



AN ISO 9001:2015 CERTIFIED COMPANY | CIN:U85100UP2008PLC034468

Start your **Wellness** Journey With **Aplomb**



HERBAL &
AYURVEDA



DAILY
WELLNESS



FAMILY
CARE



TRUSTED
QUALITY

Dear **Aplombians**,



It gives me immense pleasure to present the latest edition of the Aplomb Product Catalogue. At Aplomb, our mission has always been to enhance lives through high-quality health, wellness, personal care, and lifestyle products that inspire confidence and well-being.

Over the years, Aplomb has earned the trust of thousands of families by consistently delivering products that combine quality, innovation, and value. Every product featured in this catalogue reflects our commitment to excellence, customer satisfaction, and a healthier future for all. We believe that good health is the foundation of success and happiness. With this vision, our dedicated team continuously works to develop and offer products that meet the evolving needs of modern consumers while maintaining the highest standards of quality and safety.

I extend my heartfelt gratitude to our customers, distributors, and business partners for their unwavering trust and support. Your confidence motivates us to achieve greater milestones and continue our journey of growth and innovation.



Wishing You and Your Family Good Health, Prosperity and Success



" Towards Making India a Healthier and Self Reliant Nation "



Thanking you

Pushkar Misra

Managing Director



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enquiry@myaplombbusiness.com



TODAY'S SCENARIO

The challenges we face today are not just environmental—they directly impact our health, productivity, and quality of life"

NOISE POLLUTION

Disturbing Mental Peace, damaging Health



AIR POLLUTION

Toxic air affecting lungs and immunity



FOOD ADULTERATION

Compromised nutrition and safety



SEDENTARY LIFESTYLE

Reduced movement, increased health risks



CONTAMINATED WATER

Hidden threats in everyday consumption

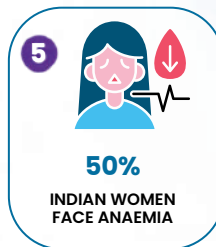
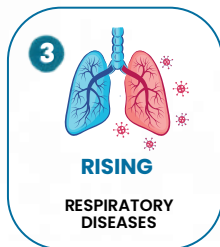
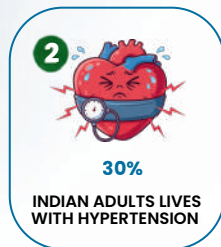


STRESS

The silent epidemic of modern life

GROWING HEALTH CHALLENGES IN INDIA

Key Health Concerns Affecting Millions of Lives



SOURCES:

1. Diabetes Atlas – diabetesatlas.org/data-by-location/country/india/

2. Ncbi.nlm.nih

3. Public Health & Environmental Studies |

4. Various Health & Nutrition Research Reports

5 & 6. INDIA DISEASE BURDEN FACTSHEET 2025 – RESEARCHGATE

The challenge is not only the disease itself but also the rising cost of treatment, long-term medication, and the impact on families' quality of life.

India's Position in Global Healthcare Rankings



WHO Healthcare System Ranking:
112th Position



Healthcare Access & Quality
(Lancet Study): 145th Position



Global Health Security (GHS)
Index: 66th

1. <https://www.internationalinsurance.com/countries/india/healthcare/>

2. Diabetes Atlas – diabetesatlas.org/data-by-location/country/india/

3. https://en.wikipedia.org/wiki/Healthcare_in_India

HUMAN BODY ORGANIZATION

The human body is made up of more than **63 trillion** cells. These cells combine to form tissues, tissues form organs, and organs work together to perform essential functions in our body.



1

CELLS (63+ TRILLION)

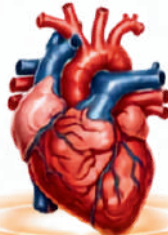
The basic building blocks of the human body.



2

TISSUES

Groups of similar cells working together to perform a specific function.



3

ORGANS (12)

Structures formed by different tissues working together for a common purpose.



