



TRUMAN

P O U R H O M M E

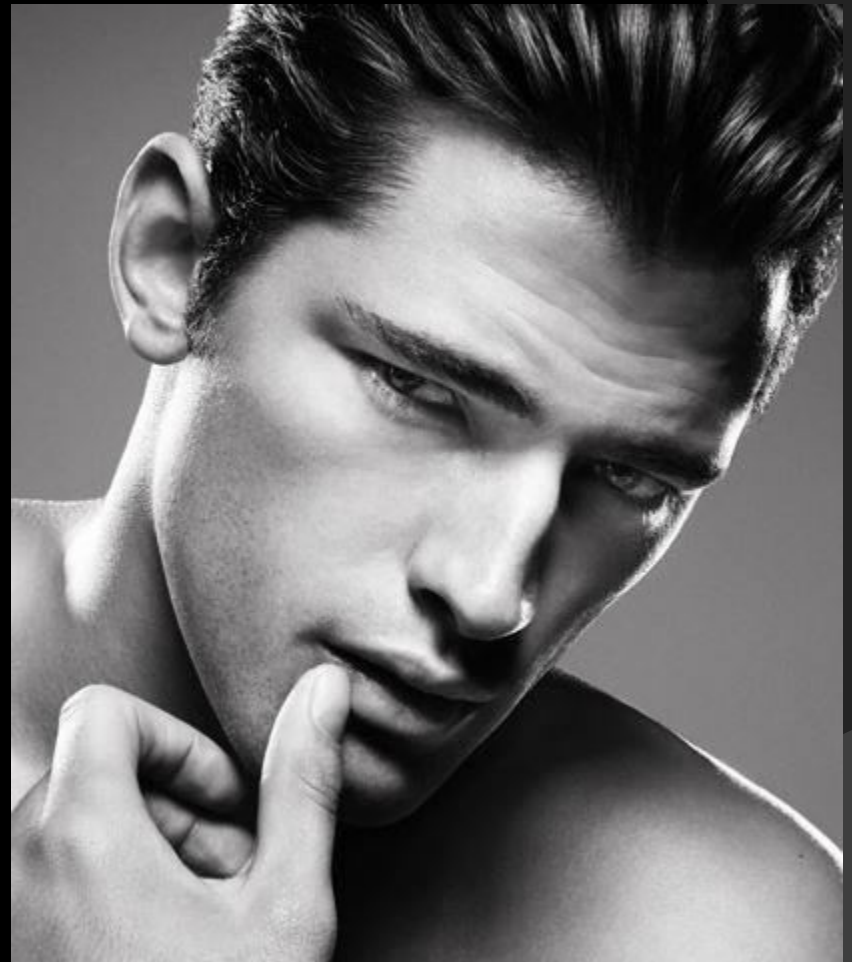
BIOACTIVE FORMULA



Òkjr esa iq#"k" a dk xzwfeax

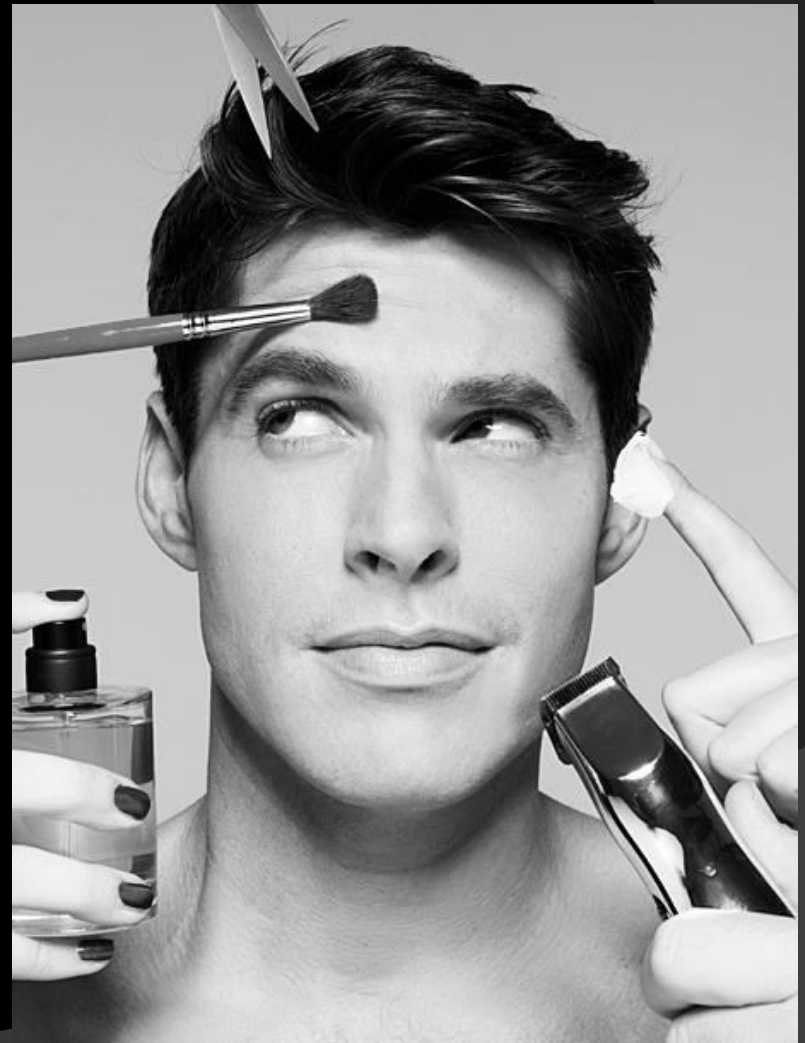
¼lkt&ITkk½ cktkj

- iq#"k" a dh xzwfeax dk çpyu dkQh c<+ x;k gS
- iq#"k" a dk fLdudç;j [kaM bl le; l©an;Z m]"x dk lcls rsth ls mHkjrkgqvk lsDVj gS] t" lkykuk 25 Qhlnh ds nj ls c<+ jgk gS
- vc T;knk iq#"k LOkLFk thOku'kSyh dç ,d Hkkx dç :i esa O;k;ke v©j lgh Hk"tu lfgr xzwfeax dç fOkfÒUu rjhd"a d" viuk jgs gSa
- iq#"k" a us vc efgyk lkfFk;" a ij fuÒZj jgus dç ctk; vius fy, [kqn gh [kjhnkjh djuh 'kq: dj nh gS
- Oks vc çnw"k.k] fu;fer 'ksfOkax v©j ROkpk Ok cky" a ij lwjt dç çÒkOk dç ckjs esa tkurs gSa
- Oks vc e©twnk pyu dç vuq:i vkd"kZd cuus v©j mldh t:jr dç ckjs esa Òh tkurs gSa



Òkjr esa iq#"k`a dk xzwfeax ¼lkt&ITkk½ cktkj

- vkf[kjdkj Hkkjrh; iq#"k ml fLFkfr dç dkQh djhc igqap x, gSa] tgka j`tkuk xzwfeax dh tkrh gS] Oks vc iq#"k`a dh ROkpk dç fy, cuha Øhe] y`kUl] Qçl LØCl vçj 'kkWOkj tsYl bLrseky djus esa lad`p ugha djrs
- Hkkjr dç iq#"k xzwfeax Isxesav ij uhylu }kjk dj, x, ,d v/;;u dç eqrkfcd Hkkjrh; iq#"k`a esa lqanj fn[kus dh bPNk rsth ls c<+rh tk jgh gS] ftldç pyrs Hkkjrh; iq#"k`a dç xzwfeax cktkj us 34 Qhlnh dh nenkj Ok`f) gkfly dh gS
- v/;;u dç vU; fu"d"k`Za dç eqrkfcd ;g Ok`f) Hkkjr esa dqy ilZuy dç;j vçj lçan;Z m|`x dh Ok`f) nj ls T:knk gS





TRUMAN

– iwjh rjg ls iq#"k" a dk ,d fOk'ks"krk
vf/kdkj

- V^aweSu ROkpk] cky v©j O;fDrxr
