

DAILY[®]
HABITS
HEALTH
CARE



DAILY HABITS JOINT CARE



An effective formulation to counter bone and joint related issues which exerts positive impact on health of bone, joints, cartilages, ligaments.

INGREDIENTS

❖ Commiphora Mukul & Boswellia Serrata

Anti-Arthritic agents, Suitable for all joint diseases like Arthritis, Gout, etc. Helps in regeneration of Synovial fluids in the joint. Shallaki acts as

anti-inflammatory agent.

- ❖ **Alpinia Galanga, Smilax China & Pluchea Lanceolata**
Powerful pain relieving effect without side effect like pain-killers & steroids. Chopchini exerts positive effects on Gout.
- ❖ **Piper Longum**
Bioperine acts as synergist and increases functions of all other ingredients.
- ❖ **Zinc**
Useful in early healing of ligament tear, cartilage injury.
- ❖ **Tribulis Terristris**
Strengthen Kidney functions & works as pain killer.
- ❖ **Curcuma Longa**
Contains high bioactive compounds (Curcuminoids) with powerful medicinal properties against tumorous cells.
- ❖ **Laccifer Lacca**
Has potent bone healing properties.

BENEFITS:

- ❖ Promotes healthy joints, bones, cartilages and ligaments.
- ❖ Useful in reducing symptoms of Arthritis like pain and swelling.
- ❖ Stops the degeneration happening at the joint level.

USE INSTRUCTIONS

- ❖ Preventive: 1 Tablet on Daily basis to promotes healthy joints, bones, cartilages and ligaments.
- ❖ Curative: 2-3 Tablets per day before or after meals for reducing symptoms of Arthritis like pain and swelling.

DAILY HABITS LIVER CARE



Liver is the most vital organ of body performing array of functions from digestion, detoxification, enzyme formation etc. Burdened due to today's lifestyle like excessive alcohol, foods with pesticides and colours means Liver requires proper care. Daily Habits Liver Care is a one stop solution to all liver disorders.

INGREDIENTS

- ❖ **Picrorhiza Kurroo, Andrographis Paniculata & Ocimum Tenuiflorum:** Powerful antioxidant, helps to repair liver tissue. Works as liver tonic and aids in all liver functions. Conditions liver against damage due to toxins, alcohol, chemical drugs etc.
- ❖ **Cassia Fistula & Rheum Emodi:** Has detoxification like effect and minimizes load of liver to clean toxins from body. Has laxative effect as well hence detoxifies alimentary tract also.
- ❖ **Aphanamixis Polystachya, Tephrosia Purpurea & Capparis Spinosa:** Useful in liver as well as spleen functioning.
- ❖ **Solanum Nigrum & Swertia Chirata:** Important in secretion of bile & liver enzymes.
- ❖ **Lecithin, Cichorium Intybus & Achillea Millefolium:** Helps in fat metabolism

BENEFITS:

- ❖ Supports normal liver functions like digestion, detoxification.
- ❖ Helps in formation and normalizing of liver enzymes.
- ❖ Effectively promotes health of spleen and gall bladder as well.
- ❖ Has effective anti-viral effect and protects from hepatitis and helps liver cells in regeneration.

USE INSTRUCTIONS

- ❖ Preventive: 1 Tablet on daily basis for normal liver functioning
- ❖ Curative: 2-3 Tablets per day before or after meals.
- ❖ Precautions: Restrain from coloured, packed foods alcohol etc.

DAILY HABITS HEART CARE



High fat foods, unhealthy food practices, and sedentary lifestyle causes heart problems. Once a heart patient, can lead to lifetime consumption of medicines and a precautionary life henceforth.

Daily Habits Heart Care, an herbal product works as heart tonic and helps reduce cholesterol & regulate blood pressure.

INGREDIENTS

- ❖ **Commiphora Wightii :** Guggulosterones and Allicin from Garlic helps to reduce LDL i.e bad cholesterol and improve HDL levels in body.
- ❖ **Nardostachys Jatamansi:** Reduces anxiety, hypertension and promotes sound sleep.
- ❖ **Selenium & Coenzyme Q 10 :** Research shows these reduces heart disease by 50%. Helps to improve overall heart function, reduces heart muscle fatigue, congestive cardiac failure, stroke and heart attacks.
- ❖ **Vitis Vinifera:** Has resveratrol which is potent antioxidants against heart ailments.
- ❖ **Tribulus Terrestris:** Strengthen kidney, increases urine output & effective in congestive cardiac failure.