4

ORGAN SYSTEM

Multiple organs working together to perform major functions.



5

HUMAN BODY

All systems functioning in harmony to sustain life.

From Cells To Systems – Working Together For Life

5 NATURAL MEDICINES

FOR A HEALTHY LIFE

— Nature's Prescription for Everyday Wellness —



FRESH AIR

Deep breathing and fresh air support every cell in your body.



PURE WATER

Water is the foundation of energy, detoxification and vitality.



BALANCED NUTRITION

Fuel your body with wholesome, nutrient-rich foods.



BODY DETOXIFICATION

Natural Fibrous Juices Improves the body's natural detoxification process.



PHYSICAL ACTIVITY

Quality sleep, yoga, exercise and reading contribute to overall well-being.

The Best Medicines Don't Come from a Pharmacy—They Come from Daily Healthy Habits.

ALOE VERA

The Miracle Plant of Nature, Used From Centuries ♦ ♦ ♦



500+

More than 500 species of Aloe Vera are found worldwide.



35

Around 35 species are recognized for medicinal use.



Known As

Ghrirkumari, Gwar Patha, Lily of the Desert and more.



Ayurvedic Legacy

Used in Ayurveda for its therapeutic and rejuvenating properties.



Grows in Tough Conditions



Nature's Smart Survivor



Thrives in extremely dry (arid) climates in regions like Africa, India and other areas.



Forms symbiotic relationship with *Albuscus Mycorrhiza* which helps it absorb nutrients from the soil.



Nutritional & Medicinal Value



Rich in Amino Acids, Aloe, Aloe Emodin and Barbalin.



Contains Saccharides & Mucopolysaccharides that support skin repair and healing.



Natural source of Mono & polysaccharides that aid metabolism and overall wellness.



Empowering Wellness. Enriching Lives Naturally.

ALOE VERA JUICE

ALOE VERA NECTAR

"A complete Microfibrinous Pure & Stabilized body Re-vitalizer"

BENEFITS

-  Natural Detoxification
-  Enhances Digestive Health
-  Promotes Natural Healing
-  Supports Healthy Blood Sugar Levels
-  Joint & Mobility Support
-  Improves Skin Health



BENEFITS

-  Better Digestive Support
-  Improved Metabolism
-  Liver & Urinary Wellness
-  Powerful Antioxidant
-  Supports Overall Detoxification
-  Helps in Relieving IBS
(Irritable bowel Syndrome)

Added With Wild Honey | Methi |
Trikatu | Daru Haridra | Punarnava
Laung | Triphala | Coriander | Saunf
& Natural Herbs

Vol : 500 ml MRP : ₹ 375 Vol : 1000 ml MRP : ₹ 700

Vol : 500 ml MRP : ₹ 575

Dosage : Take 30 ml of Aloe vera/ Aloe vera nectar mix it in 120 ml of luke warm water.

AMLA

The Ayurvedic “Amritphal”
(Fruit of Immortality)

Amla, known as the “**Amritphal**” in Ayurveda, has been valued for centuries for its extraordinary nutritional and healing properties.

NUTRIENT POWERHOUSE

VITAMIN C STAYS STABLE

GOODNESS IN EVERY FORM

POWERFUL ANTIOXIDANTS

SUPPORTS OVERALL WELLNESS

DAILY DOSE IS ESSENTIAL

(Per 100g Amla)

Vitamin C 600–700 mg		Calcium 50 mg
Iron 1.2 mg	Fiber 3.4 g	Calories 44 kcal

Ayurveda's
Gift to Health
Nature's
Vitamin C
Powerhouse



WHY AMLA IS UNIQUE?



Vitamin C in Amla does not get decimated in any form.



Can be used in any form and still delivers maximum nutrition.



A natural blend of taste and therapeutic goodness.



*No matter how you use it,
AMLA NEVER LOSES ITS POWER!*

MORE AMAZING BENEFITS

Supports healthy digestion and relieves acidity.

Promotes glowing skin and delays aging.