ns[kHkky ¼ilZuy d¢;j½ tSlS iq#"k" a
d¢ xzwfeax mRikn" a dh ,d cM+h
¢hfe;e v©j [kkl jsat gS
- ;g **enkZuxh** ¼eSugqM½ dk
lOkZJs"B yqRQ mBkus dk e©dk nsrs
gSa
- ;g vk/kqfud ifjn`; esa ,d Js"B iq#"k dh
,d fOk'ks"krk gS
- ;g x©jOk'kkyh iq#"kROk] etcwr] lH;]
e;kZfnr d¢ lKfK gh lsDIh g"us dk ¢rhd
gS
- V^aweSu d¢ bLrseky ls 'kkgh vankt
tkfgj g"rk gS
- V^aweSu ,d mPPk dqyhu OkxZ] etcwr
iq#"k] f'k"Vrk v©i vk/kqfudrk dh



*No man who wants to succeed
can do without **Truman***

TRUMAN igpku

JAMES BOND

tsEI ckWUM CkzkaM

V^aweSu dh lÒh

fOk'ks"krkv" a dç ,d

cM+s vkbdkWu gSa

v©j bl çdkj Okg

V^aweSu dç vkn'kZ

© fD 2006





tsEl ckWUM dk pfj=z 50 lky ls T;knk dk gS v©j cM+s insZ ij
bldh Hkwfedk dÃ vfÒusrk fuÒk pqd¢ gSaA Hkys gh vfÒusrk
cnyrs jg¢ gSa] ysfdu 007 dh rktxh v©j ledkyhurk ges'kk
cidiki iarh aS

TRUMAN izkSMDV jsat

fLdu dϕ;j

- ;wOkh 'khYM% fOk'ks" k :i ls iq#"k" a dh /kwi vOkj" /kh ¼luCykWd½ v©j x"jk djus Okkyh Øhe
- QϕI Okk'k% fOk'ks" k :i ls iq#"k" a dϕ fy, cuk nSfud bLrseky Okkyk lkcqu-eqDr Dyhulj
- vkTVj 'ksOk ckWe% 'ksOk ds ckn nsgis dks 'kkunkj cukus dϕ fy, ,d vuqdwý v©j lqjf{kr y"ku
- ,utkZbflax 'kkWOkj tsy% rktxh dϕ lkFk vius fnu dh 'kq#vkr djus dϕ fy,
- ckfFkax ckj% fnu Hkj rktxh cuk, j[kus dϕ fy,

gϕ;j dϕ;j

- Mϕyh vkW;y daV"y 'kSaiw% fOk'ks" k :i ls iq#"k" a dϕ rSyh; cky" a dϕ fy, cuk
- gϕ;y LVkbfyax tsy% 'kkunkj LVkby dϕ fy,
- LdkYi ,aM gϕ;j lkWY;q'ku% cky" a v©j flj dh ROkpk dh ns[kjs[k dϕ fy,

