

VESTIGE BRANCH OFFICES

Agartala

Dimsagar, P.S.
East Agartala -799001
(Tripura)
0381-2327030,08131873725
Weekly Off - Wednesday

Ahmedabad

Hrishikesh - 2, 101, First Floor, Opp. Navrangpura Municipal School-10, Near Navrangpura Bus Stand, Navrangpura, Ahmedabad - 380009 (Gujarat) P: +91 7965226151/58
Weekly off - Sunday

Aizawl

Ephraim Vestige Stock Point H. No: B-32/B Khatla, Near Vety, Directorate Building P.O. Aizawl- 796001 (Mizoram) P: +91 389 2333038, 9436141534
Weekly off - Sunday

Balalore

Plot No 1093/2974, 2nd Floor, Near D.I.C. Chhak, Angargadia, Balalore - 756001 (Odisha) P: +91 6782327200, 8908956460
Weekly off - Tuesday

Bargarh

Plot No. 1421, Khata No. 91, 2nd Floor, BPJP Offizo, Bramhachari, Bargarh - 768028 (Odisha) P: +91 9040423021
Weekly off - Tuesday

Bengaluru

Atrium Prestige Tower, 503, 4th Floor, central Street, Near Shivajinagara Bus Stand, Bengaluru -560001 (Karnataka) P: +91 80 42075452,
Weekly off - Sunday

Bhopal

Mezzanine Floor, Plot No. 238, M. P. Nagar Zone-1, Bhopal -462016 (Madhya Pradesh) P: +91 755 4700451/53, 9584111131
Weekly off - Wednesday

Bhubaneswar

876, Mahavir Nagar, Bhudeshwari, Nandini Mansion, Gobind Prasad, Ist Floor, Cuttack Road, Bhubaneswar - 751006 (Odisha) P: +91 674 2573326, 9692769444
Weekly off - Tuesday

Chennai

Sun Centre, Illrd Floor, No. 02 Tank Bund Road, Nungambakam Chennai - 600034 (Tamil Nadu) P: +91 44 42626373/28226116
Weekly off - Sunday

Dehradun

102, Ballupur Road, Near Deeplok Colony Creation Tower, 2nd Floor Above Yes Bank, Dehradun, Uttarakhand-248001, India 0135-2531157, 0135-2531158
Weekly off - Wednesday

Delhi - Lajpat Nagar

B-6, 2nd Floor, Lajpat Nagar-2, New Delhi -110024 (Delhi) P: +91 11 42282800
Weekly off - Tuesday

Delhi -Bali Nagar

F-101, IInd Floor, Bali Nagar, New Delhi -110015 (Delhi) P: +91 11 47431200
Weekly off - Monday

Dimapur

H. No. GB7, Near Nikos Hospital Midland, Dimapur - 797112 (Nagaland) P: +91 3862-248422, 9774050070
Weekly off - Sunday

Gangtok

31A N.H. Way, Convoy Ground, Daragaon Bazar, Post Tadong, Gangtok- 737102 (Sikkim) P: +91 3592 232057
Weekly off - Sunday

Ghaziabad

13-C/7, Sec-13, Vasundhara, Ghaziabad - 201012 (U.P) P: +91 120 4131261
Weekly off - Sunday

Goa

SHOP NO.FF-10 TO FF-18, MIDASTOUCH, 1ST FLOOR, OLD MARKET, MARGAO - GOA 403601 P: +0832-2700653, 9511787527
Weekly off - Sunday

Guwahati

Citi Point, 1st Floor, Opp. ASTC Bus Stand G.S. Road, Paltan Bazar, Guwahati - 781008 (Assam) P: +91 361 2733905
Weekly off - Thursday

Hamirpur

City Tower, 1st Floor, Ward No.8 Near Bus Stand Hamirpur - 177001 (H.P) P: +91 1972 224854, 9418472154
Weekly off - Wednesday

Imphal

Sagolband Bijoygovinda, Imphal West, Imphal - 795001 (Manipur) P: +91 385 2447262, 8119800248
Weekly off - Sunday

Jaipur

B-59, Ground Floor, Lal Kothi Yojana, Sahakar Marg, Jaipur - 302015 (Rajasthan) P: +91-141-4028639/2741369
Weekly off - Wednesday

Jammu

RP-9 Complex, 4/2 Extn, Sector-2, 1st Floor, Trikuta Nagar, Jammu 180012 (J & K) P: +91 191 2479708, 9086550707
Weekly off - Sunday

Kanpur

GF-2, Ratan Square,14/144, Chumni Ganj, Kanpur, Uttar Pradesh - 208001 P: +91 512 3073964, 9795335786
Weekly off - Tuesday

Kochi

2nd Floor, South Wing, Govardhan Building, Chitloor Road, Opp. NCC Group HQ, Kochi - 682035 (Kerala) P: +91 484 4041221, 8144311198
Weekly off - Sunday

Kolkata North

4th Floor, Swastik Building, Nazrul Islam Avenue, Tegharia Kolkata - 700157 (West Bengal) P: +91 33 40016441 P: +91 33 40016442
Weekly off - Tuesday

Kolkata South

Premises No. 1, 3rd Floor Acharya Jagdish Chandra Bose Road Kolkata - 700020 (W.B.) 91 33-40034921
Weekly off - Monday

Ludhiana

Shree Radha Govind Complex, Plot No.1, Shakti Nagar, Pakhowal Road, Ludhiana-141002 (Punjab) P: +91 161-5011142/22242, 9356386038
Weekly off - Sunday

Mumbai - Borivali

306 of 3rd & 401.402 & 404 of 4th Floor, Orchid Plaza, Plot No - 27 of TPS, Village Kanheri, Off. S.V. Road, Natakawala lane. Borivali West, Borivali - 400092 (Maharashtra) P: +91 22, 28611115/16
Weekly Off - Sunday

Mumbai - Ghatkopar

Jay Vijay Commercial HSG. SOC. Ltd., 201/202, A-wing, Opp. Hindi High School, Near Uday Cinema, Ghatkopar (W), Mumbai-400086 (Maharashtra) P: +91 22 25128531/32
Weekly off - Wednesday

Panipat

SCO-33, 1st Floor & 2nd Floor, Sec-11, Huda, Panipat - 132103 (Haryana) P: +91 180 4007871, 9991273777
Weekly off - Monday

Patna

1st Floor, N.P. Tower, Kankarbagh, Patna - 800020 (Bihar) P: +91 612 2385155
Weekly off - Wednesday

Ranchi

103, Ground Floor, Block-F, Bansal Plaza, Old Hazaribagh, Ranchi - 834001 (Jharkhand) P: +91 651 2460572, 9334529759
Weekly off - Wednesday

Rourkela

Hotel Solace Complex, Panposh Road, Rourkela, Distt. Sunder Garh, Rourkela, Odisha -769004 P: +91 661 2400598, 9437044065
Weekly off - Tuesday

Raipur

2nd & 3rd Floor, Fafadih Pili Building, Bilaspur Road, Opp SBI Bank, Above Muthoot Finance, Raipur - 492001 (Chattisgarh) P: +91 771-4072401-403 9713288073
Weekly off - Monday

Shillong

Umsohsun, Opposite RI Khasi Printing Press, Shillong, Meghalaya-793001 P: +91 364 2544390, 9863064813
Weekly off - Sunday

Telangana

8-1-8, 3rd Floor, Opposite SBI NRI Branch, Opp Clock Tower, SD Road, Secunderabad, Hyderabad - 500003 (Telangana) P: +91 40 42027146/47
Weekly off - Sunday

Trichy

First Floor No. 4, Vijay Towers, Collector's Office Road, Cantonment, Trichy- 620001 (Tamil Nadu) P: +91 431 4023344, 8144311198
Weekly off - Sunday

Vishakhapatnam

1st & 2nd Floor, Door No. 45-40-44 (1), Abid Nagar, Akkayapalem, Vishakhapatnam - 530016 (A.P) P: +91 9000846960
Weekly off - Tuesday

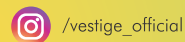


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Health GUIDE

The ultimate manual for a healthy lifestyle



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CELLULAR NOURISHMENT THERAPY

The human body is made up of over 63 trillion cells. Nutrition or nourishment is needed for the cells to remain healthy so that we can lead a healthy life. Eating well means eating a variety of foods. No single food contains all the nutrients that our bodies need. This results in many nutritional deficiencies that go unnoticed. It has been proven that nutritional deficiency may lead to a number of ailments and disorders of a human body. In order to prevent such deficiencies, Vestige believes in spreading the benefits of Cellular Nourishment Therapy. It is a holistic approach, which includes world class products that are rich in all the essential vitamins, minerals, fibre, fatty acids, amino acids and various other nutrients. These products supply the body with the right amount of nutrition and also make up for the lack of nourishment.

NEED FOR GOOD HEALTH

The human body works as a machine and it needs a constant supply of nutrients to carry out its day-to-day activities. If the body's engine does not get enough nutrition then it is bound to be sluggish and low on energy, thereby leading to improper functioning of the body and can even make it prone to diseases.