Strengthens hair roots and reduces hair fall.

Supports liver health and natural detoxification.

Helps maintain heart health and healthy cholesterol levels.

EveryDay Amla, EveryDay Better Health!

AMLA TULSI

AMLA NECTAR

◆ Rich Source Of Vitamin-C ◆

Amla Swaras with Tulsi Ark (5%)

Amla Swaras with Tulsi Ark (5%) Curcumin
(Turmeric Extract) & Pure Wild Honey

BENEFITS



Enhances Immunity



Helps Prevent Hair Fall



Improves Digestion



Helps Remove Toxins
from the Body



Rich in Antioxidants



Has Anti-Ageing
Properties

BENEFITS



Boosts Immunity



Improves Hormonal
Health



Supports Blood
Purification



Respiratory Health



Support Urinary
System

Vol : 500 ml

MRP : ₹ 350

Vol : 500 ml

MRP : ₹ 500

Dosage : Take 30 ml of Amla Tulsi/Amla Nectar mix it in 120 ml of luke warm water.

NONI

NATURE'S CELLULAR REJUVENATOR

Morinda citrifolia | Indian Mulberry

WHAT IS NONI?

Noni is a tropical fruit from the Rubiaceae family, popularly known as **Indian Mulberry**. It has been used in traditional Ayurvedic practices for over 2000 years for different wellness purposes.

WHY NONI IS SPECIAL?

1. Contains **150+ bioactive nutrients** and phytochemicals
2. Rich in **Xeronine precursors** that support nutrient absorption and cellular function
3. Contains **Dammacanthal**, a natural occurring plant compound
4. Supports **cellular nourishment** and natural immunity
5. Powerful **antioxidant** and wellness-supporting properties



For good health and a disease-free life, Noni is very useful natural alternative.
– Dr. A.P.J. Abdul Kalam

During a National Symposium on Noni Research, 2008



DR. RALPH HEINICKE

In 1933, **Scientist Dr. Ralph Heinicke** discovered an enzyme in Noni and named it "Xeronine". Noni has forty times more Xeronine enzyme than pineapple which enhances nutrition absorption. Noni also contains Nitric Oxide supporting compounds, important for the proper functioning of our body organs and overall health.



2000+
YEAR OF TRADITIONAL USE



150+
BIOACTIVE NUTRIENTS



**COMPLETE CELLULAR
NOURISHMENT**



**SUPPORTS
OVERALL WELLNESS**

NONI CAPSULES

A Complete Body Rejuvenator & Cellular Food for Human Body

BENEFITS

- ❖ Supports Healthy Digestion
- ❖ Enhances Memory & Concentration
- ❖ Supports Healthy Nerve Function
- ❖ Boosts Energy & Helps Manage Stress
- ❖ Strengthens Natural Immunity
- ❖ Helps Promote Healthy Aging
- ❖ Rich in Essential Nutrients & Antioxidants



Vol : 60 Capsules MRP : ₹375

Dosage : 1 Capsule Twice a day with water half an hour before meals.

NONI JUICE

BENEFITS

- ❖ Improves Digestion
- ❖ Supports Dental Health
- ❖ Helps Heal Ulcers
- ❖ Supports Respiratory Health
- ❖ Purifies Blood
- ❖ Balances Hormones & Blood Sugar



Vol : 500 ml MRP : ₹ 699

Added With Natural herbs
Noni | Aloe Vera | Amla |
Ashwagandha | Brahmi | Vidang
| Kutki | Grapes Extract

Dosage : 15-30 ml Noni Juice with 120 ml lukewarm water, half an hour before meals.

WHAT IS GUT?

The Gut is the Part of our Body that Makes up the Digestive System, Including the Stomach and Intestines. It Helps **Break Down Food, Absorb Nutrients, and Remove Waste** from the Body.

The Gut also Contains Trillions of Microorganisms, Collectively known as the **Gut Microbiome**, Which Play an Important Role in Digestion and Overall Health.