ilZuy dϕ;j

fLdudç;j

- csgrj fn[kus dç fy, ROkpk v©j cky" a dh ns[kj[k lcls T;knk vge g"rh gS
- fLdudç;j dç fy, csfld #Vhu viukus ls reke Qk;ns g"rs gSa%
- ROkpk d" LOKLFk j[kus dk eryc gS fd vki ;qOkk utj vk,axs
- 'ksfOkax djuk vklku g" tk,xk] de c" f>y v©j de tyu g" xh
- ROkpk ij dVus] 'kq"d fu'kku v©j rSyh; fgLI" a esa deh vk,xh
- vPNç yqDI ls vkRefOk'Okkl vk,xk v©j 'kkunkj vglkl feysxk
- efgykv" a dh rgyuk esa iq#"k" a dh ROkpk 25 Qhlnh e"Vh v©j T;knk :[kh g"rh gS] blfy, bldh T;knk ns[kjs[k dh t;jr g"rh gS
- ;g efgykv" a dh ROkpk dh rgyuk esa T;knk rSyh; g"rh gS] Okgha cky rsth ls cç +rs gSa v©i Äus



fuEufyf[kr lkekU; fnup;kZ d" viukdj ROkpk d" lsgrean cuk, j[kk tk ldrk gS%

- **DySUt**
- **'ksOk**
- **fjyhOk v©j ekb'pjkb**
- **lqj{kk**

TRUMAN Q&Iokk'k

- i"kd rROk" a d& lkFk ,d lkcqu&eqDr DySUtj t" e`r ROkpk d" f'kdkv" a d" [kRe dj nsrk gS
- ;g T;knk xgjkÃ rd lQkÃ djrk gS
- blesa fop gsty] ,y`Oksjk v©j 'kgn gksrk gSa] t" ROkpk d" i" k.k nsrs gSa
- tkt"ck ,LVj csM~l v©j lSyhlkbfyd ,fIM ROkpk d& can fNnz" a] /kwy v©j rsy d" lkQ dj nsrk gS



TRUMAN ;wOkh 'khYM

- ◉ CkzkWM LisDV^ae ;w-Okh- lqj{kk dϕ lkFk jax lkQ djus] j^otkuk /kwi ls lqj{kk nsus Okkyk de Oktu dk mRikn
 - ;w oh ch ç^oVsD'ku% ,l ih ,Q 30
 - ;w Okh ,% ç^oVsD'ku% PA +
- ◉ ;g ROkpk d^o vEyh;rk ls lqj{kk nsrk gS v©j ml ij mEkz dk çÒkOk de djus esa enn djrk gS
- ◉ yxkrkj bLrseky ls ;g ROkpk ds jax d^o gYdk cukus esa enn djrk gS
- ◉ ;g chlkc^oy^oy] ,y^o Oksjk v©j t© dϕ rROk^oa ls ;qDr g^ork gS] t^o ROkpk d^o uje cuk, j[krk gS] /kwi v©j lwtu ls lqj{kk nsrk gS
- ◉ blesa mEkz j^o/kh rROk g^ors gSa] t^o ;w Okh çfrj^o/kh g^ous dϕ lkFk gh le; ls igys T;knk mEkz dks utj vkus ls cpkrk gSA
 - lqcg ckgj ;k /kwi esa fudyus ls igys lkQ psgjs]



TRUMAN vkŦVj 'ksOk ckWe

- çpfyr vkŦVj'ksOl esa eq[; rROk dç :i esa ,Yd"gy g"rk gS] ftlls laOksnu'khy ROkpk ij lwtu g"rh gS v©j ;g ROkpk d" l[r cuk nsrk gS
- vkŦVj 'ksOk ckWe ekWb'pjkbty dh ,d iryh ijr miyC/k djkrk gS v©j t" ROkpk d" lqj{kk nsrk gS
- blesa csgn de lqxa/k g"rh gS v©j ,Yd"gy dh ek=k fcYdqy ugha g"rh] t" ROkpk d" fcYdqy ugha pqHkrh
- ;g [kqtyh Okkyh ROkpk d" jkgr nsrk gS v©j uje cukrk gS
- ;g tYn gh lw[k tkrk gS] ROkpk d" BaMk] lgt v©j ueh ;qDr cukrk gS
- ;g ,y" Okhjk] fop gsty] dÃ [kfut rROk"a ls ;qDr g"rh gS] t" 'ksfOkax dç ckn ROkpk d" uje] ÅtkZ;qDr v©j rktxhiw.kZ cukrk gS



