to 6 capsules 1 hour before dinner with a glass of water)

DOSAGE: 1-2 capsules twice daily with meals. Safe and recommended for long term use.

PACKING: Bottle pack of 60's

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Our Business is Your Wellness

"All our herbs are tested for heavy metals in compliance with international safety standards"



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Health & Happiness