Signs Your Gut May Need Attention



Bloating & Excessive Gas



Irregular Bowel Movements



Constipation or Diarrhea



Changes in Digestion



Food Sensitivities



Feeling Unusually Heavy or Uncomfortable after Meals



PREBIOTICS



Food Components that Nourish Beneficial Gut Bacteria.

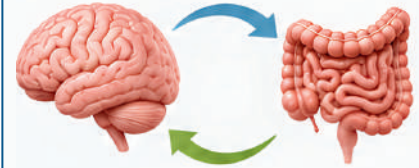
PROBIOTICS



Live Microorganisms that can Provide Health Benefits When Consumed in Adequate Amounts.

GUT-BRAIN CONNECTION

The Gut and Brain are Closely Connected Through the **Gut-Brain Axis**, a Two-Way Communication Network Involving the Nervous System, Hormones, Immune Signals, and Gut Microbiome.



This Connection means that What Happens in the Gut can Influence Mood, Stress, Sleep, and Cognitive Well-Being, While Stress and Emotions can also Affect Digestion.

A Healthy Gut Builds a Healthy You

APGUT PRO

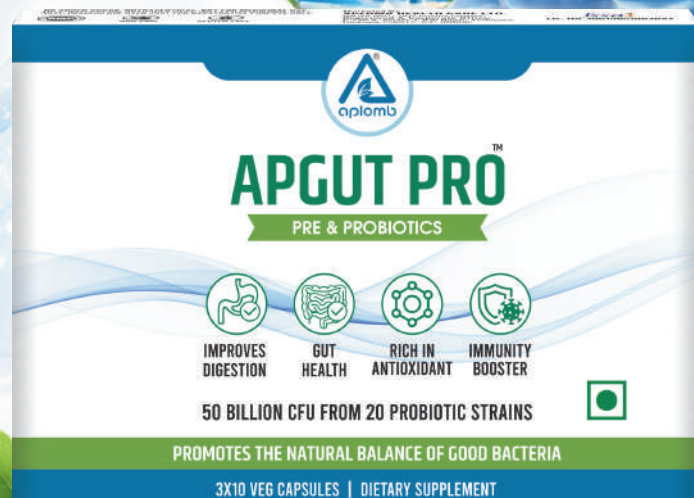
PRE & PROBIOTICS

BENEFITS

- Supports Digestive Health
- Supports a Healthy Gut Microbiome
- Supports Regular Bowel Function
- Supports Gut-Immune Function
- Supports Microbial Balance
- Supports Overall Gut Wellness

DO YOU KNOW?

A Healthy Gut
Supports a Healthy
Immune System



Dosage : Take 1 capsule daily with water, preferably after a meal.

Qty : 3*10 Caps (Box) | MRP : ₹450

GARCINIA CAMBOGIA

— *Nature's Support for Healthy Weight Management* —

Garcinia Cambogia is a tropical fruit native to India and Southeast Asia, also known as Malabar Tamarind. It contains Hydroxycitric Acid (HCA), a natural compound widely studied for its role in supporting weight management and healthy metabolism.

HOW GARCINIA WORKS

01

**APPETITE
MANAGEMENT**

02

**SUPPORTS
THERMOGENESIS**

03

**FAT
METABOLISM
SUPPORT**

04

**INHIBITS FAT
SYNTHESIS**

THE GROWING OBESITY CHALLENGE

Obesity rates have increased significantly worldwide.

Around 25% of Indian Adults Are Overweight or Obese.

Excess weight is linked to diabetes, heart disease, & other chronic disorders.

Maintaining a healthy weight is essential for overall wellness and quality of life.