TRUMAN fLdud¢;j jsat



MRP Rs. 270
DP Rs. 230
Net content: 75 ml



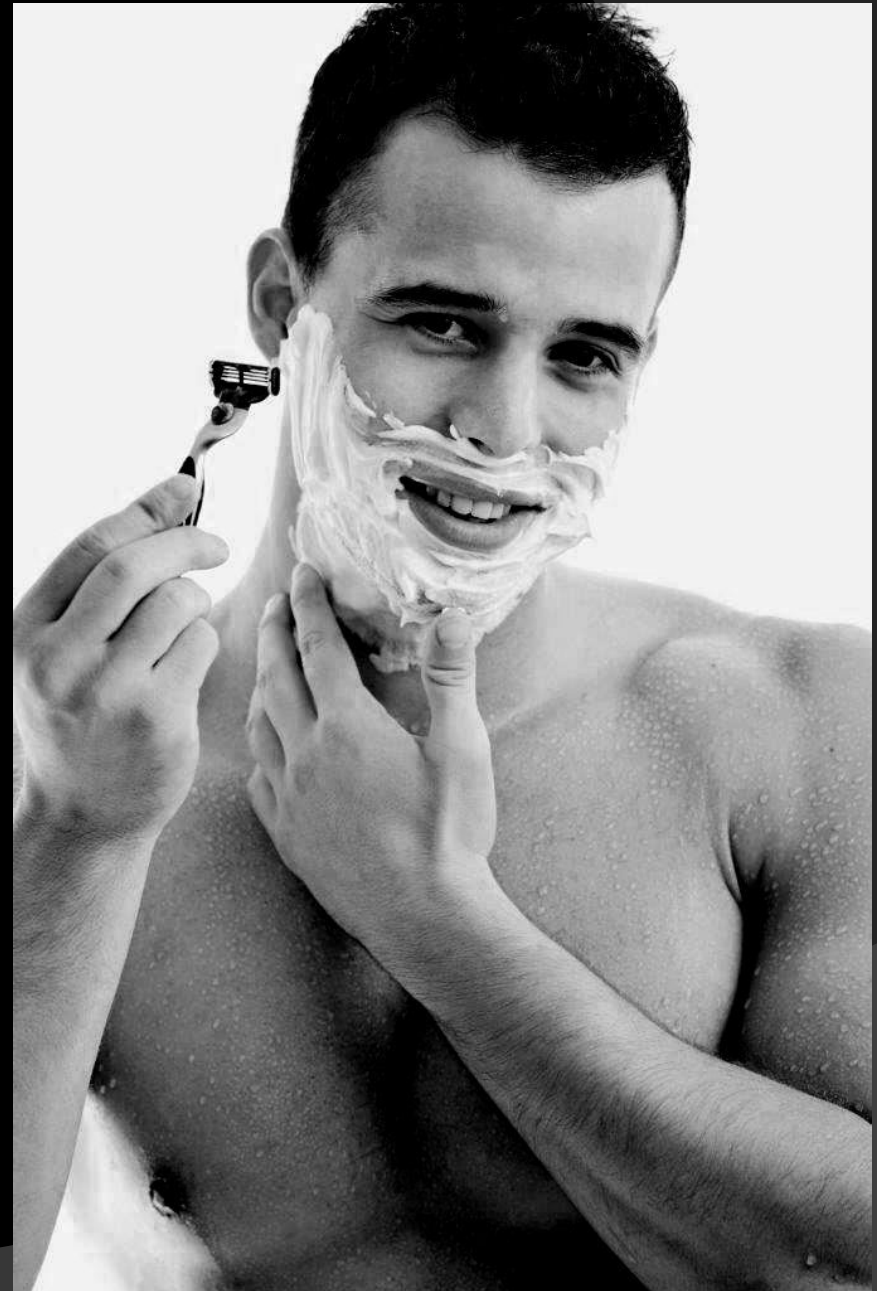
MRP Rs. 540
DP Rs. 460
Net content: 50 g



MRP Rs. 380
DP Rs. 325
Net content: 75 g

lq > kOk%

- 'ksfOkax tsy d" QSykus dϕ fy, ,d 'ksfOkax Ckz'k dk bLrseky djsa] bls cky" a d" mBkus v©j van:uh xz" Fk ls lqj{kk nsus esa enn feyrh gS
- ugkus dϕ ckn 'ksOk djsa] tc Hkki ls nkM+h uje v©j 'kq"dh jfgr g" tkrh gS
- ,Yd"gy ;qDr mRikn" a ls cpsa] ftuls ROkpk 'kq"d v©j l[r g" tkrh gSA ,sls mRikn" a ls laOksnu'khy ROkpk ij [kqtyh v©j lwtu g"us yxrh gS
- 'ksfOkax Ckz'k d" csch ikmMj esa Mqck,a v©j bls psgjs ij yxk ysaA bls ROkpk fpduh v©j uje cuh jgϕxhA
- luLØhu d" flQZ xfeZ;" a dϕ n©jku ;k /kwi esa fudyrs OkDr gh



gϕ;j dϕ;j

- cky" a dh vPNh ns[kHkky d" viuh fnup;kZ esa 'kkfey djuk lkekU; v©j çÒkOkh mik; gS
- iq#"k" a dh cky" a dh ROkpk vR;/kd rSyh; g"rh gS v©j blesa dkQh /kwy tek g"rh gS
- Oks vke r©j ij 2&3 bap yacs g"rs gSa v©j mud" mrus ekWb'pjkbtIZ dh t:jr ugha g"rh gS] t" efgykv" a dϕ 'kSaiw esa g"rs gSa
- iq#"k" a dϕ flj dh ROkpk esa iiM+hnkj] 'kq"d v©j [kqtykgVnkj ROkpk vke leL;k gS
- V^aweSu gϕ;j dϕ;j jast d" fOk'ks"k :i ls iq#"k" a dϕ flj dh ROkpk v©j cky" a dϕ fy, rS;kj fd;k x;k gS



TRUMAN Meyh vkW;y daV^a·y

'kSaiw

- bls fOk'ks" k :i ls iq#"k" a
dç flj dh rSyh; ROkpk
dç fy, rS;kj fd;k x;k gS
- blesa vtOkk;u] pk; v©j
vnjd dk rsy g"rk gS] ftlls
iiM+hknkj ROkpk d" lkQ
djus esa enn feyrh gS
- eqySBh ls cky" a dh
tM+" a d" etcwr cukus
esa enn feyrh gS
- blesa gYdç v©j lkekU;
lkQ djus Okkys rROk
gSa