BENEFITS:

- ❖ Helps to strength heart, cardiac tonic.
- ❖ Helps to reduce cholesterol and triglycerides which are bad fats and known for cardiac ailments.
- ❖ Helps to boost HDL i.e good fat and improves HDL/LDL ratio.
- ❖ Reduces blood pressure, anxiety & promotes sound sleep.
- ❖ Reduces risk of congestive cardiac failure, heart attacks & stroke.

USE INSTRUCTIONS

- ❖ Preventive: 1 Tablet on daily basis as heart tonic.
- ❖ Curative: 2-3 Tablets per day before or after meals.

DAILY HABITS DIA CARE



For current trending diabetes disease we have holistic approach. One formulation to control diabetic symptoms, complications and elevated blood glucose levels. **INGREDIENTS**

- ❖ **Encicostema Littorale:** Corsolic acid safely reduces blood glucose levels. Mamajao stimulates Beta Cells of Pancreas to secrete insulin.
- ❖ **Trigonella Foenum-Graecum & Syzygium Cumini:** Inhibits conversion of carbohydrate to glucose, helps to lower lipid

metabolism & blood glucose levels.

- ❖ **Pterocarpus Marsupium, Momordica Charantia, Picrorhiza Kurrooa & Salacia Reticulata:** Polypeptide-p or p-insulin which has been shown to control diabetes naturally. It also helps to control Diabetes symptoms like frequent urination, thirst, tingling sensation.
- ❖ **Garcinia Gummi-Gutta & Gymnema Sylvestre:** Hydroxycitric acid (HCA) inhibits an enzyme that helps your body store fat there by helps in Type II Diabetes. These also slow down absorption of glucose uptake from intestine.
- ❖ **Cinnamomum Tamala & Piper Longum:** Increases basal metabolism rate of body and there by uptake of sugar utilization.
- ❖ **Chromium Picolinate:** Helps to minimize de-sensitivity of Insulin at receptor levels in Type II Diabetes.

BENEFITS

- ❖ Helps to maintain function of insulin and pancreas.
- ❖ Controls blood glucose levels naturally. Controls diabetes symptoms like frequent urination, thirst and hunger etc.
- ❖ Controls diabetic complications like neuropathy & retinopathy.

USE INSTRUCTIONS

- ❖ **Preventive:** 1 Tablet Daily to increase metabolism.
- ❖ **Curative:** 2-3 Tablets per day % hour before meals.
- ❖ **Precautions:** Regular Moderate Exercise & moderate Diet.

DAILY HABITS CONFIDEX



Alpha male with killer instinct, vigour, vitality creates a long lasting impact. For this testosterone plays vitalrole. Daily Habits Confidex a unique blend of powerful botanicals boosts Testosterone production naturally. **INGREDIENTS**

- ❖ **Orchis Latifolia:** Rare Himalayan herb which helps in sperm motility & erectile dysfunction. It also boosts (DHEA) Dehydroepiandrosterone that act as precursors in the production of testosterone.

- ❖ **Asparagus Adscendens :** Amazing aphrodisiac agent which helps enhance male potency & reduces signs of fatigue. Prescribed to males who have low sperm count and low libido.
- ❖ **Asteracantha Longifolia, Mucuna Prureins & Anacyclus Pyrethrum:** Helpful in general debility & less sperm count.
- ❖ **L-Arginine** This amino acid converts to Nitric oxide and increases blood flow to sexual organs and helps in attaining good erection.
- ❖ **Myristica Fragrans & Acacia Arabica:** useful in premature ejaculation.

BENEFITS

- ❖ Helpsincrease stamina, vigour, vitality in body.
- ❖ Helpsboost Testosterone productionin body.
- ❖ Helps increase sperm count in body & Increases energy levelin body. Helps to treat male infertility.
- ❖ Helpindisorder like Oligospermia, Azospermia, Aspermia.

USE INSTRUCTIONS

- ❖ **Preventive:** 1 Tablet daily toincrease stamina, vigour.
- ❖ **Curative:** 2-3 Tablets per day before or after meals.
- ❖ **Precautions:** Consume more milk products.