Transform Your Wellness with Better Weight Management

GARCINIA JUICE

GARCINIA CAPSULES

A Simple Way To Control Excess Weight

BENEFITS

- ❖ Supports Healthy Weight Management
- ❖ Helps Reduce Body Fat
- ❖ Controls Appetite
- ❖ Promotes Fullness Naturally
- ❖ Supports Thermogenesis
- ❖ Boosts Metabolism & Energy



Vol : 500 ML

MRP : ₹525



Dosage:

30 ml Garcinia Juice with 100 ml Lukewarm water, half an hour before meals.

BENEFITS

- ❖ Lowers Triglycerides
- ❖ Reduces Fat Production
- ❖ Lowers LDL & Raises HDL
- ❖ Supports Blood Sugar Control
- ❖ Helps Reduce Belly Fat
- ❖ Supports Anti-Diabetic Effects



Vol : 60 Capsules

MRP : ₹ 600

Added with Green Tea |
Commiphora Mukul

Dosage: Take 1-2 capsules twice Daily Before Meals.



ORGANIC SPIRULINA

BLUE GREEN ALGAE

Small Algae
Big Benefits



Nature's Superfood. Pure Nutrition. Complete Wellness.

SPIRULINA DEACTIVATES RADIO ACTIVITY:

According to specialists, In Chernobyl (Russia), the Children who were affected by Nuclear bomb attacks successfully recovered from the Radioactive entities by the use of Spirulina. In addition to this W.H.O (World Health Organisation) in 1992 declared Spirulina as high quality food supplement which is enriched with **Iron & Proteins**. They also said that its consumption is completely safe as supplement & for Child Nutrition it is outstanding.

A 2023 GRADE-assessed meta-analysis included 20 studies involving 1,076 participants.

Spirulina supplementation significantly improved:

- ↓ LDL cholesterol
- ↓ Total cholesterol
- ↓ Triglycerides
- ↑ HDL cholesterol

"Evidence from Randomized clinical trials suggests that Spirulina may support healthy cholesterol, blood pressure, blood glucose and inflammatory markers"

STUDIES ON SPIRULINA:



1927

An Algae Scientist of Germany Dr. Darwin gave the name Spirulina because of the spiral shape.



1962

Dr. Clement of France confirmed the presence of Spirulina in chad lake.



1973

In an International conference on "Protein of Microorganisms" discovery of Spirulina was officially declared.



1974

Food and Agricultural organization declared Spirulina as "Best food for tomorrow".

**100%
NATURAL**

*Spirulina is one of the best source of complete nutrition hence it was selected as
"Food for Space Travelers" or "Space Food"*

ORGANIC SPIRULINA

*Nature's Super Food for
Balanced Nutrition*



100%
Alkaline

Non
GMO

No Added
Chemicals



Rich in Vitamin B Complex



Natural Source of Vitamin B12



Rich in Iron & Folic Acid



High Quality Plant Protein



Easily digestible Protein

6× More Protein than Eggs



3-5× More Protein than Raw Meat



Naturally Alkaline Food.

Helps Maintain Body's Acid-alkaline Balance.



5 IMPORTANT REASONS TO USE APLOMB ORGANIC SPIRULINA :



Complete Protein Source



Wide Range of Vitamins & Minerals



Nutrient Dense Superfood

Contains 18 Amino Acids , EFA's , GLA, AntiOxidants
(Phycocyanin,Beta-Carotene, chlorophyll) and more.



Supports Joint Comfort & Healthy Digestion



Supports Heart Health & Boosts Immunity Naturally

Dosage : Take 1-2 capsules twice daily after meal.

Qty : 10 × 10 Capsules (Box) MRP: ₹550

Qty : 100 Capsules (Jar) MRP: ₹550

THE POWER OF PROTEIN

THE BUILDING BLOCKS OF LIFE

Primarily Available Protein Sources: Animal Protein,
Plant Protein & Protein Isolates / Concentrates

FEATURES					
Complete Protein	Yes	Yes	Generally yes, but Profile Differs	Yes	Variable
High Quality Protein	High	High	Variable	High	Variable
Digestion Rate	Rapid (High)	Relatively Rapid	Moderate/ Variable	Slow (Low)	Variable
Leucine Availability	High	Moderate-high	Moderate	High	Variable
EAA Availability	High	High	Moderate	High	Variable
Strong Acute MPS Response	Strong Evidence	Evidence	Less Extensive	Strong Evidence	Variable



WHY WHEY PROTEIN?