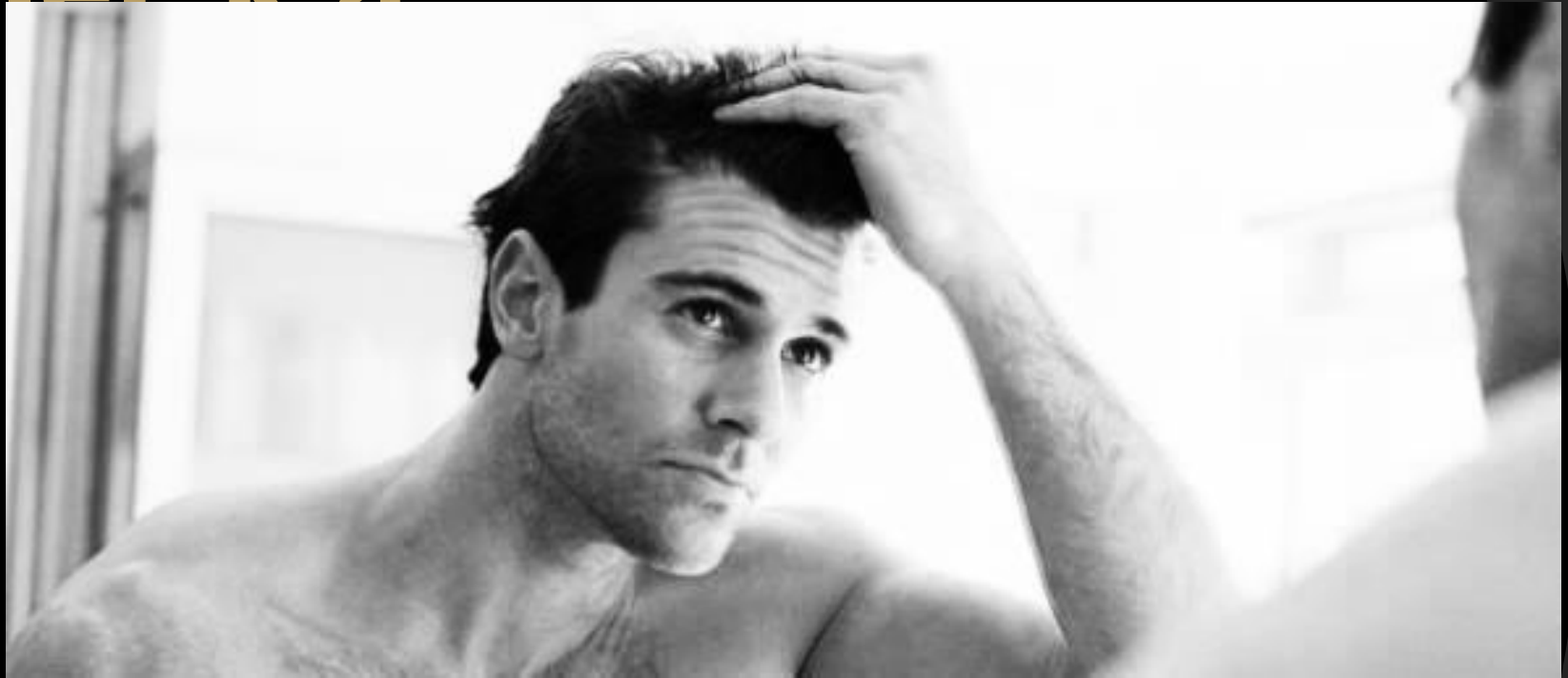
TRUMAN gç;j LVkbfyax

tsy

- flj dh ROkpk d" LOkLFk cuk, j[kus dç fy, ,sls fQfuf'kax mRikn bLrseky djuk t:jh g"rk gS] ftudç dkj.k [kqtyh u g"
- V^aweSu gç;j LVkbfyax tsy fpdukÅ eqDr tsy gS] ftldk vlj yacs le; rd cjdjkj jgrk gS v©j ;g cky" a d" fxjus ugha nsrk
- ;g ,d ,Yd"gy eqDr QkWE;wZyk gS t" fcuk d" Å vOkf'k"V N" M+s cky" a d" ekWb'pjkbv v©j LOkLFk djrk gS
- blesa ç" &fOkVkfueu ch 5] ,y" Okhjk v©j ftulsax ¼,d çdkj dh v©"kf/k½ g"rk gS] t" cky" a d" etcwr cukrk gS v©j flj dh ROkpk d" nq#Lr j[krk gS
- ;g ,d cgq [kfuth; feJ.k ¼ftad] dkWij v©j eSXuhf'k;e½ d" pk; dç isM+ dç rsy dç feykdy cuk;k tkrk gS] bls flj dh ROkpk v©j cky" a esa rktxh vkrh gS] lkFk gh muesasa etcwrh vkrh gS
- ;g gj rjg dç cky" a dç vuqdwy gS] tgka fcuk fdlh fpifpisiu dç fu;a=.k g"rk gS v©j cky'kkunkj rjhdç ls Owvs qq. utj vkrs gSa



iq#"k" a d¢ cky" a dh
leL;k,a



- O;kid r©j ij iq#"k" a d¢ cky" a esa n" cM+h
leL;k,a g"rh gSa
- MSaM^aQ ¼[kq"dh@:lh½
- cky" a dk fxjuk

MSaM^aQ

- ;g ekyklsft;k uke dϕ Qaxl dϕ dkj.k g^{rk}] t^u
fu;a=.k ls ckgj g^u tkrk gS v©j flj dh
ROkpk esa e©twN Oklk@rsy ls mls
[kqjkd feyrh gS
- blls flj dh ROkpk iM+hknj v©j mlesa
[kqtyh g^u tkrh gS
- bu Oktg^a ls ,slk g^u ldrk gS
 - cky^a d^u de ;k T;knk /k^us ls
 - ilhus dϕ ckn cky^a d^u ugha /k^us ls
 - csgn rSyh; daMh'kuj^a dk bLrseky vkfn ls
- bldh Oktg ls flj dh ROkpk esa [kqtyh v©j
cspSuh g^urh gS] lkFk gh vupkgh nqxZa/k
iSnk g^urh gS
- 'kSaiw esa vnj[k] vtOkk;u] pk; dϕ isM+ dk
rsy ;k esaFkkWy tSlS rROk g^urs gSa] ftuls
MSaM^aQ ij fu;a=.k g^urk gS
- MSaM^aQ v©j 'kq"d ROkpk dϕ chp Hkze
ugha g^uuk pkfg,
- MSaM^aQ flj dh ROkpk ls vR;f/kd rsy
fudyus ls Hkh g^urk gSA bldϕ d.k rSyh;
v©j ihys&lQϕn jax dϕ g^urs gSa