DAILY HABITS THYROID CARE



Thyroid is key organ which controls body metabolism, weight management. Now a days thyroid issues have become more prevalent and people are stuck with lifetime dose of chemical medicines to control thyroid functions causing even more metabolism issues and weight gain issues. Hence Daily Habits Thyroid Care offers a complete holistic solution to these problems and improves quality of life of individuals.

INGREDIENTS

- ❖ **Bauhinia Variegata & Moringa Oleifera**
Also plays important role to reduce weight caused due to thyroid hormone imbalance & nodular thyroid growth.
- ❖ **Boerhavia Diffusa & Tinospora Cordifolia**
As the name suggest this herb helpsin cellular regeneration and also helps to reduce swelling.
- ❖ **Swertia & Plumbago Zeylanica**
Controls symptoms of vitiated thyroid hormones like anorexia, indigestion etc.
- ❖ **Bacopa Monnieri & Piper Longum**
Useful herb which works on master gland i.e Pituitary gland in brain which controls Thyroid gland. Also helps to balance mood swings, anxiety and helps to achieve sound sleep.

BENEFITS

- ❖ Helps Thyroid to secrete normal levels of thyroid hormones.
- ❖ Useful in reducing symptoms of Thyroid imbalance like hot flushes, irritation, mood swings, weight issues.
- ❖ Works on Pituitary gland which controls Thyroid functions.

USE INSTRUCTIONS

- ❖ **Preventive:** 1 Tablet Daily to promotes Thyroid functions.
- ❖ **Curative:** 2-3 Tablets per day after meals.

DAILY HABITS KIDNEY CARE



Kidneys are vital as they help to flush out toxins from body but at the same time retain important nutrient back. Balancing this dual act makes Kidney very vital organ in body. Daily Habits Kidney Care is ray of hope to all Kidney patients, which helps to strengthen Kidney, boosts its functions and helps in toxin removal.

INGREDIENTS

- ❖ **Tribulus Terrestris**
Strengthen Kidney functions & works as pain killer.

❖ **Crataeva Nurvala**

Helps in cellular regeneration & helps to reduce swelling which can be seen in many kidney failure patients. Varun works as astringent and diuretic.

❖ **Hygrophila Auriculata, Bergenia Ligulata & Dolichos Biflorus**

Helps to remove kidney stones present in urinary tract.

❖ **Vetiveria Zizanioides, Cucumis Sativus & Coriandrum Sativum**

Works as coolant and reduces symptoms like hot flush, nausea, irritation etc.

❖ **Achyranthes Aspera & Raphanus Sativus**

These herbs have scrapping like effect in body and help to remove kidney stones naturally.

BENEFITS

- ❖ Regulate kidney functions and strengthens kidney.
- ❖ Works on reducing symptoms of kidney disease like swelling, burning micturition etc.
- ❖ Has lithotriptic action & helps to remove kidney stones.
- ❖ Helps to normalize kidney function tests parameters so that kidney can work smoothly.

USE INSTRUCTIONS

- ❖ **Preventive:** 1 Tablet Daily to promote healthy kidney functions.
- ❖ **Curative:** 2-3 Tablets per day before meals.

DAILY HABITS DETOX



Improper food habits, leads to indigestion, constipation, anorexia. Also this can severely affect your mood throughout the day and also nutrition levels in your body.

So to have a healthy gut requires proper care and detoxification of body. Detoxification is the only process which helps body to get rid of harmful toxins and chemicals accumulated in your body. Hence Daily Habits Detox is wonderful and effective product which helps body detoxify and strengthen your digestion.

INGREDIENTS

❖ **Silybum Marianum, Plumbago Zeylanica & Picrorhiza Kurroo:**

Regulate enzyme production required for digestion.

❖ **Azadirachta Indica**

Reduce symptoms of acidity, nausea and works as coolant.

❖ **Embelia Ribes & Tinospora Cordifolia**

Improve digestion & helps in secretion of digestive enzymes in body and helps to remove flatulence from body.

❖ **Cassia Fistula**

Regularizes bowel movements and relieves constipation.

❖ **Foeniculum Vulgare**

Known for its digestive, carminative properties.