1. COMPLETE PROTEIN
2. LEUCINE-RICH
3. HIGHLY DIGESTIBLE
4. FAST-DIGESTING
5. SCIENCE-BACKED

HOW MUCH PROTEIN DO YOU NEED DURING PREGNANCY ?

- 1,900 – 2,500 calories/day during last 4 months
- Based on 1,900-calorie diet: 42 to 62 g of protein/day
- Based on 2,500-calorie diet: 55 to 97 g of protein/day



Protein supports growth, repairs tissues, boosts immunity, and keeps your body strong.

PRO VIT-X

A Multi-Nutrient Health Supplement

WHEY
PROTEIN

40g / 100 g



Net Wt : 200 g

MRP: ₹ 750

WHEY
PROTEIN

26 g / 100 g



Net Wt : 200 g

MRP: ₹ 600



BENEFITS



Builds and Repairs Body Tissues



Supports Muscle Growth and Strength



Helps Produce Enzymes and Hormones



Promotes Healthy Skin, Hair



Rich Essential Amino Acid



Supports Strong Bones & Tissues



Dosage :

Mix 2 full scoops (approximately 25 g) with 200 ml of water or milk, twice daily.
Add a sweetener if desired for a richer vanilla taste. (For Adults)



SHILAJIT

It is a natural, mineral-rich substance formed over long periods from the decomposition of plant matter in mountainous regions, particularly the Himalayas. It contains fulvic acid, humic substances, minerals, and other bioactive compounds.

Traditionally used in Ayurveda as a Rasayana (rejuvenating substance), shilajit is primarily associated with:

-  Supporting energy and physical stamina
-  Supporting male reproductive health and testosterone levels
-  Helping maintain healthy mitochondrial and cellular energy metabolism
-  Providing antioxidant support
-  Supporting cognitive and overall vitality
-  Traditionally used to support recovery from fatigue and weakness



Fuel Your Vitality, Naturally.



NATURAL PERFORMANCE SUPPORT

ENRICHED WITH

SUVARNAJVGESHWAR :

Known for its Rejuvenating and Vitality-Supporting Properties

ASHWAGANDHA :

A Renowned Ayurvedic Herb Traditionally Valued for Supporting Strength, Stamina, Vitality

BLACK MUSLI :

Traditionally Valued for Supporting Physical Strength, Energy and Vitality

GOKSHURU :

Traditionally used to Support Urinary Health, Physical Balance and Overall Wellness

- Traditionally Inspired
- Carefully Formulated

MAIN BENEFITS



VIGOUR & VITALITY



BOOSTS IMMUNITY



BODY STAMINA



STRESS SUPPORT



Net Wt: 20 g | MRP : ₹899



Dosage : Take 1/4th spoon (250 mg). Mix in a glass of lukewarm water or milk. Consume it once daily after any meal.

OMEGA3

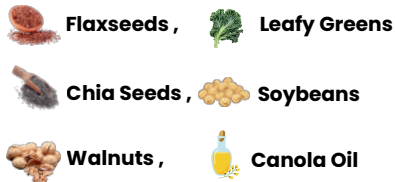
(Flax Seed Oil), A Natural Source of Omega 3, 6 & 9,

Omega-3 refers to a group of essential fatty acids that your body needs but cannot make in sufficient amounts, so you must get them from food or supplements.

EPA and DHA are important omega-3 fatty acids found predominantly in seafood and marine/algal oils. DHA is particularly concentrated in the brain and retina, while EPA and DHA participate in normal cardiovascular and cellular functions.

SOURCES OF OMEGA 3

PLANT SOURCES (ALA)



MARINE SOURCES (EPA & DHA)



HOW MUCH OMEGA 3 SHOULD WE INTAKE DAILY?