iq#"k" a d¢ cky" a dk fxjuk&,y" isfl;k

- ,d O;fDr d¢ 50&100 cky j"tkuk fxjrs gSa
- vxj ;g la;k j"tkuk 100 ls Åij g" tkrh gS r" ;g cky fxjus dh leL;k dk lad¢r gS
- cky fxjus d¢ dÃ dkj.k g" ldrs gSa] tSlS
 - rukOk v©j 'kkjhfd det"jh
 - vlarqfyr [kqjkd ;k i" "k.k esa deh
 - 'kSaiw] cky" a esa jax] Mkbl v©j Cyhfpax vkfn dk vR;f/kd bLrseky
- iq#"k" a eas cky" a d¢ fxjus dh ,d Oktg gke"Zu Mh-Vh-,p dk Lrj dkQh c<+ tkuk g"rk gS
- MkÃgkbM^a VsLV"LVsj"u ¼MhVh,p½ iq#"k gke"Zu VsLV"LVsj"u ls curk gS
- blls cky" a dh c<+Okkj de g" tkrh gS] tgka g¢;j QkWfydy ÄVus ls cky" a dh e"V kÃ de g" tkrh gS
- blls cky" a dh tM+sa l[r g" tkrh gSa] t" cky" a d" jDr dk ¢Okkg v©j i" "kd rROk" a dh vkiwfrZ j"drh gSa
- g¢;j lkbfdy d" fQj 'kq: djus v©j ,y" isfl;k ls ikj ikus d¢ Øe esa ,uktsu ;k xzksFk Qsl d" lfØ;



TRUMAN LdkYi ,aM gφ;j lkWY;α'ku



- ◎ V^aweSu LdkYi ,aM gφ;j lkWY;α'ku rhu QSDVIZ ij dke djrK gS] t^o gφ;j lkbfdy d^o fu;af=r djrs gSa
 - gke^oZuy larqyu
 - OkkLdqyj fLVe
 - ISy esV^oc^ofyTe
- ◎ ;g lkOk/kkuhiwOkZd pqus x, rROk^oa dφ ek;/e ls cky^oa dφ fxjus d^o j^odus esa enn djrK gS] t^o flj dh ROkpk v©j cky^oa d^o i^of^okr djrK gS



TRUMAN LdkYi ,aM gϕ;j IkWY;q'ku

- ◉ blesa cSDVhfj;k j"/kh rROk g"rs gSa t [kqtyh v©j MSaM^aQ laca/kh leL;kv" a d" nwj djus esa enn djrsa gS
- ◉ ;g ,Yd"gy] lqxa/k] flfyd"Ul v©j ,ls jlk;u" a ls eqDr g"rk gS] ftuls cky" a dϕ fxjus dh leL;k g" ldrh gS
- ◉ bldk mi;" x vkлку g"rk gS] ftlls fOk'ks" k {ks=" a d" y{; cukus esa enn feyrh gS

IfØ; rRo%

◉ LOkhV Y;wfiu ϕ"Vhu

- blls gke"ZUI d" fu;af=r djus esa enn feyrh gSa] ftl dkj.k cky fxjrs gSa
- blesa isIVkbM] V^asl ,yhesaV v©j fOkVkfEUI g"rs gSa] ftuls flj dh ROkpk esa ekbØ"ldqZys'ku esa lq/kkj esa enn feyrh gS v©j cky" a dk ÄuROk lkekU; g"rk gS
- blls ISy esV" c"fyTe d" c<+kus v©j gϕ;j QkWfydYI dϕ OkkLdqyjkbt's'ku esa lq/kkj esa enn feyrh gS

◉ ikWyhxkyk ,DIV^aSDV

- cky" a dh c<+Okkj esa lq/kkj g"rk gS v©j cky" a dh e"VkÃ c<+us ls mudϕ fxjus esa deh vkrh gS

◉ Vh V^ah rsy v©j vtOkk;u dk lkj ¼Fkkbe ,DIV^aSDV½

- blesa cSDVhfj;k j"/kh] Qaxy j"/kh v©j ,aVhlsfIVd rROk g"rs gSa] ftuls MSaM^aQ v©j [kqtyh dh leL;k d" nwj djus esa enn djrs gSa

◉ eYVh feujy dkWEiysDI

- blesa ftad] dkWij v©j eSXuhf'k;e dk feJ.k g"rk gS] t" flj dh ROkpk d" nq#Lr djus esa enn djrk gS

◉ ,y" Okhjk dh ifÜk;" a dk twl

- blls ekWb'pjkbty feyrk gS v©j uqdlkunsg rROk" a dϕ ϕrj"/kh dϕ :i esa dke djrk gS