BENEFITS

- ❖ Removes toxins & achieve complete detoxification.
- ❖ Reduces symptoms of acidity, indigestion, anorexia, constipation etc.
- ❖ Improves digestion by production of digestive enzymes.
- ❖ Improves gut health and recurrence of digestive issues.

USE INSTRUCTIONS

- ❖ **Preventive:** 1 Tablet on Daily basis at night for constipation. Sensitive people can take ½ tablet also
- ❖ **Curative:** 2-3 Tablets per day before meals.

DAILY HABITS EYE CARE



Daily Habits Eye Care is a lifetime gift given by God. Eyes need to be nourished properly to maintain eye health.

- ✦ **Vaccinium Myrtillus:** It helps to strengthen eye muscles. It is also useful in immature cataract, conjunctivitis and vision impairment disorders.
- ✦ **Moringa Oleifera:** It is a herbal mineral ophthalmic product helpful in treating variety of eye disorders.

✦ **Phyllanthus Emblica Terminalia Chebula & Terminalia Bellirica :**

Potent combination of Amla Hirda & Behda acts as Rasayana and helps in various eye related disorders like dry eyes, watery eyes, inflamed eyes, infections etc.

✦ **Daucus Carota & Lutein:**

Vitamin A natural precursor Beta Carotene, Lutein & Zeaxanthin present in these helps in eye health, vision disorders.

✦ **Shigru & Coriandrum Sativum:**

Has host of Vitamins & Minerals useful for eye health.

BENEFITS:

- ✦ Helps to maintain eye health.
- ✦ Relieves ocular fatigue and helps from dry eyes.
- ✦ Helps to maintain normal vision as it has source of natural vitamins.
- ✦ Helps to relieve eye strain and protect light induced damage due to excessive use of mobiles, TV and computers etc.

USE INSTRUCTIONS:

- ✦ **Preventive:** 1 tablet on daily basis ½ hour before food
- ✦ **Curative:** 2-3 tablets on daily basis ½ hour before food with luke warm water.

DAILY HABITS NOVA



Daily Habits Nova is a one of its kind revolutionary food supplement made from 10 Superfoods.

Superfoods are known to have premium source of vitamins, minerals, plant metabolites like flavonoids, anthocyanins etc which impart host of benefits like free radical scavenging activity, anti-oxidant property, boosts immunity, helps to fight nutritional deficiency disorders, improves endurance etc. Now don't worry about holistic nutrition as Daily Habits Nova has it all.

BENEFITS:

- ❖ **Morinda Citrifolia:-** Noni has shown immune-stimulating and tumor-fighting properties. Noni juice helps manage oxidative stress and reduces the impact of stress on cognitive function. It also helps to reduce cellular damage.
- ❖ **Arthrospira Platensis:-** Spirulina contains a vast array of antioxidants, vitamins, and minerals, all of which are key for promoting health. Spirulina has been found to have a high protein content of 60% – 65% which is much greater

than the majority of vegetables. The primary antioxidant in spirulina is known as phycocyanin which is the substance that gives spirulina its greenish-blue color. Phycocyanin has been found to be particularly effective in inhibiting the inflammatory response.