The body, therefore, tends to under perform due to the following reasons:

- ❶ **Lifestyle disorders:** With an increase in the number of comforts being offered to mankind, a lot of people have fallen prey to sedentary lifestyles. It is because of this lifestyle that they tend to ignore their health, which leads to under-nourishment even though they think they are eating well. They skip on the essential nutrients while consuming all the wrong ones.
- ❷ **Food choices:** The human tongue is spoiled by taste rather than what is good for the body. So we eat what tastes good but might not essentially be nutritious, which eventually leads to nutritional imbalance.
- ❸ **Low consumption of fruits and vegetables:** Fruits and vegetables provide the body with fibre along with other essential vitamins and minerals. They aid in proper digestion and are good for improving overall health. But people tend to ignore these benefits and do not consume even the minimum amount of servings of fruits and vegetables required by the body.
- ❹ **Busy schedules:** As more and more people get busy with their work and have hectic schedules to follow, their health takes a backseat. They eat whatever they get and whenever they are able to. It leads to a huge deficiency of nutrients in the body.
- ❺ **Following fad diets:** A lot of people blindly follow diets that they think would make them lose weight but in turn deprive the body of nutrients required to be healthy. One should try and strike a balance between eating the right food and exercise.

NUTRITIONAL SUPPLEMENTS & GOOD HEALTH

To overcome the deficiency in one's diet, intake of nutritional supplements is safe across all age groups and is beneficial to each in the following ways:

- ❶ **Children:** They require essential nutrients for their growth and development. Nutritional supplements help in improving memory and provides energy as children have to study for long hours and also play a lot of outdoor games. Nutritional supplements build immunity and provide essential nutrients for their healthy growth and development.
- ❷ **Youth:** They require energy and strength to cope with the high stress levels. Nutritional supplements help them combat physical and mental changes/stress that they go through.
- ❸ **Working class:** Busy schedules, work and family obligations, stress and competition keep them on their toes all the while and exhaust the body's ability to lead a normal healthy life. Nutritional supplements help them beat stress and be healthy.
- ❹ **Middle age:** With age, the body's level of energy to carry out day-to-day activities starts to decline, coupled with sedentary lifestyle it becomes even more essential for one to get a daily dose of supplements to revitalise the body. Nutritional supplements make up for the lack of essential vitamins and minerals.
- ❺ **Old age:** As one reaches a mature age, the body's systems, especially the digestive system, becomes sluggish. Also as a number of nutrients get depleted, it makes one depend on others for simple tasks. Nutritional supplements help the body to regain its vigour and induce independence to lead a healthy life.
- ❻ **Pregnant and lactating women:** Pregnant as well as lactating women need an extra supply of nutrients to provide both for themselves and their young ones. Nutritional supplements during these times are a must since the body's need for calcium, vitamins, iron and other nutrients is on the rise.



VESTIGE PRIME

In its endeavour to provide the best quality of wellness products to consumers, Vestige introduces the premium healthcare category called Vestige Prime. The products under this category are truly outstanding and are specifically designed to provide optimum nutrition and wellness to the consumers and enable them to achieve a qualitatively superior health.



VESTIGE PRIME KRILL OIL

SOURCE OF PHOSPHOLIPID,
OMEGA – 3 WITH ASTAXANTHIN

Krill oil is a rich source of phospholipid-bound omega 3 fatty acids. The health benefits of omega-3 fatty acids are immense and they have been proven effective in the treatment and prevention of hundreds of medical condition. Krill oil provides Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA), which are mostly promoted for their protective effects on our heart.

Antarctic Krill, which is the source of Krill Oil, is comprised of three major components - omega-3 fatty acids, primarily Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) attached to phospholipids and Astaxanthin. Most of the omega-3 fatty acids in Krill Oil are attached to phospholipids, making them more bioavailable to the body, and allowing omega-3 by providing nutrition to organs like heart, brain and liver, where they exert their beneficial effects. Vestige Prime Krill Oil is extracted by a proprietary technology, called Multi Stage Oil extraction (MSO®) process, that assures high quality oil which has superior stability, quality and organoleptic properties.

Dosage: Take 1 to 2 capsules daily with food

Advisory: These products are nutraceuticals and not for medicinal use. These products are not intended to diagnose, treat or cure any disease. Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming.



VESTIGE

PRIME

THE TWIN POWER OF EVERYDAY GOODNESS



Fruits and Vegetables are important components of our daily diet. They contain vital nutrients which are required by the body for its optimal functioning. They are full of essential vitamins, minerals and phytochemicals which protect the body from various infections. Fruits and vegetables provide satiety as they are considered fibre rich and fat-free foods. A diet high in fruits and vegetables can help protect the body against several diseases. Thus, it is essential to incorporate them into our daily diet to strengthen our immunity and to maintain good health.

VESTIGE
PRIME

X-TRACT F

CONTAINS 13 FRUITS

CRANBERRY, BLUEBERRY, BILBERRY, POMEGRANATE, MANGO, LEMON, ORANGE, WATER MELON, PINEAPPLE, GUAVA, BANANA, PAPAYA, BLACK PLUM

In addition to fruit powders, Vestige Prime X-Tract F contains nutritious additives like – cinnamon, turmeric, spirulina and noni. It also contains, Aloe vera, Alfalfa and Beta Carotene with high antioxidant value. Vestige Prime X-Tract F helps to fulfil the daily requirement of essential nutrients and colourful fruits ranging from everything you need in your daily diet.

The added extracts give an extra boost of antioxidants and essential nutrients to your body, making you healthy and strong. It is full of antioxidants and fibres that help to fight free radicals and keep you full for a longer period.

Dosage: 1 sachet to be dissolved in 200 ml water (consume immediately after through mixing)

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VESTIGE
PRIME

X-TRACT V

CONTAINS 7 VEGETABLES

WHEAT GRASS, SPINACH, BEANS, MINT, CELERY, CARROT, BEETROOT

In addition to vegetable powders, Vestige Prime X-Tract V also contains nutritious additives like – licorice, cinnamon, turmeric, spirulina and noni. It also contains extracts of Green Tea, Grape Seed, Bilberry, Amla, and Aloe Vera. It contains added phytochemicals like Beta Carotene and Quercetin known for their antioxidant properties. Vestige Prime X-Tract V helps to fulfil the daily requirement of essential vitamins and dark green leafy vegetables; it is full of phytochemicals, chlorophyll and fibre that keeps you full for longer period.

The added extracts give an extra boost of essential nutrients to your body keeping you nourished and active all day long.

Dosage: 1 sachet to be dissolved in 200 ml water (consume immediately after through mixing)

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“HEALTHY CVS”



The heart is a vital organ of the human body. It is a muscular organ about the size of a fist. It is like a pump that supplies blood with oxygen and nutrients to all the parts of the body. Blood vessels are the body's highways that allow blood to flow quickly and efficiently from the heart to every organ of the body and back again. There are three major types of blood vessels: arteries, capillaries and veins.

When plaque (fatty material, calcium or scar tissue) builds up in the arteries, the walls become narrow which restricts adequate blood from reaching the heart. The process of building up of plaque on the walls of the arteries is known as atherosclerosis. If a blood clot forms the plaque, it can completely restrict the blood flow which can result in serious conditions like heart attack or stroke.

A pressing or squeezing pain, usually in the chest under the breast bone but sometimes in the shoulders, arms, neck, jaws, back or upper abdomen can be confused with indigestion or heartburn.

Stress, age, gender, hypertension or high blood pressure, high cholesterol levels, smoking, excessive alcohol consumption, family history, obesity, diabetes and air pollution are some of the major contributing risk factors of heart disease.

SOME OF THE MOST COMMON SYMPTOMS OF HEART DISEASE ARE

- Shortness of breath
- Palpitations (Irregular heartbeats or a flip flop feeling in the chest)
- Rapid heartbeat
- Weakness or dizziness
- Nausea and sweating
- Extreme weakness and anxiety

According to World Health Organisation's reports, cardiovascular diseases (CVDs) are the most common cause of death in the world. In 2008, almost 30% of all global deaths were caused by CVDs. It is also estimated that by 2020, India will have more than 4.77 million deaths a year due to cardiovascular disease and 2.58 million deaths due to coronary heart diseases (CHD).

7 TIPS to lower the risk of heart disease



Live smoke-free
If you smoke, quit.



Monitor your blood pressure
Keep your numbers around 120/80 mm Hg.



Maintain a healthy weight
Target a body mass index (BMI) of less than 25.



Control your blood sugar
Aim for a fasting blood glucose less than 100 mg/dL.



Watch your cholesterol
Strive for a total cholesterol less than 200 mg/dL.



Get moving
Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous intense activity)



Eat a heart-healthy diet
Make vegetables, fruits, whole grains and fish staple. Limit sodium, saturated fat and added sugar.

HEALTH FOOD for Healthy Heart

Making healthy food choices doesn't have to be overwhelming. These tips will get you on your way:

- Cook at home more often to avoid processed foods
- How you eat is as important as what you eat. Enjoy your meals without multitasking
- Listen to your body-eat when you're hungry and stop when you're satisfied
- Follow a fixed dining schedule
- Plan healthy snacks
- Eat a variety of vegetables and fruits during each meal
- Eat whole grains more often
- Eat fish at least twice a week
- Include legumes like beans, chickpeas, lentils, nuts and seeds more often in your meals
- Don't be afraid of fat. But use unsaturated fat



COENZYME Q10

What is Coenzyme Q10?

Coenzyme Q10 (CoQ10) is an antioxidant that is necessary for cells to function properly. Cells use CoQ10 to make the energy that they need to grow and stay healthy. CoQ10 can be found in highest amounts in the heart, liver, kidneys, and pancreas. Level of CoQ10 decreases as we grow old.

Coenzyme Q10's wide-ranging cellular properties implicate it for the potential treatment of numerous conditions that may improve with mitochondrial and antioxidant support. Additionally, Coenzyme Q10 has demonstrated activity in preventing lipid peroxidation as an antioxidant scavenger and an indirect stabiliser of calcium channels to decrease calcium overload.