TRUMAN gϕ;j dϕ;j jsat



MRP Rs. 380
DP Rs. 325
Net content: 150 ml



MRP Rs. 280
DP Rs. 240
Net content: 100 g



MRP Rs. 320
DP Rs. 270
Net content: 30 ml

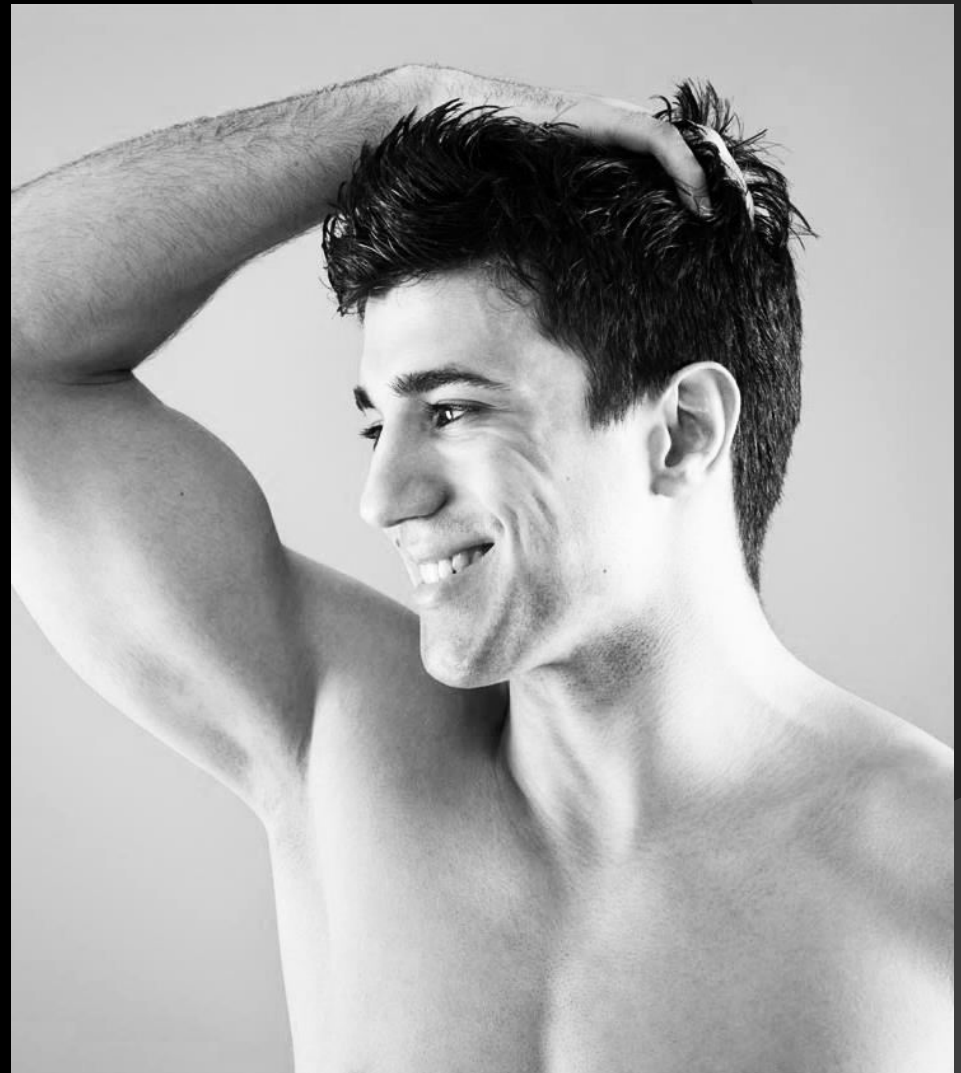
lq > kOk%

- gj ,d fnu d" N" M+dj 'kSaiw yxk,a] j" tkuk 'kSaiw yxkus ls cky" a dk t:jh ekWb'pjkbtj [kRe g" tkrk gS
- ;fn cky dkQh rSyh; gSa r" mUgfa fcuk 'kSaiw d# lkns ikuh ls /k" ,a] ikuh ls t:jh rsy d" gVk, fcuk cky lkQ g" tk,axs
- jDr dk çOkkg c<+kus d# fy, vkjke ls viuh vaxqfy;" a ls cky" a dh ekfy'k djsa
- tSy lkekU; ;i ls gYdk g"rk gS v©j cky" a ij vklkuh ls dkjxj g"rk gS] tcf d ikWesM~l v©j Øhe d" /k" uk [kklk eqf'dy g" tkrk gS
- :[ks v©j ÄqaÄjkys cky" a dks lqy>kus d# fy, e"Vs nkar" a Okkyh daÄh dk bLrseky



ilZuy dϕ;j

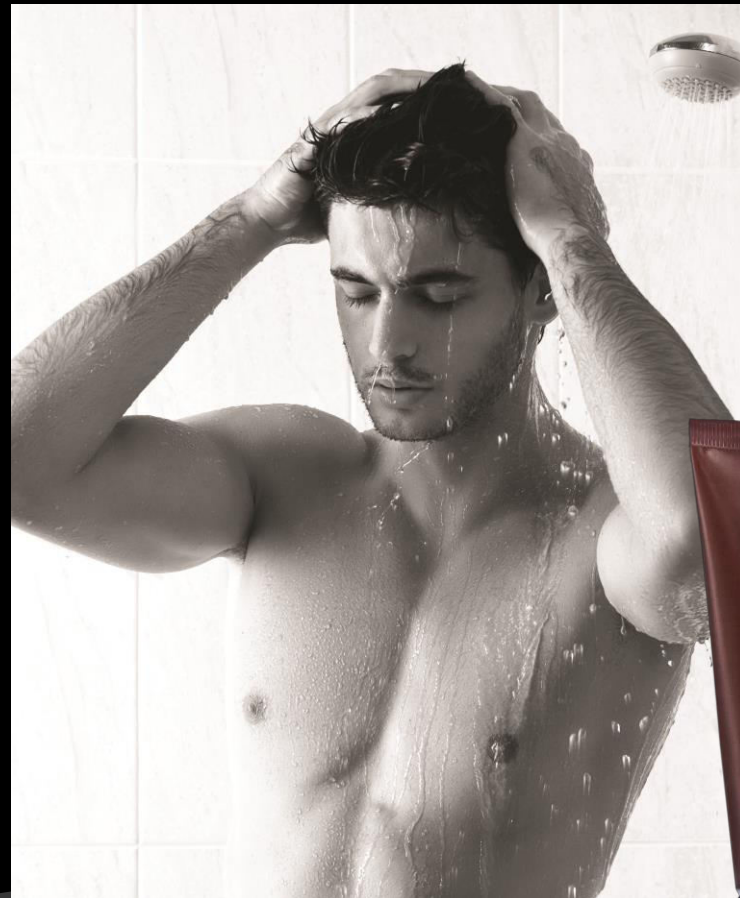
- vPNh lsgr dϕ fy,
LoPNrk igyk dne g"rk
gS
- vR;/kd ilhuk v©j 'kjhj
dh nqxZa/k ls vlgt
fLFkfr iSnk g" tkrh gS]
blls O;/Dr dk
vkRefOk'Okkl
çÒkfOkr g" ldrk gS
- LoPNrk dk fu;e lkekU;
gS% j"tkuk lqcg v©j
jkr d" t:j ugk,a]
fOk'ks"k :i ls rc tc
vkius iwjs fnu dke fd;k
g"