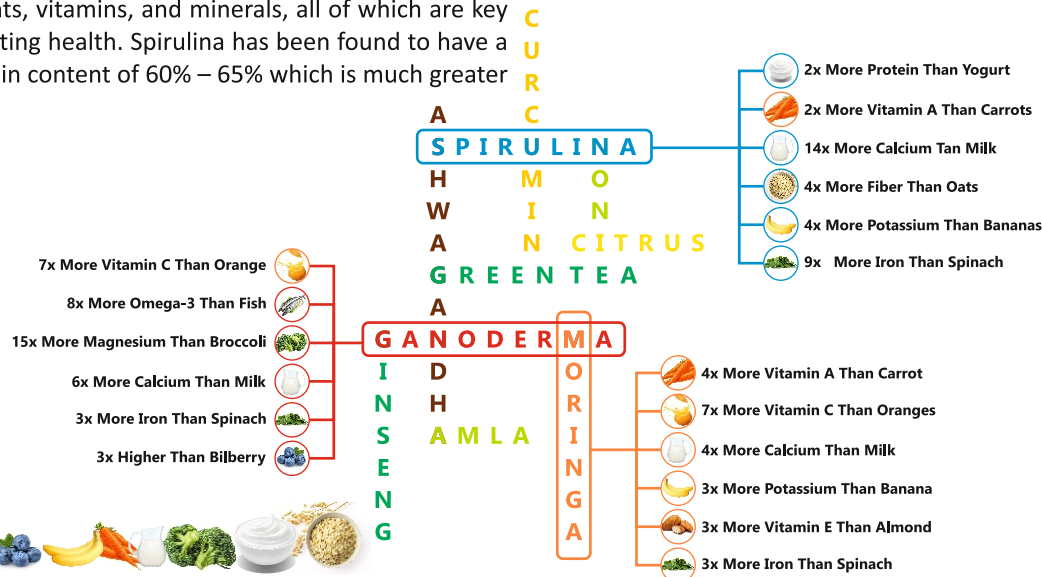
- ❖ **Moringa Oleifera:-** Moringa leaves are an excellent source of many vitamins and minerals. It also has actives like quercetin, chlorogenic acid, beta carotene etc which shows very potent anti-oxidant properties useful against oxidative stress.
- ❖ **Curcuma Longa:-** Contains high bioactive compounds (Curcuminoids) with powerful medicinal properties against tumorous cells.
- ❖ **Camellia Sinensis:-** Has detoxifying effect on body and helps to remove toxins from body and boosts metabolism.
- ❖ **Lingzhi Mushroom:-** Reishi mushroom can enhance immune function through its effects on white blood cells, which help fight infection and cancer.
- ❖ **Citrus Bioflavonoids** The antioxidant power of flavonoids is well documented in different studies. They interfere with the enzymes that create free radicals, which suppresses reactive oxygen species (ROS) formation scavenge free radicals.
- ❖ **Chlorophytum Borivilianum** is one of the most powerful herbs in Ayurvedic healing. It is classified as a rasayana i.e.

rejuvenation in Ayurveda and expected to promote physical and mental health, restore the body and increase longevity. Chlorophytum Borivilianum helps promote relaxation as it is a natural adaptogen.

- ❖ **Vitis Vinifera:-** Indian gooseberry or Vitis Vinifera is undeniably a powerhouse of nutrients. Vitis Vinifera is an excellent source of Vitamin C, hence it helps boost your immunity, metabolism and prevents viral and bacterial ailments, including cold and cough. Its nutritional profile also comes studded with a range of polyphenols that are known to fight against the development of cancer cells.
- ❖ **Medicago Sativa:-** Medicago Sativa contains two significant compounds: ginsenosides and gintonin. These compounds complement one another to provide health benefits. Medicago Sativa has been shown to help reduce inflammatory markers and help protect against oxidative stress. Ginsenosides in Medicago Sativa seem to regulate inflammation, provide antioxidant protection and maintain the health of cells, which could help decrease the risk of certain kinds of cancer.

DOSAGE:

- ❖ **Preventive:-** 1 tablet on daily basis ½ hour before food
- ❖ **Curative:-** 2-3 tablets on daily basis ½ hour before food with luke warm water.



MRP 600 | BV 125 | 60 Tablets



DAILY HABITS SHYN



Because every person deserves to be fair with flawless skin and even skin tone and glowing best. And to make sure that you be that here is Daily Habits Shyn made with **Swiss Effervescent technology** and formulated using worlds most promising whitening agent **Glutathione**.

- **Glutathione:** Worlds premier whitening agent & master anti-oxidant. It is known that glutathione may promote pheomelanin synthesis, inhibit intracellular melanogenic enzymes and tyrosinase activity, and demonstrate antioxidative as well as anti aging effects. Due to these effects help to brighten skin tone as well.
- **Grapeseed Extract:** Reseveratrol from Grape seed extract is known for its anti-oxidant activity and helps in scavenging free radicals from body.
- **Vitamin C & E:** These help in promoting collagen and elastin production and helps in skin firming action and reducing fine lines of ageing.
- **Alpha Lipoic Acid:** As an antioxidant, it attacks free radicals throughout the body. In skin care products, companies tout it as a substance that can erase fine lines and wrinkles, diminish pores, and give skin a healthy glow.

BENEFITS:

- Ingredients in **Daily Habits Shyn** are known to promote skin glow and radiance.
- Glutathione, Grapes and Vitamin C, Alpha Lipoic Acid has proven antioxidant benefits.
- It is completely sugar free and for Diabetic and calorie conscious people.