BENEFITS OF ACTIVE INGREDIENTS

- Supplementation with CoQ10 has shown significant benefits in cardiovascular diseases, particularly heart failure.
- CoQ10 has at least three functions of relevance to the cardiovascular system, namely its role in cellular energy production, its role as an antioxidant, and its role in gene expression. These functions, in turn, provide the basis for the plausibility of action of CoQ10 in the management of CHF, atherosclerosis and hypertension.
- Clearly, the clinical benefits of Coenzyme Q10 are myriad: it can improve energy production, act as an antioxidant, and stabilise membrane fluidity, decreases blood viscosity, thereby managing hypertension. People suffering from cardiovascular ailments or those who just want to keep their heart function at a healthy level should consider supplementing their diet with Coenzyme Q10.
- The results are overwhelmingly positive, indicating Coenzyme Q10's efficacy in improving cardiovascular health in individuals with cardiomyopathy.
- Combined with a low-fat diet and moderate exercise, Coenzyme Q10 supplementation can help reduce blood pressure and maintain or regain optimal cardiovascular function, without the risk of dangerous side effects.

Dosage: One or two capsules daily after meals.

Advisory: These products are nutraceuticals and not for medicinal use. These products are not intended to diagnose, treat or cure any disease. Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming.

FLAX OIL

What is Flax Oil?

Flax oil or linseed oil (*Linum usitatissimum*) Alsi ka tel, as it is known in India, is the richest vegetable source of Omega-3 fatty acids. Flax contains a mixture of fatty acids. It is rich in polyunsaturated fatty acids, particularly ALA, the essential Omega-3 fatty acid, and linolenic acid (LA), the essential Omega-6 fatty acid. These two polyunsaturated fatty acids are essential for humans - that is, the body needs them. The ALA from Flax seed exerts a positive effect on blood lipids. They are "good" fats that have been shown to have heart-healthy effects.

Flax seed oil is also a rich source of Vitamin E, which is a powerful antioxidant required for maintaining the integrity of cell membranes by protecting it from harmful oxidative free-radicals. Flax seed oil has a high quantity of magnesium and potassium which plays a key role in regulating blood pressure naturally and is beneficial to the cardiovascular system.

BENEFITS OF ACTIVE INGREDIENTS

- Flax seed (Linseed oil) is a rich source of Omega-3 and Omega-6 that have cholesterol lowering and blood pressure lowering properties. These ingredients help in the prevention of clots in the arteries. The Alpha Linolenic Acid and lignans present in it help decrease inflammation and promote healthy functioning of the immune system
- It is good for women of all ages as it might help in normalising the menstrual cycle and easing menopause
- Flax seed is also helpful in improving eyesight and helps shorten recovery time for fatigued muscles after exertion



Dosage: One capsule thrice a day after meals

Ayurvedic Proprietary Medicine

Advisory: Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming. Take advice of health practitioner before using these products during or after pregnancy.

Caution: This product should be taken only on the advice of health practitioner during or after pregnancy.

L-ARGININE

What is L-Arginine?

L-Arginine is an amino acid that helps the body in a number of essential functions like removal of ammonia, healing of wounds and production of protein. In the body, this amino acid gets converted into a chemical called Nitric Oxide. Nitric Oxide is also called the 'miracle molecule' because of its numerous health benefits, especially for its ability in improving heart's health. It helps in the regulation of blood pressure and improves blood circulation in the body by relaxing the blood vessels. L-Arginine is known to be helpful in boosting immunity, lowering cholesterol, relieving chronic pain, preserving bone density, weight management and detoxification of liver. It is also helpful in managing of blood sugar levels. It is also known to have anti-aging properties and improves the energy level of the body.



BENEFITS OF ACTIVE INGREDIENTS

- This formulation is a combination of ingredients like Vitamins, Lycopene, Folic Acid and Resveratrol that helps to improve cardiovascular health in a number of ways.
- These components are known to help in lowering blood cholesterol levels, reducing stress on the heart, regulating blood pressure and relaxing the blood vessels thereby increasing blood circulation to the entire body.
- Apart from its heart related health benefits, L-Arginine might be beneficial for diabetics. It might also help in faster wound healing, increasing lean muscle mass, improving the body's waste removal mechanism, preserving bone density and relieving chronic pains.
- It also contain antioxidants that help slow down the aging process and strengthen the body's natural defenses.

Dosage: One sachet to be dissolved in 200 ml water on an empty stomach in the morning.

Advisory: These products are nutraceuticals and not for medicinal use. These products are not intended to diagnose, treat or cure any disease. Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming.

Warning: This supplement should be avoided by people with asthma and herpes virus. Pregnant and nursing women and people with a history of cardiac attack should consult their physician before consuming this product.

“DETOX & REJUVENATION”

Detoxification is the process of removal of toxins or other harmful substances from the body. Our body constantly keeps working towards eliminating metabolic waste and toxins with the help of the liver, kidneys, lungs, skin and intestines. The circulatory, digestive and lymphatic systems assist the body in this task. But with the change in living conditions and habits over the years, the amount of external toxins that enter our body has increased considerably. Consumption of junk food, pharmaceutical drugs, food additives, pesticides, use of cosmetics and exposure to environmental and chemical pollutants increases the work load on the body's detox system and leads to accumulation of harmful toxins in the body.

Sluggish metabolism, chronic constipation, bloating, irritability, fatigue, bad breath, body pains, insomnia, uneven skin and premature aging are some of the signs of toxin buildup in the body.

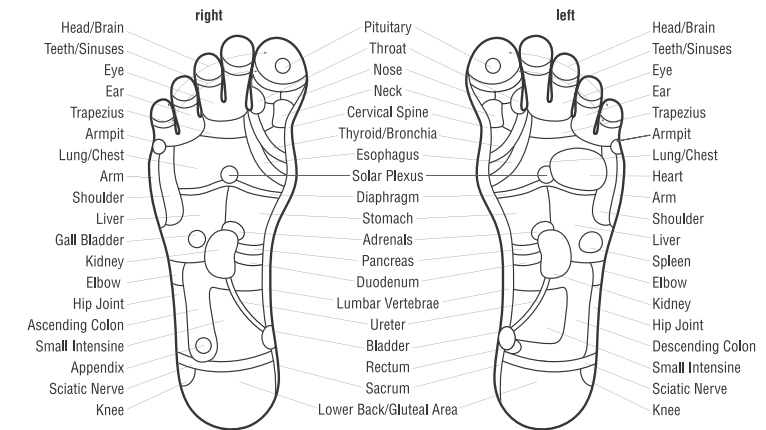
7 DETOX TIPS daily

- Drink lemon water in the morning on an empty stomach
- Drink fruit infused water throughout the day
- Drink herbal teas throughout the day
- Eat whole foods rich in fibre, antioxidants and healthy fats
- Get moving and sweat out those toxins
- Spend some time outdoors and breathe in the fresh air
- Take an epsom salt detox bath before bed

FOOT REFLEXOLOGY

Foot Reflexology encourages the body to work naturally to restore its own healthy balance. A toxic body simply cannot maintain the normal cleansing performance required to maintain optimal health. Over time, if these toxins are not removed, they may lead to various debilitating and chronic health conditions.

However, once the various body components that may have been adversely affected by the toxins are cleansed, the body makes its natural adjustments to return to its original state of health. Also, as the body releases these toxins, the negative health symptoms that may have been caused by the toxic overload usually start to recede and may even disappear altogether.



FOOT REFLEXOLOGY CHART

DETOX FOOT PATCHES

What is Detox Foot Patch?

A Detox Foot Patch is designed in order to absorb toxins from the body while sleeping. Every day approximately 400 toxins invade our body in the form of food, water, air, alcohol, drugs and tobacco, etc.

It took Japanese scientists over 24 years of research to develop this technology. Vestige's Detox Foot Patch is the natural way to assist the body to remove heavy metals, metabolic wastes, toxins, microscopic parasites, mucous, chemicals and much more. According to Chinese medical knowledge, our body has over 360 acupuncture points, with more than 60 acupuncture points found on the soles of the feet. Known as the "second heart" on account of the action of pump, which plays a role of lifting the blood up again to the heart by applying pressure whenever a person walks. If you neglect taking care of the soles then the toxins get deposited and the root cause of the diseases are built up in the body. Exposure to toxins also results in sickness, susceptibility to allergies, frequent mood swings, stress, tension, lowered immunity and weight gain.

BENEFITS OF ACTIVE INGREDIENTS

- Works on the principles of foot reflexology
- Helps remove toxins from our body
- Improves our immune system
- Promotes better health & longevity

Suggested Usage:

- Simply apply a Detox Foot Patch to the soles of your feet, before going to bed.
- You will see a change in the smell & colour of the patch in the morning.
- This is a patch for external use only. Not for medicinal use.
- Drink plenty of water to assist complete detoxification.



GANODERMA

What is Ganoderma?

Ganoderma lucidum, Reishi or lingzhi, is a type of mushroom used to promote health and longevity in traditional Chinese medicine. It is also known as "The King of Herbs" and the miracle mushroom because of its miraculous health benefits. Its usage extends to almost every system of the body. Not only is it believed to heal physical ailments, it is said to bring about a peaceful state of mind as well. It contains effective antioxidants, which help in strengthening the immune system and detoxifying the body. It has stress-relieving properties that refresh the body and calm the nerves. It also promotes stamina and endurance to fight fatigue and illness. It enhances overall wellness of the body as it is a rich source of essential vitamins and nutrients.