TRUMAN

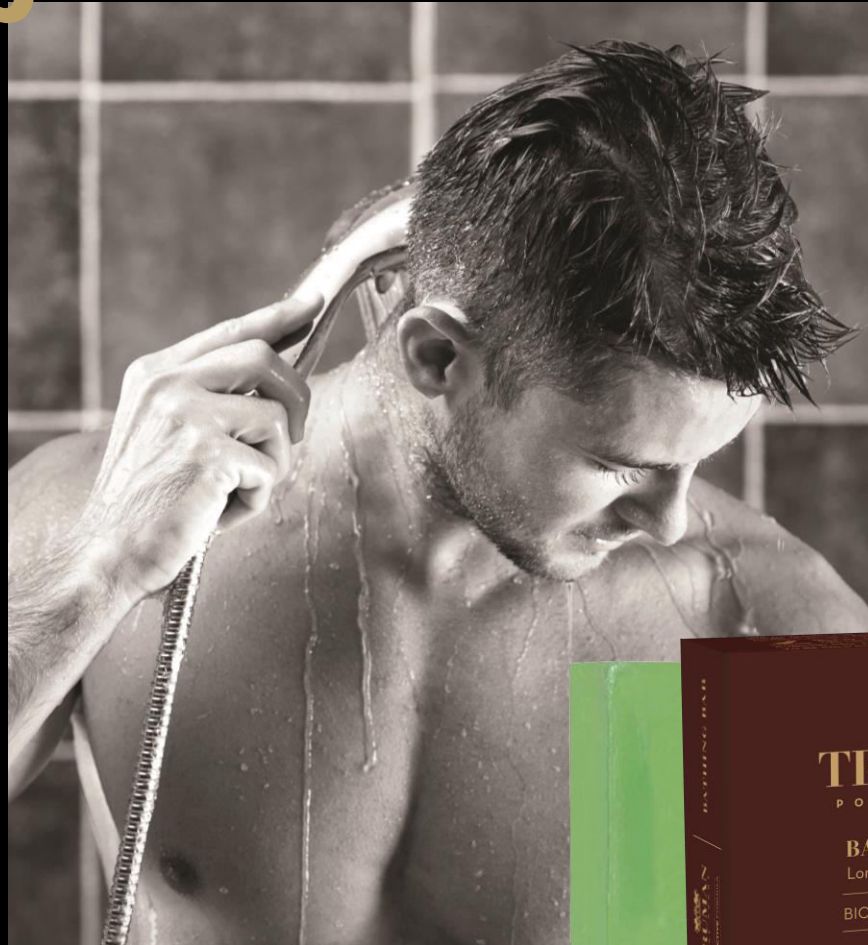
,utkZbflax 'kkWOkj tsy

- iq#"k" a dh ROkpk dç fy, fOk'ks"k :i ls rS;kj
- dÃ [kfut" a v©j dÃ v©"kf/k;" a ls laiUu] t" ROkpk d" vanj rd LOkLFk cukrk gS
- ROkpk d" lkQ cukrk gS v©j fnu Hkj rktXH dk ,glkl jgrk gS
- blesa Vh V^ah dk rsy] larjk v©j uhcw dç i"kd rROk g"rs gSa
- ugkrs le; ywQkg dk bLrseky djsa v©j [kqn d" ri"rktk cuk ilksa



TRUMAN ckfFkax ckj

- fXyljhu vk/kkfjr ikjn'kÊ lkcqu ckj] t" fnu Hkj rj" rtkk cuk, j[krk gS
- blesa vkOk';d lqxaf/kr rsy] ,y"Okhjk v©j fOkVkfeu Ñ g"rs gSa] t" ROkpk d" LOkLFk cukrs gSa v©j rj" rtkk cuk, j[krs gSa
- fXyljhu Ropk esa nwljs lkcquksa dh ravj ik esa 'ka"d fd



TRUMAN NilZuy d¢;j jsat



MRP Rs. 350

DP Rs. 300

Net content: 150 ml



MRP Rs. 100

DP Rs. 90

Net content: 125 g

lq > kOk%

- yacs le; rd rj rktk cus jgus dç fy, ROkpk ij lh/ks fMv M^aSaV (15cm dk Qklyk) dk bLrseky djsa
- 'kjhj dh nqxZa/k d" nwj djus dç fy, ugxus dç ckn cxy esa fQVdjh jxfM+,] ftlls cSDVhfj;k [kRe g"axs t" nqxZa/k dh vge Oktg gSaA bls dkQh gn rd 'kjhj dh nqxZa/k dh leL;k nwj g" tkrh gS
- Åuh] js'keh v©j lwrh tSlS çkd`frd diM+s gh igusa] ftlls ROkpk d" vkjke feyrk gSA ,sls diM+"a esa ilhuk tYnh lw[k tkrk gS



TRUMAN iwjh jsat



Bond with the Legend

THANK YOU