DOSAGE:

- **The on the go nutrition is easy to consume, all you need to do is:**
 - ♦ Pop 1 **Daily Habits Shyn** tablet into a glass of water (250ml approx...)
 - ♦ Fizz and let it dissolve (takes up to a minute) and cheers to glowing radiant skin.
 - ♦ Packed in a convenient easy to carry tube so that **"Daily Habits Shyn"** can be your on the go beauty BFF.

DAILY HABITS CMD



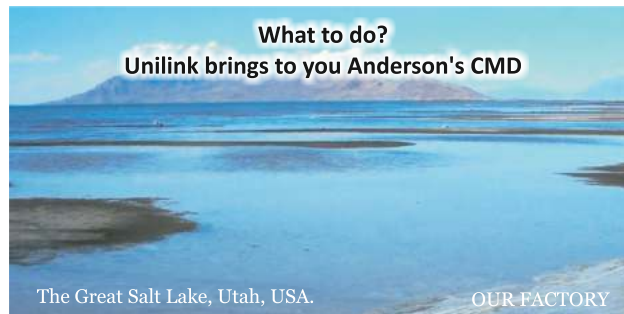
Have you been wondering, why despite of a balanced diet and a healthy lifestyle you are drifting towards bad health?

The answer is
Lack of Minerals

About Anderson's CMD

Have you ever thought that the food you eat is missing on minerals miserably & your healthy looking food is pushing you towards most modern diseases? And do you also know that food we raise or purchase in markets today, seldom contains more than 16 to 18 synthetic minerals and it is well known that the human body requires at least 60 minerals in order to maintain a disease and ailment free state? When life first began on Earth, the soils were rich in minerals but after thousands of years of weathering, farming, cropping and grazing, most of the minerals have been removed and have washed back to the oceans therefore our diet has severe scarcity of essential minerals.

It can be concluded that without supplementation, it is not likely that we can eat enough food to get the full range of essential trace minerals required to obtain optimum health and longevity



All natural source of minerals sourced from The Great Salt Lake of UTAH, USA & processed by Mineral Resources International, Inc.

What is Anderson's CMD?

A marriage of nature and science, Anderson's CMD is the original, authentic, all-natural, low-sodium, Great-Salt-Lake-sourced, full-spectrum mineral complex made with love care by the Hartley Anderson family. CMD is a concentrated mineral & trace mineral product, about 50 times more concentrated than sea water. The mineral in CMD are in ionic form making them highly bioavailable. This product is carefully crafted through a traditional, all-natural,

solar-concentration process that does not use any artificial ingredients, artificial drying processes, or minerals sourced from facilities other than those controlled by the Anderson family.

GRAS (Generally Recognized as Safe), Kosher Certified, Halal Certification, Vegetarian, Non Gluten-Free, Passes the U.S. FCC's heavy metals safety test.

Over one million customers across India have already purchased MRI's iconic product Anderson's CMD to take step towards better health and have experienced amazing results

Anderson's CMD goes through a 2-year evaporation process and has the highest standards in the industry.

How to use?

- Just add 20 to 30 drops to any of your drink during your day and it will provide you sufficient mineral supplement.
- You may also use CMD in cooking of your food, it will increase flavor of your food but will also enrich its nutrition value.

Why you should choose CMD over other mineral supplements? Top 10 Reasons

- 1) IONIC:** CMD is made up of naturally - ionized fast, which are very important for absorption:-
 - 2) PURE:** CMD is extracted from the northern part of the Great Salt Lake, Utah, USA.
 - 3) NATURAL:** CMD is not a laboratory product. It is lake water with 99.5% sodium removed. It is 100% natural. No artificial coloring, preservative or flavoring is added.
 - 4) CONCENTRATED:** CMD is 50 times more concentrated than sea water. It is more concentrated than any other mineral supplement in the market.
 - 5) COMPLETE:** CMD comprises of macro minerals (magnesium, calcium, potassium, chloride and sulfur) and over 40 micro minerals like chromium, iodine, manganese, selenium & zinc, making it a most complete mineral supplement.
 - 6) MULTI FUNCTIONAL:** It has got multi functional properties, for improving our health by boosting body immune system, for motion of new blood cells, improving body metabolism etc.
 - 7) BALANCED:** CMD is not only complete but also balanced. If the minerals in our body are balanced, they work together to create a dynamic equilibrium.
 - 8) CONVENIENT:** It is easy to consume, just add 20-40 drops to your drinks or food per day for adults
 - 9) PROVEN:** Millions of testimonies across the world prove that CMD is vital for human health
 - 10) ECONOMICAL:** CMD is affordable compared to other mineral supplement available in the market
- CMD is not a drug. Not for medicinal use. No approved therapeutic claims.**