KNOWN GANODERMA FACTS

- The Ganoderma mushroom is one of the world's best natural marvels. It has been used for medicinal purposes in China for around 2,000 years, making it one of the oldest mushrooms to be used this way.
- *Ganoderma lucidum* is also known as the Reishi and Lingzhi mushroom.
- Reishi is a Japanese word that translates as "supernatural mushroom."
- Ganoderma is the genus of a group of closely related species of fungi that are known to have beneficial properties.
- Because *Ganoderma lucidum* respire just like humans - oxygen in and carbon dioxide out - it helps add a quality source of oxygen to the body.

GANODERMA IS BASED ON FOUR ESSENTIAL PILLARS

- ❶ Prevention: Aims at building up and strengthening the immune system
- ❷ Detoxification: Aims at controlling or reducing the damage caused by toxins and free radicals
- ❸ Normalisation: Seeks to restore the metabolic balance of the body and also fight stress
- ❹ Supplementation: Aims at providing proper nutrition to the body

BENEFITS OF ACTIVE INGREDIENTS

- Polysaccharides, peptidoglycans, and triterpenoids are the main bioactive components in Ganoderma that revitalises the body cells.
- *Ganoderma lucidum* helps in the revitalisation of the cells by the removal of free radicals
- Ganoderma has natural polysaccharides that act as a cleanser for our body
- It has germanium that acts as a balancer for the body enhancing cell activity, oxygen absorption at the cell level and regulation of the electrical functions of brain and nerves
- It also acts as a regenerator and aids in neutralising free radicals, preventing cell decay and rejuvenating cells and tissues

Dosage: One capsule thrice a day.

Ayurvedic Proprietary Medicine

Advisory: Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming. Take advice of health practitioner before using these products during or after pregnancy.

Caution: This product should be taken only on the advice of health practitioner during or after pregnancy



DIETARY FIBRE

What is Dietary Fibre?

Dietary Fibre, also known as roughage or bulk, includes all parts of plant foods that your body can't digest or absorb. Unlike other food components, such as fats, proteins or carbohydrates - which your body breaks down and absorbs - fibre isn't digested by your body. Instead, it passes relatively intact through the stomach, small intestine, colon and out of the body. It is a blend of three natural soluble fibres - Chicory root extract, a vegetable root, Maltodextrin - obtained from starch and Guar Gum - extracted from guar beans. Soluble fibres attract water and form a gel, which slows down digestion. It also adds bulk to your diet and makes you feel full faster, helping in weight management.

BENEFITS OF ACTIVE INGREDIENTS

- Dietary Fibre is a low calorie yet high fibre product that adds to the daily requirement of fibre and helps to maintain a healthy digestive system
- Helps support in controlling weight
- Soluble fibre may help lower total blood cholesterol levels by lowering "bad" cholesterol levels
- Soluble fibre may also help to slow the absorption of sugar and help improve blood sugar levels

Dosage: Adults & Children (12 years & above) 1 teaspoon per day and gradually increase fibre intake.

Recommended dosage:

- For adults and children 1 teaspoon per day and gradually increase to 2 teaspoons
- Take for at least 4-5 weeks for a healthy digestive system
- Consume before meals

Advisory: These products are nutraceuticals and not for medicinal use. These products are not intended to diagnose, treat or cure any disease. Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming.

Caution: Children under 12 years of age, pregnant or lactating women or anyone with a medical condition consult a health practitioner before using this product.

5 TIPS

for increasing fibre intake



- ❶ Eat whole fruits instead of drinking fruit juices.
- ❷ Replace white rice, bread and pasta with brown rice and whole grain products.
- ❸ For breakfast, choose cereals that have a whole grain as their first ingredient.
- ❹ Snack on raw vegetables instead of chips, crackers, or chocolate bars.
- ❺ Use beans or lentils as the main protein source for dinner once or twice a week



“FOREVER FIT”



With a change in people's lifestyle that comprises mostly of unhealthy diet patterns, it becomes very important for one to take care of their well-being. A major health concern these days is obesity that has long and adverse effects on the body. A person with excessive body fat is known as an obese person. Among number of possible reasons for obesity the common causes are, certain physical and mental illnesses. Illnesses that increase obesity risk include hypothyroidism, Cushing's syndrome, growth hormone deficiency and eating disorders like binge eating and night eating.

MAJOR CAUSES OF OBESITY

- **Sedentary lifestyles:** Busy and stressful schedules don't leave much time for healthy eating or healthy living, leading to obesity and other health problems.
- **Poor eating habits:** Coupled with busy lifestyles, people usually eat whatever is most convenient or at hand, which mostly consist of junk or fried foods that are high on fat and low on nutritional value.
- **Genetics:** Obesity can also be a result of genetics and other environmental factors. It has been found that 80% of the offspring of two obese parents are obese.

So anyone with a BMI of 25 or above is considered overweight and a BMI of 30 or above as obese.

Cardiovascular diseases, hypertension, high cholesterol, arthritis, immobility, infertility, reduced life expectancy, depression and diabetes are some of the complications that can occur as a result of obesity.

BODY MASS INDEX (BMI)

BMI is a measurement of an individual's body weight (in kgs) divided by the square of his or her height (in cms). With BMI it becomes easier to calculate one's fitness on the basis of the measurement.
E.g. if body weight = 75 kg and height = 1.62 m (162 cm), the BMI would be 28.6.

BMI Categories:

Underweight = <18.5
 Normal weight = 18.5 – 24.9
 Overweight = 25 – 29.9
 Obese = BMI of 30 or greater

WHY IS PROTEIN SIGNIFICANT?

Protein is an essential intake for your everyday diet. Getting enough protein is vital for good health. Therefore, Recommended Daily Intake (RDI) for protein is 50 grams per day. However, researchers are continuously arguing over fixing a standard intake quantity. While one section of them is of the opinion that the RDI is correct, the other holds the view that protein intake should vary according to a person's age, health, physical state, daily activities, etc., thus they advocate that protein should be taken according to each individual's bespoke requirement. The intake quantity of protein might differ but definitely, everybody needs optimum protein in their daily diet. Protein provides energy and supports mood and cognitive function in a human body. While protein is consumed by us every day in some or other format, due to several factors adequate amount of it is not taken and hence it causes protein deficiency in our bodies.

THE HEALTH BENEFITS OF PROTEIN

- It helps your immune system function properly, maintains heart health and respiratory system, and it speeds up revival of energy after workout
- It is vital to the growth and development of children and for maintaining good health at the golden years of life
- It helps reduce the risk of diabetes and cardiovascular diseases
- It improves mood and boosts the resistance to stress, depression and anxiety
- It helps the body to maintain a healthy weight by curbing appetite, making you feel full longer, and fuelling you with extra energy for exercising and physical activities.

PROTEIN POWDER

Protein is a vital source of nourishment for the body for its optimum functioning and improving overall well-being. It is made up of amino acids that form the building blocks for growth, energy and a healthier life.

Protein constitutes of about 16 percent of our total body weight. Muscle, hair, skin, and connective tissue are mainly made up of protein. Protein plays a major role in the development of the cells and most of the fluids in our body. In addition, many of our body parts, important chemicals- enzyme, hormones, neurotransmitters, and even our DNA- are at least partially made up of protein. Although our bodies are good at "recycling" protein, our protein reserves get consumed constantly, so it is important to continually replace it. Our bodies cannot manufacture nine amino acids, so it is important to include all these amino acids in our diets.

BENEFITS OF ACTIVE INGREDIENTS

Protein Powder combination is a low fat soy and milk protein food supplement that is ideal for the entire family and provides the body with all essential amino acids. It is a healthy mixture of whey protein and soy protein, which has high protein content. Soy protein is made from soy meal by removing most of the fats and carbohydrates, yielding a product with 90 percent protein. As most of the carbohydrates are removed, the intake of soy protein isolate does not cause flatulence. Protein Powder contains bioactive isoflavones which help regulate blood cholesterol and blood immunity. It is a soluble, easy to digest protein powder and is quickly absorbed into the body. It is beneficial especially in sports nutrition, bone health and general wellness. Adding Protein Powder to one's diet can help prevent various health complications.

Suggested Usage: Add one tablespoon (Approx 10g) of Vestige Protein Powder in a glass of milk, juice, soup or water. Add sugar, sweetener or other flavours as per your taste. Shake well in a jar or container. For better taste, add fresh or frozen fruits. Vestige Protein Powder can be used in gravies, dals, vegetarian and non-vegetarian preparations. It can also be added to flour for making healthful chapatis, parathas, idli, dosa etc.

Advisory: These products are nutritional supplements and not medicines. These products are not intended to diagnose, treat, or cure any disease. Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicine you might be consuming.



“GLYCEMIC HEALTH”

Glycemic Health refers to healthy level of blood sugar. Continuous high levels of blood sugar causes diabetes. Studies show that cases of pre-diabetes and diabetes is increasing steadily in India. India houses over 61 million diabetics and the forecast is that there will be 100 million diabetics by 2030, as per the Public Health Foundation of India. This rise in unhealthy sugar levels coincide with several other risk factors like;

- Obesity
- Hypertension or high blood pressure
- High levels of cholesterol
- Cardiovascular disorders

Diabetes, often referred by doctors as diabetes mellitus, describes a group of metabolic diseases in which an individual has high blood glucose (blood sugar) either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both. Patients with high blood sugar will typically experience polyuria (frequent urination), they will become increasingly thirsty (polydipsia) and hungry (polyphagia)

Diabetes is one of the primary reasons for adult blindness, end-stage renal disease (ESRD), gangrene and amputations. Obesity, sedentary lifestyles, stress, tension, lack of exercise and family history increase the possibility of diabetes. Diabetes might also lead to kidney failure, cardiovascular problems and neurological disorders.

5 TIPS for diabetic care

1. **Get more physical activity** : Regular physical activity can help you lose weight, lower your blood sugar & boost your sensitivity to insulin - which helps keep your blood sugar within a normal range.
2. **Get plenty of fibre** : Foods high in fibre such as fruits, vegetables, beans, whole grains, nuts and seeds help to reduce the risk of diabetes by improving blood sugar control and lowering the risk of heart disease.
3. **Go for whole grains** : Whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains.
4. **Lose extra weight** : If you're overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health, and you may be surprised by how much.
5. **Skip fad diets and just make healthier choices** : Low-carb diets, the glycemic index diet or other fad diets may help you lose weight at first, but their effectiveness in preventing diabetes is not known nor are their long-term effects.

NEEM

What is Neem?

Neem or Azadirachta indica is a tree in the mahogany family Meliaceae. In East Africa it is also known as Muarubaini (Swahili), which means the tree of the 40, as it is said to treat 40 different diseases. In India, the tree is variously known as “Divine Tree,” “Heal All,” “Nature’s Drugstore” or “Sarvaroghari” for all diseases. In Arabic it is called neeb.

Products made from Neem have proven medicinal properties, being anthelmintic, anti-fungal, anti-diabetic, anti-bacterial and anti-viral as well as being a blood vessels and it is also helpful in reducing the requirement for insulin by 60-70%, however, the glucose levels remains intact. Oral doses of neem leaf extracts significantly reduce insulin requirements for insulin dependent diabetes and have also been scientifically proved to be effective in treating and preventing diabetes.

BENEFITS OF ACTIVE INGREDIENTS

- Neem aids in the detoxification of blood. It helps in the maintenance of healthy skin and aids in the preventing of skin disorder.
- Neem oil is antifungal and insecticidal in nature
- In India, It has been used in traditional medicine for skin infections and allergies. Neem flowers are used in Indian cooking as they improve digestion
- Traditionally, tooth cleaning was done by chewing of slender neem branches. Neem leaf paste is applied to the skin to treat acne.

Dosage: One capsule thrice a day after meal

Ayurvedic Proprietary Medicine

Caution: This product should taken only on the advice of health practitioner during of after pregnancy

Advisory: Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming. Take advice of health practitioner before using these products during or after pregnancy.



STEVIA

What is Stevia?

A South American native sweetener plant of sunflower family Stevia rebaudiana, commonly known as sweet leaf, sugar leaf, or simply stevia, is the only natural sweetener. Used as a sweetener and sugar substitute. Stevia's taste slowly sets in and stays longer than the taste of sugar. Stevia is the only natural sweeter which does not have any side effects. Stevia extracts are usually 300 times sweeter than sugar and are preferred as a very low calories substitute to sugar. Opposed to sucrose, which is what normal table sugar consists of, stevia sweetens food in a similar way as sugar, but it contains stevioside, which is a non-carbohydrate glycoside compound. When stevioside breaks down, the glucose-containing particles are absorbed by the bacteria in the colon, rather than being absorbed into the bloodstream and affecting glucose levels in the body. It is believed to reduce the calories from the food which makes it a suitable option for the calories conscious as well as diabetics.

BENEFITS OF ACTIVE INGREDIENTS

Rebaudioside in stevia is a 100% natural sugar substitute. Unlike other artificial sweetener, it does not have a bitter after-taste. The alkaloids in stevia extracts are helpful to diabetics and weight conscious.

Suggested Usage: Can be used daily a replacement to sugar where one table is equal to the sweetness of a teaspoon of sugar. Vestige Stevia is a preferred choice over Stevia extracts as it does not have a bitter after-taste.

Not recommended for children

Advisory: This product is a natural sweetener.



HEALTHY BODY








The human body has an ability to protect itself from infections that cause diseases – which is called immunity. A healthy immune system is vital for a healthy body that is free of diseases. It also helps to flush out harmful toxins from the body. The immune system is a complex and intricate network of cells, proteins, tissues and organs that work together to protect the body from infectious micro-organisms like bacteria, viruses and various other harmful foreign substances.

Immune system disorders happen when the body's immune system is over-active or under-active. In the case of an under-active immune system, the body has a reduced ability to fight diseases and becomes vulnerable to infections.

Frequent infections including viral, fungal and bacterial infections, cold, chronic fever, allergic reactions, constant fatigue, tiredness, lethargy and chronic diarrhoea are some of the common symptoms of a weak immune system. Immunity starts at birth when the mother's first milk is expressed in the form of colostrum. Vestige offers a wide range of immunity boosting food supplements that help build a strong immune system and supply the body with adequate nutrients.

5 ways to boost IMMUNITY

-  **Relax:** It is very important that people can relax, or in some cases re-learn to relax in their busy lives
-  **Drink Green Tea:** Green tea is rich in many chemicals that have been shown to have health protective properties
-  **Practise Mindfulness:** Practise for ten minutes every day. It can also boost energy levels and help you cope better with the stress of modern life
-  **Get some gentle exercise:** Walking, swimming or cycling for half an hour daily can be very helpful both physically and mentally
-  **Eat a healthy plant-based diet:** Plants provide plenty of immune protecting chemicals. The best superfoods are good quality organic fruit and vegetables like broccoli, cabbage, strawberries and carrots



SPIRULINA

What is Spirulina?

Spirulina is a unique one-celled form of blue-green algae. More importantly, Spirulina is 55 to 70 percent protein, with all essential amino acids in perfect balance, it has twice more protein than soybean and 4 times more than red meat. Spirulina is known to be the most digestible protein. For the past 20 years, millions of people have benefitted from its use. Spirulina also provides high concentrations of many other nutrients - amino acids, chelated minerals, pigmentations, rhamnose sugars (complex natural plant sugars), trace elements, enzymes - that are in an easily absorbable form. Spirulina contains vitamins, minerals and natural pigments including beta carotene.

BENEFITS OF ACTIVE INGREDIENTS

- Spirulina is a rich source of beta carotene, protein and antioxidants. These compounds improve overall well being and help maintain good health
- The protein content of Spirulina makes it ideal for use for muscle building
- The nutrients in Spirulina help strengthen the body's immunity

Dosage: One or two capsules twice a day

Ayurvedic Proprietary Medicine

Warning: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6 years of age. In case of accidental overdose, call a health practitioner.

Keep this product out of reach of children

Advisory: Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming. Take advice of health practitioner before using these products during or after pregnancy.



NONI

What is Noni?

Noni, the botanical name for which is *Morinda citrifolia*, is a tropical fruit found primarily in the South Pacific. About the size of a potato, Noni can vary in colour from white to yellow to green. Tahitians have used Noni for centuries because of its healthful benefits.

Noni contains Xeronine, which is found in the healthy cells of micro-organisms, plants, animals and humans. Xeronine is vital for the proper functioning of all body cells and allows the proteins in our bodies to perform their individual duties. It enlarges the pores in the walls of human cells to enable nutrients to enter the cells easily for increased absorption.

BENEFITS OF ACTIVE INGREDIENTS

- Immune system: Supports the immune system's natural ability to fight disease and infection
- Circulatory system, tissues, and cells: *Morinda citrifolia* is a superior antioxidant that helps the body get rid of harmful free radicals. It also increases energy levels

Dosage: One or two capsule twice a day atleast half an hour before meal

For people who have never consumed Noni in any form, should start by taking 2 capsules a day for 5 days, rest for 2 days, take for next 5 days and again take 2 days rest. This allows the system to accept and absorb Noni. To be followed for 2 weeks to feel the results.

After the 2 week period, you may continue to consume 2 capsules a day.

Ayurvedic Proprietary Medicine

Warning: As Noni is a rich source of potassium, it is contraindicated in case of chronic renal insufficiency.

Advisory: Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicine you might be consuming. During or after pregnancy take advice of a health practitioner.



ALOE VERA

What is Aloe Vera?

Aloe Vera, the botanical name for which is *Aloe barbadensis*, is a species of a succulent plant that originated in Northern Africa, the Canary Islands and Cape Verde. Aloe Vera grows in arid climates and is widely distributed in Africa and other arid areas. However, because the plant is readily adaptable, and because man has been so eager to carry it with him from place to place, it now can be found in many warm lands. The virtues of the plant have been recorded by many great civilisations, from those of Persia and Egypt in the Middle East to those of Greece and Italy in Europe, to those of India and the African continent. The species is frequently being used in herbal medicines due to its very many health benefits.

Aloe Vera is also known as “the miracle plant”, and contains 75 potentially active constituents: vitamins, enzymes, minerals, sugars, lignin, saponins, salicylic acids and amino acids. It is reported that Aloe Vera extracts may be useful in the treatment of wound and burn healing, diabetes and elevated blood lipids in humans. These positive effects are due to the presence of compounds such as polysaccharides, mannans, anthraquinones and lectins. Aloe Vera contains more than 20 amino acids and vital minerals such as calcium, magnesium and sodium to help meet a person's daily requirements. It also contains enzymes, vitamins, polysaccharides, nitrogen and other components, which truly makes Aloe Vera a miracle herb.

BENEFITS OF ACTIVE INGREDIENTS

- Aloe Vera has cooling and soothing properties. It contains more than 20 amino acids that promote healthy hair and skin
- It acts as a demulcent to the digestive system and aids in proper digestion. It may also be useful in the cases of constipation, acidity, and liver weakness
- Aloe Vera boosts the body's defenses at the cellular level, stimulating the immune system

Dosage: One or two capsules twice a day or as advised by a physician

Ayurvedic Proprietary Medicine

Advisory: Please consult your health practitioner before using this product and do not stop the intake of any medicine that you might be consuming.

AMLA

What is Amla?