DAILY HABITS PROTEIN RANGE

Proper nutrition is way to healthy and active life. Imbalance of nutrition is prime cause of disorder. And it adds up with today's hectic life style and junk & adulterated food. Look no further as we have one of the best nutritional supplements in the form of protein powder "DAILY HABITS PROTEIN" fortified with premium ingredients.

COMMON INGREDIENTS

❖ Premium Protein

Contains 4 unique plant proteins like Soya, Milk, Pea & Whey to provide all amino acids for body developments.

"DAILY HABITS PROTEIN" has highest protein content as compared to market products and provides 6 gm protein perserving of 10 gm.

"DAILY HABITS PROTEIN" has PDCAAS Score of 1. That means all protein is 100% digestible and made bio-available to body for use

Due to this unique combination of 4 proteins, "DAILY HABITS PROTEIN" is and ideal choice for overall development of individuals

❖ Immunity Boosting Agents

"DAILY HABITS PROTEIN" apart form Protein source also has host of Immunity Boosting agents like

- ♦ Lactalbumin - Has anti-oxidant property, helps to improve mood and have good sleep.
- ♦ Colostrum — Has around 80 growth boosting factors, immunity boosting agents. Most sophisticated Immune

modulating agent, helpsin bacterial, viral infections

- ♦ Guduchi — Helps to increase white blood cells and platelets there by works as rejuvenating agent.

These World class, technologically advanced immunity boosting agents help in boosting overall immunity, production of WBC which work as defence mechanism of body, fighting all type of bacterial and viral infections.

❖ Source of Natural Vitamins and Minerals

- ♦ Beta Carotene — Most protein source in market contain synthetic form of Vitamin A. "DAILY HABITS PROTEIN" has naturally derived source of Vitamin A in the form of Beta carotene. Important for eye health & skeletal growth.

- ♦ Vitamin D — Most pharmaceutical products in market contain synthetic or non veg source of Vitamin D. In "DAILY HABITS PROTEIN" again vegetarian and plant source of Vitamin Dis used for bone health.

- ♦ Coral Calcium used is again natural form of Calcium for healthy bones and cartilages.

- ♦ Vitamin E - Potent Antioxidant and helps reduce damage from free cells.

- ❖ **Alovera & Pippali** — Digestive in nature and manages inflammatory diseases like Ulcerative colitis etc.

- ❖ **White Curcumin** — Antibacterial, Anti fungal properties, known as potent anti-cancerous agent.

SPECIAL INGREDIENTS

DAILY HABITS PROTEIN FOR ADULTS

- ❖ **Mulethi** - Provides relief from recurrent respiratory tract infections like cough cold and hyperacidity.
- ❖ **Safed Musli & Ashwaganda** - Unique Adaptogen and stress reliever for all ages.

DAILY HABITS PROTEIN FOR KIDS

- ❖ **Brahmi, Shakhpushpi, Vacha** - Unique botanicals for improving memory, intelligence, grasping and higher cognitive functions.
- ❖ **Mulethi, Karkatshrungi, Kumbhika** - Helps in recurrent cough & cold. Kumbhika helps to digest milk protein.

BENEFITS

- ❖ Provides all essential macro and micro nutrients like carbohydrate, protein, fats, vitamins & minerals in balanced quantities for nutrition.
- ❖ Helps to boosts immunity and WBC count thereby protects from variousinfections.
- ❖ Controls nutritional deficiency and life style disorders.

USE INSTRUCTIONS

- ❖ **Preventive:** 1 scoop of 10 gm on daily basis with milk or water.
- ❖ **Curative:** 2-3 scoops per day with milk or water





ZUVAN INTERNATIONAL

Parge Nagar, Kondhwa, Pune - 411 048.