Amla – also known as Indian gooseberry or Amalaki in Sanskrit has been known for its medicinal benefits for more than 3,000 years in Ayurveda and it is respected as a symbol of good health. It is round, small and green in colour and has a sour bitter taste. Amla is a good source of Vitamin C and antioxidants, tannins, polyphenols and minerals like calcium, phosphorous and iron.

BENEFITS OF ACTIVE INGREDIENTS

- Amla (*Emblica officinalis*) is a source of natural Vitamin C. It helps in improving body's immune system as it acts as a potent antioxidant
- Vitamin C is essential for the synthesis of collagen. Collagen helps to keep the cells of the body together, improves the condition of hair, nails and skin and renews cell growth
- Amla is good for digestion as well as it helps the body to absorb and assimilate nutrients from the foods we eat
- It also helps reduce hyperacidity and strengthens the liver and helps to flush out toxins from the body

Dosage: One capsule twice a day after meals

Ayurvedic Proprietary Medicine

Advisory: Please consult your health practitioner or medical advisor before using this product and do not stop the intake of any medicine you might be consuming. During or after pregnancy take advice of health practitioner.



COLOSTRUM

What is Colostrum?

Colostrum is literally 'nature's first food'. It is the pre-milk fluid that all female mammals give their newborn in the first few days following the birth. It is a mixture of vital immune and growth factors required by the baby for protection against the diseases it will be exposed to. Colostrum also assists with the development of the newborn into a strong and healthy adult.

Bovine Colostrum (Gau Piyush) is the initial lacteal secretion produced by the mammary gland of a mother cow before the production of milk. Any secretion thereafter is termed as transitional Colostrum. Only Colostrum collected within 0-6 hours after the birth of a calf maintains a balance between immunological and body regulating active proteins and is known as Bovine Colostrum. It contains many beneficial substances. The most important of these substances are: immunoglobulins, lactoferrin, proline-rich polypeptide, cytokines and vitamins. Bovine Colostrum is very similar to whey protein's efficiency ratio. Furthermore, it is low in fat and is lactose free. Bovine Colostrum has been known for its role in improving strength and power outputs in case of athletes and fitness enthusiasts. It is also known for its naturally high levels of insulin like growth factors, specifically IGF-1 (insulin growth factor-1)

Colostrum is richer in certain factors than milk. It has higher amounts of immunoglobulins, growth factors, cytokines, and nucleosides than found in milk. It also contains oligosaccharides, antimicrobials, and immune regulating factors. The immunoglobulins present in it help in building immunity against different types of viruses.

BENEFITS OF ACTIVE INGREDIENTS

- In Ayurveda, it is known as Balvardak. Bovine Colostrum helps in the maintenance of cellular tissues and strengthens the immune system
- It provides energy to the body and might help in restoration of skin elasticity
- Bovine Colostrum promotes good health and longevity

Dosage:

Adults: Two capsules twice daily

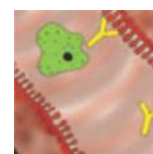
Children(6-12 yrs): One capsule twice a day

Ayurvedic Proprietary Medicine

Advisory: Please consult your health practitioner or medical advisor before using this product and do not stop the intake of any medicine you might be consuming. During or after pregnancy take advice of health practitioner.



COLOSTRUM IN ACTION*



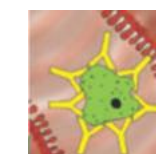
① Germs enter the body and make their way to the gut wall.



② Once attached to the gut wall, germs begin to multiply freely, causing illness and disease.



③ The antibodies in Colostrum remain in the gut, increasing your natural antibody levels. When a germ invades they attach themselves to it.



④ Once the antibodies are attached, the germ cannot stick to the gut wall, and passes harmlessly through your system.

* alphaltipidformula.blogspot.in

“HEALTHY MOBILITY”



Bone and joint conditions are the most common cause of severe long-term pain and physical disability worldwide affecting millions of people. Among ageing Indians, major problems that affect joints and bone health are arthritis, osteoporosis and back pain. Arthritis develops gradually over several years. Its main symptoms are redness and inflammation of joints. There are many forms of arthritis. The most common type of arthritis is, Osteoarthritis – associated with wear and tear of cartilage.

Who is at risk?

- It can affect anyone regardless of their age, gender or race
- Women are affected more than men. They usually develop osteoarthritis after the age of 40. Major causes of these bone and joint related conditions are hereditary factors, infections (bacterial and viral) and lack of joint fluid. With age, the structure of bone changes and results in loss of bone tissue, that weakens bones and increases the risk of fractures from a sudden bump or fall



AGE RELATED CHANGES IN BONES AND JOINTS

- An inactive lifestyle causes bone wastage
- Menopause and hormonal changes in women triggers the loss of minerals in bone tissue. In men, the gradual decline in certain hormones leads to the later development of osteoporosis
- Bones lose calcium and other minerals with age
- Bones are cushioned by cartilage that lines the joints. A lubricating fluid inside the joint (synovial fluid) allows joints to move freely
- With age, joint movement becomes stiffer and less flexible because the lubricating fluid inside the joints decreases and the cartilage becomes thinner due to excessive wear and tear
- Ligaments also shorten and lose flexibility, making joints feel stiff. Many of these age-related changes in bones and joints are caused by lack of exercise. Movement of the joint helps keep the fluid moving. Nutritional supplements also help to relieve symptoms of arthritis, osteoporosis and the pain associated with it. In addition to supplements, intake of adequate milk, fruits and vegetables also promotes healthy bone formation

7 TIPS for healthy bones

RECOVER DURING SLEEP

Your mattress should provide enough comfort and stability to rest your spine, not stress it.



WORK IT OUT

Perform low impact exercises like yoga or swimming to strengthen the muscles around your joints.

STRETCH

Be sure you have enough room to move around. Hold stretches for 20-30 seconds.



GET YOUR VITAMIN C

Vitamin C is essential to help your body generate collagen that keeps cartilage strong. Try papayas, bell peppers, cauliflower as well as oranges.



INVEST IN GOOD SHOES

Look for shoes with cushion or inserts to distribute your weight evenly across your whole foot.

STOP SMOKING

Tobacco restricts blood flow to the tissues around your spine.



SEE YOUR DOCTOR

An orthopaedic specialist will be able to work with you to create a better lifestyle and provide relief.

GLUCOSAMINE

What is Glucosamine?

Glucosamine is the main building block for semi-fluids that lubricate the joints. Glucosamine is Glucosaminoglycan (GAG), a component of all human tissues, especially high in concentration in the cartilages. GAG's are a long chain of amino acids that are found in high concentration in Sea Shells. It is naturally synthesised by addition of an amino group to glucose, followed by acetylation. Its main contents are glucose, glutamine and sulphur. Glucosamine is an essential component for the body's synthesis of lubricants and shock absorbing mechanisms necessary to maintain and restore healthy joint performance.

What is Chondroitin?

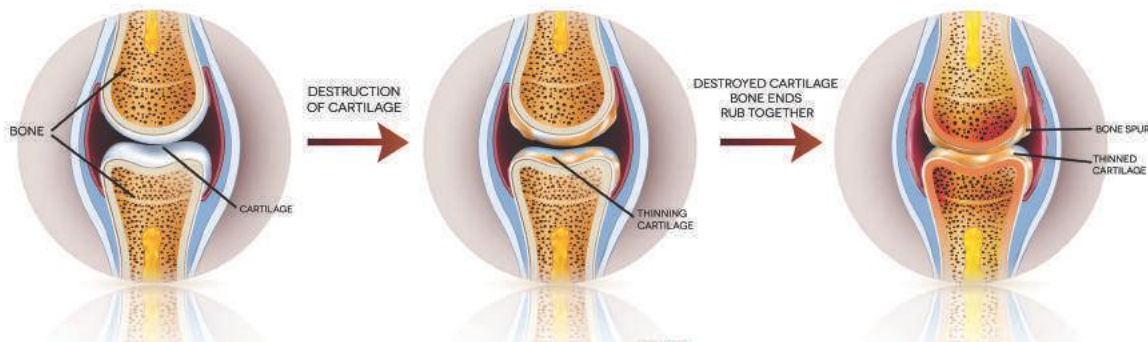
Chondroitin is a molecule that occurs naturally in the body. It is a major component of cartilage, the tough connective tissue that cushions the joints. Chondroitin helps keep cartilage healthy by absorbing fluid (particularly water) into the connective tissue. It may also block enzymes that break down cartilage, and it provides the building blocks for the body to produce new cartilage. Glucosamine is often combined with Chondroitin, a molecule naturally present in cartilage, together they stimulate the creation of proteoglycans that lubricates and nourish joints. Chondroitin gives cartilage elasticity and is believed to prevent the destruction of cartilage by enzymes. Glucosamine and Chondroitin, combine are proven to act and help beneficially in case of osteoarthritis, because of their ability to aid and repair the cartilage and prevent further damage.

BENEFITS OF ACTIVE INGREDIENTS

- Glucosamine may be helpful in the building of new cartilage and the protection and maintenance of existing cartilage
- It is also known to stimulate synovial fluid production and assists in lubrication of joints
- It may help in the easing of pain and inflammation

GLUCOSAMINE HYDROCHLORIDE

As we age, the body's ability to produce glucosamine can decrease and this causes joint cartilage to lose its water holding capacity. The cartilage breaks and becomes less effective as a shock absorber, leading to joint stiffness. Supplementing the body's natural glucosamine production has been shown in clinical trials to repair and rebuild worn or damaged cartilage. As the condition of the joint cartilage improves, pain is reduced and mobility is increased.



Dosage: 1 tablet twice daily after meals

Advisory: These products are nutritional supplements and not a medicine. These are not intended to diagnose, treat or cure any disease. Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicine you might be consuming



CALCIUM

What is Calcium?

Calcium is the most abundant mineral in your body. It is essential for the development and maintenance of strong bones and teeth, where about 99% of the body's calcium is found. The remaining 1 percent of calcium circulates in the bloodstream, where it performs a variety of important functions. It helps to contract muscles and helps regulate the contractions of the heart. It plays a vital role in the transmission of nerve impulses and in blood clotting. Calcium helps in the stimulation of contractions of the uterus during childbirth and in milk production. It also regulates the secretion of various hormones and aids in the functioning of various enzymes within the body.

When we take Calcium, it is absorbed in the small intestine and passes into the bloodstream and ultimately into the bones. Calcium deficiency can lead to rickets and poor blood clotting.

What is Vitamin D3?

Vitamin D3 is a fat-soluble vitamin that is naturally present in very few foods, added to others, and available as a dietary supplement. It is also produced endogenously when ultraviolet rays from sunlight strike the skin and trigger Vitamin D synthesis.

Vitamin D3 helps prevent rickets, bone loss, post-menopausal osteoporosis and protects against muscle weakness. It helps prevent falls and fractures in those at risk for osteoporosis, corticosteroid-induced osteoporosis, and osteomalacia. The vitamin also helps in case of hypoglycemia, bone disorders, psoriasis, squamous cell cancers, vitiligo, and scleroderma.

BENEFITS OF ACTIVE INGREDIENTS

- Calcium Carbonate along with Vitamin D3 help in the maintenance and development of healthy bones and teeth
- They improve overall well-being and promote longevity
- The combination might be useful in increasing bone density and reducing the chances of fracture in older women and men
- Calcium Carbonate and Vitamin D3 may be helpful in treating Osteoporosis

Dosage: Adults - Two tablets per day after meals

Advisory: This products is a health supplements and not for medicinal use. These products are not intended to diagnose, treat or cure any disease. Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming.



10 Calcium-Rich FRUITS

Oranges

An excellent choice with 43 mg per serving.

Kiwis

34 mg per 100 g serving. A single cup contains 60 mg!

Dried Apricots

5 mg of calcium in a 100 g serving.

Dates

A tasty treat! Each date contains around 15 mg of calcium.

Dried Figs

13 mg per each individual fig.

Rhubarb

A solid choice 348 mg of calcium in a single cup.

Prickly Pears

This exotic treat contains 58 mg of calcium per each pear.

Prunes

In addition to aiding the colon, prunes offer 75 mg in a single cup.

Mulberries

Can be hard to find, so if you do, stock up! They contain 55 mg of calcium in 1 cup.

Kumquats

Rich in flavour, kamquats are high in Vitamins A & C, and contain upto 12 mg of calcium.



The recommended daily calcium intake for the average person is 1000 to 2000 mg

“WOMEN'S HEALTH”



Today's lifestyle poses a major burden on women's health. Empowering them with knowledge of health is the key to women empowerment. Women's health is of great importance because a healthy woman nurtures a healthy family. They are often occupied with daily household chores and they don't get time to take care of their health. Understanding about various health conditions affecting them and its prevention are important to stay healthy. Women, as the main agents of primary health care, play an essential role in maintaining family and community health. They are the nurturers and care-takers of the young, the old, and the sick and they exert an important influence on health habits in the family. Taking good care of their health through a well-balanced diet and adequate nutrition is, therefore, important for the society as a whole.

Common health conditions affecting women usually relate to their reproductive organs, hormonal fluctuations during menstruation, pregnancy, lactation and menopause, and conditions relating to the bones and joints. Sufficient bone density is needed to prevent osteoporosis. Women are at greater risk of developing osteoporosis than men, particularly after menopause. Adequate store of folic acid is essential for fertility and fetal development. Iron deficiencies are a major cause of low haemoglobin levels and anaemia in women. A healthy waistline lowers the risk of cardiovascular disease and other chronic diseases. Women must also load up on the nutrients that are essential to prevent chronic diseases in the future.

FOLIC & IRON PLUS

One of the most common nutrient deficiencies found in women are that of iron and folic acid. Deficiency of both, causes anaemia, which results in decreased number of red blood cells (RBCs) or low haemoglobin levels in the blood. The goal of providing iron – folic acid supplements is to restore normal levels of iron and to replenish haemoglobin levels in the blood. Poor dietary intake of iron, accelerated increase in requirements of iron e.g. during pregnancy and lactation; adolescent females and elderly can benefit with the supplementation of iron and folic acid.

BENEFITS OF ACTIVE INGREDIENTS

IRON: An important mineral that the body needs to produce red blood cells (RBCs) and in turn improves haemoglobin levels.

FOLIC ACID: Needed to form healthy cells, especially RBCs. Women of childbearing age should maintain adequate amounts of folic acid through supplements or diet to prevent birth defects.

VITAMIN C: Improves the absorption of iron from the stomach

VITAMIN B12: Helps in maintaining the health of the nerve cells and for the synthesis of the RBCs.

ZINC: May help prevent osteoporosis in women during menopause, it also helps to strengthen the immune system.

This combination plays an important role in overall growth and development.

Dosage: One or two capsules daily for adults and children above 12 years

Dietary Advice: Iron is better absorbed on an empty stomach and should be taken before meal.

Caution: Iron supplements during or after pregnancy should be taken on healthcare practitioners advise only.

Advisory: This product is a nutritional supplement and not a medicine. This product is not intended to diagnose, treat, cure any disease. Please consult your health practitioners or medical advisor before using this product and do not stop the intake of any medicine you might be consuming.



WOMEN'S HEALTH WISDOM

- ❶ Get enough sleep, which is usually about 7-8 hours.
- ❷ Plan your daily menu around fruits and vegetables, whole grains and lean protein.
- ❸ Lose weight sensibly with a balanced diet and regular exercise, not fad diets.
- ❹ Take time for personal, intellectual or creative pursuits that you find relaxing.
- ❺ Be aware of your personal habits that increase your chances for illness and injury.
- ❻ Get at least 30 minutes of heart-pumping exercise most days of the week.
- ❼ Work with your health care provider to get the check-ups and screenings right for your age and health issues.
- ❽ Watch out for depression; if emotions are keeping you down get help.
- ❾ Increase self-awareness about your body to notice changes that might warrant a call to your health care provider.
- ❿ Protect your skin from the sun's harmful rays.



ayusante™

Inspired by Ayurveda, Powered by Science

Ayurveda is a holistic system of medicine that is indigenous to and widely practiced in India. The word Ayurveda is a Sanskrit term meaning science of life. Ayu means life or daily living, and Veda is knowledge. Ayurveda was first recorded in the Vedas, the world's oldest extant literature. Ayurveda - India's contribution to mankind in its quest towards human longevity and well-being has been developed through millennia of medical practice and theory by several generations of physician saints and practitioners. Ayurveda is a 5000 year old wellness practice, much before the western world even started talking about wellness. Whatever the modern world talks about wellness today had already been envisaged thousands of years back by Ayurvedacharyas.

AYURVEDA AND HUMAN POTENTIAL

Ayurveda views health and disease in holistic terms, taking into consideration the inherent relationship between individual and cosmic spirit, individual and cosmic consciousness, energy and matter. According to the teachings of Ayurveda, every human being has four biological and spiritual instincts: religious, financial, pro-creative and the instinct toward freedom. Balanced good health is the foundation for the fulfillment of these instincts. Ayurveda helps the healthy person to maintain health, and the diseased person to regain health. It is a medical-metaphysical healing life-science, the mother of all healing arts. The practice of Ayurveda is designed to promote human happiness, health and creative growth. Through studying the teachings of Ayurveda, the practical knowledge of self-healing may be acquired by anyone. By the proper balance of all energies in the body, the processes of physical deterioration and disease can be impressively reduced. This concept is basic to Ayurvedic science: the capability of the individual for self-healing.

"Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease."

-Definition of Health by the World Health Organisation (WHO)

ayusante

Ayurvedic wisdom gained over 70 years of wellness practice, providing health and wellness to more than a million people.

Ayusante is guided and inspired in its quest by Kerala Ayurveda Ltd – An enterprise born out of the noble intention of an eminent 'Vaidyan' – K.G.K. Panicker, who started Kerala Ayurveda Ltd. 70 years ago, out of a strong and deep rooted conviction that Ayurveda could provide simple and yet effective solutions to the health needs of a variety of people. Apart from products designed after meticulous research of the various Ayurvedic scriptures for their utility and relevance, Kerala Ayurveda Ltd. also created a network of hospitals and clinics and thereby became a holistic healthcare company.

These clinics and hospitals treat more than 70,000 patients a year and have become repositories of valuable patient information on health states and solutions to address imbalances in those health states. Today, having touched the lives of over a million people, Vestige fully realises the potential of this wonderful (ancient and traditional) system of medicine and wants Ayusante to be the pioneer in providing sustainable solutions to rising global wellness aspirations and to take Ayurveda global.

POWERED BY SCIENCE

Ayurveda is the natural way to wellness. However, Ayusante found that a rigorous scientific process addressing consumer sentiment is needed to overcome the challenges that Ayurveda faces.

We focused our energies and resources on developing products, which are built on three pillars

- Efficacy
- Purity
- Safety

Our achievement can be stated as *'Validation of ancient wisdom through scientific interpretation.'*

This is achieved by

- A unique understanding of scriptures that recalibrates ancient knowledge to modern applications
- Investigational methodologies moulded by clinical experience to validate Ayurveda
- Harnessing the clinical and anecdotal experience in wellness through a structured understanding of Ayurveda
- Symbiosis of a natural product inspired by Drug Discovery Program are delivering evidence of biological efficacy to traditional wisdom
- Strategic alliances with leading universities and Ayurvedic Medical Colleges to substantiate therapeutic efficacy through clinical studies

Ayusante is well positioned to address the various challenges that Ayurvedic products face as it is powered by a synergistic combination of pioneering entities, which are :

- Katra Phytochem (India) Private Limited having significant expertise in the cultivation, isolation and purification of speciality natural ingredients thereby enabling it to develop effective and efficient processes for manufacturing wellness oriented products at globally acceptable quality levels. Katra Phytochem operates through complete value chain from farm to formulations, which is compliant with the various global regulatory standards
- Renovel Discoveries Inc., USA headed by an eminent drug discovery scientist, possessing significant expertise in drug discovery and preclinical evaluation of promising products in biological models for safety and efficacy. Evaluation methodologies adopted are widely employed by pharmaceutical companies worldwide and thus are highly credible and stand as a glowing testimony to Ayusante's commitment to deliver safe and efficacious products. Renovel Discoveries Inc., USA possess a state-of-the-art facility in California manned by some of the most brilliant minds to understand bio-mechanisms and how these natural products help maintain health and promote wellness



GLUCOHEALTH

Diabetes mellitus is a common and most vulnerable disorder which paves way to all the other chronic and life threatening ailments like stroke, renal failure, etc. Health surveys by various organisations indicate that India is becoming the "Diabetes Capital of the World"! Gluco Health, a unique proprietary formulation of *Emblica officinalis*, *Curcuma longa*, *Cinnamom zeylancium*, *Pterocarpus marsupium*, *Tinospora cordifolia*, *Casearia tomentosa* and *Camellia sinesis* offers a comprehensive natural alternative for maintenance of normalglycemic health to supportand manage hyperglycemia. The phyto-ingredients of Gluco Health are well known for regulating appetite, lowering blood glucose levels, insulin resistance and optimising insulin secretion. The ingredients have been extensively researched and found to improve glycemic health and also provide strength to keep the body free from chronic ailments of hyperglycemia. In combination with a healthy diet, Gluco Health offers a comprehensive alternative for the maintenance of normal glycemic health, naturally!

BENEFITS OF ACTIVE INGREDIENTS

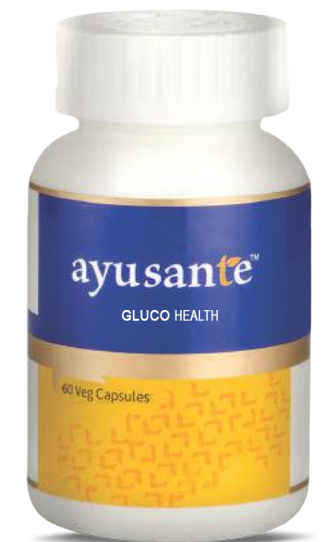
- Assist the body to maintain normal glycemic health
- Help regulate blood glucose levels
- Help optimise insulin secretion
- Help improve Glycemic health
- Help reduce oxidative-stress
- Help regulate appetite

Dosage: Two capsules thrice daily or as advised by a physician.

Indications: Used for Madhumeh (Diabetes)

Ayurvedic Proprietary Medicine

Advisory: Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming. Take advice of health practitioner before using these products during or after pregnancy.



PROCARD

A healthy heart is indispensable for healthy life. Development of heart disease is an integrated function of behavioural risk factors such as smoking, unhealthy diet, physical inactivity, tobacco use and excessive consumption of alcohol.

Procard is a unique powerful formulation of *Terminalia arjuna*, *Balsamodendron mukul*, *Withania somnifera*, *Allium sativum*, *Saccharum officinarum* of well-known cardio-tonic and cardio-protective ingredients that offer optimal cardio-vascular health. All these ingredients have been extensively researched for their beneficial effects on lipid management supporting the normalisation of lipid levels including serum cholesterol, LDL, triglycerides and HDL cholesterol and thus play a vital role in supporting cardio-vascular health.

In combination with a healthy diet, Procard helps maintain cholesterol levels and may provide holistic cardio-vascular health, naturally!

BENEFITS OF ACTIVE INGREDIENTS

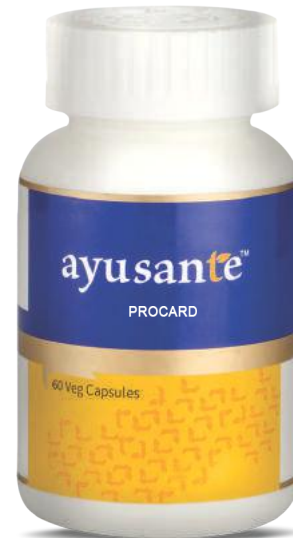
- Help manage lipid profile
- Improve HDL level and renormalise LDL level
- Renormalise triglycerides level
- Help reduce oxidative stress
- Support a healthy cardio-vascular health, naturally!

Dosage: One to two capsules twice daily or as advised by a physician.

Indications: Used for Hydrotic (Useful for heart related problems)

Ayurvedic Proprietary Medicine

Advisory: Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming. Take advice of health practitioner before using these products during or after pregnancy.



VITAL COMPLEX

Contaminations from air and water pollution, lack of exercise, consumption of unhealthy foods containing synthetic food additives and preservatives, smoking, excessive consumption of alcohol and stress due to environmental assaults causes oxidative stress. These are characterised by the formation of excess free radicals in the body that causes degenerative problems, like diabetes, cancer, arthritis, cardiovascular and neurological diseases.

Vital Complex is a combination of powerful natural antioxidants like *Emblica officinalis*, *Vitis vinifera*, *Camellia sinensis*, *Daucus carota*, *Yashad bhasma (Dus puti)*, *Tagetes erecta* that act as a shield to protect from degenerative diseases and also provide strength, vigour and vitality to lead a healthy life. Power-packed with anti-oxidant rich phyto-actives, this composition helps the body to fight against oxidative stress, tackles fatigue and nourishes body tissues. It contains those beneficial ingredients, which improves visual function and renders to protect the structural and functional integrity of the cells during oxidative stress. Vital complex acts as a shield against degenerative diseases and also provides strength, vigour and vitality naturally!

BENEFITS OF ACTIVE INGREDIENTS

- Protect from the damage of oxidative stress
- Help nourish body tissues
- Accelerate cell regeneration processes
- Tackle fatigue
- Help improve macular pigmentation and visual function
- Has anti-aging effects

Dosage: One capsule twice daily or as advised by a physician.

Indications: Rasayan and Poshtik (Health tonic for general wellness)

Ayurvedic Proprietary Medicine

Advisory: Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming. Take advice of health practitioner before using these products during or after pregnancy.



TOXCLEAN

Internal body cleansing, also known as detoxification, is an essential step in maintaining optimal health. Our body accumulates toxins over time due to polluted air, water and food, consumption of high fat, low nutrition diet, improper lifestyle regimen such as lack of exercise, overweight, smoking etc. All these lead to a compromised health state, as our body loses the natural ability of detoxification.

ToxClean is a unique powerful formulation of natural ingredients like *Emblica officinalis*, *Terminalia bellirica*, *Terminalia chebula*, *Azadirachta indica*, *Curcuma longa*, *Swertia chirata*, *Cassia angustifolia*, *Piper nigrum* that are known to help regulate digestion, relieve constipation, flush out body toxins, cleanse the colon and purify the blood. They are well-researched for their antimicrobial, anti-allergic and laxative properties. It helps colon cleansing and thus expelling various toxins from our body. The liver plays a major role in the process of detoxification. Phyto-actives present in the formulation are well researched for their hepato-protective activity. ToxClean assist detoxification process and offers holistic health, naturally!

BENEFITS OF ACTIVE INGREDIENTS

- Maintain normal colon health
- Regulates digestion and metabolism
- Minimise acne, acute and chronic skin ailments promoting healthy skin
- Help purify blood
- Relieve mild constipation

Dosage: One capsule thrice daily or as advised by a physician.

Indications: Rakta Sodhaka (Helps in purifying blood)

Ayurvedic Proprietary Medicine

Advisory: Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming. Take advice of health practitioner before using these products during or after pregnancy.



KIDNEYHEALTH

The kidneys are two bean-shaped organs, each about the size of a fist. They are important because they keep the composition of the blood stable, which lets the body function. Our kidneys filter wastes and excess fluids from the blood, which are then excreted through urine. Common kidney related diseases which are prevalent in India are kidney stones, urinary tract infection (UTI) and others. In order to keep ourselves healthy, kidneys need absolute protection from these diseases.

A combination of *Emblica officinalis*, *Crataeva nurvala*, *Tribulus terrestris*, *Saxifraga ligulata* wall, *Tinospora cordifolia*, *Phyllanthus niruri* and *Swet parpati* is a preparation that deals with the problem of stones in kidney. The ingredients help in providing relief from the symptomatic problems like frequent urination, urinary tract infection and also neutralises the enzyme responsible for stone formation.

BENEFITS OF ACTIVE INGREDIENTS

- Inactivates the enzymes, which lead to stone formation and also reduces them
- Works as diuretic, which makes it a good choice for those who have tendencies of fluid retention
- Enhances the healing process and immunity of the kidney
- Interfere with many stages of stone formation, reducing crystals aggregation, modifying their structure and composition

Dosage: One capsule thrice daily or as advised by a physician.

Indications: Used for Urinary diseases and Renal calculi

Ayurvedic Proprietary Medicine

Advisory: Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming. Take advice of health practitioner before using these products during or after pregnancy.