Adequate Intake for ALA (Alpha-Linolenic Acid)

Children 1–3 years	0.7 g/day
Children (4–8 years)	0.9 g/day
Boys 9–13 years	1.2 g/day
Girls 9–13 years	1.0 g/day
Boys 14–18 years	1.6 g/day
Girls 14–18 years	1.1 g/day
Adult Men	1.6 g/day
Adult women	1.1 g/day
Pregnancy	1.4 g/day
Breast feeding	1.3 g/day

ALA is the omega-3 fatty acid considered essential because the body cannot synthesize it.

OMEGA3

EPA-DHA

Improves Nerve & Cardiovascular System

FLAX SEED OIL

BENEFITS

-  Supports Heart Health
-  Supports Healthy Inflammatory Balance
-  Supports Normal Cell Structure and Function
-  Promotes flexibility and elasticity
-  Supports endurance in athletes
-  Helps Maintain Blood Sugar Levels & Blood Pressure

ENRICHED WITH VITAMIN-E

Qty : 60 SOFTGELS MRP : ₹550

FISH LIPID OIL

BENEFITS

-  Supports Normal Brain Function
-  Supports Cardiovascular & Vascular Health
-  Supports Fertility
-  Supports Normal Eye & Retinal Function
-  Supports Healthy Skin
-  Modestly Support ADHD Symptoms
-  Supports Normal Neuronal Structure & function

Qty : 60 SOFTGELS MRP : ₹700

Dosage : 1-2 soft gels twice daily after meal

Dosage : 1-2 soft gels twice daily after meal

LAUHAMALKI

Helpful in Weakness Due To
Lack of **RBC's**

Iron + Vitamin C + Digestive = support combination:

Lauha Bhasma +
Mandur Bhasma
↓
Iron source

Amalaki
↓
Vitamin C
↓
Supports absorption of
non-heme iron

Pippali
↓
Traditional
digestive/bioavailability
support

BENEFITS

- Supports healthy Haemoglobin and red blood cell formation
- Supports iron absorption and utilisation
- Helps maintain normal energy metabolism and vitality
- Supports healthy digestion
- Provides antioxidant support
- Traditional Ayurvedic support for blood nourishment



Amla
Swaras



Lauh
Bhasm



Mandur
Bhasm



Pippali

Active Ingredients



AYURVEDIC
GOODNESS
FOR BETTER
HEALTH

Dosage : Take 1-2 capsules twice daily after meal.

Qty : 60 Capsules | MRP : ₹350

ONEFIT^{with} Ashwagandha

Anti Stress Formula

Stress Less. Sleep Better. Feel Rejuvenated

BENEFITS

SUPPORTS STRESS MANAGEMENT

Supports Stress Management

Supports Vigour & Vitality

Helps support overall physical and mental vitality during demanding routines.

SUPPORTS MENTAL WELL-BEING

Helps maintain emotional balance and well-being during periods of mental stress.

SUPPORTS SEXUAL WELLNESS

A traditional blend of Ayurvedic herbs associated with vitality are reproductive wellness in men and women.

SUPPORTS NORMAL IMMUNE FUNCTION

Provides botanical ingredients traditionally used to support overall resilience and well-being.

TRADITIONAL AYURVEDIC REJUVENATIVE SUPPORT

A multi-herbal formulation designed for holistic support of body and mind.

ACTIVE INGREDIENTS



Ashwagandha



Akarkara



Kronch Beej



Jatamansi



Drakshadi Churn



Shatavari



Yashtimadhu



Saffron


PURE
HERBAL
GOODNESS



 **Dosage :** 1 capsule twice daily half an hour after meal.

Qty : 60 Capsules | MRP : ₹600

REST-O-CALM

Calm the Mind.

Support Natural Sleep. Wake Refreshed

BENEFITS

-  **STRESS MANAGEMENT**
Helps support relaxation and healthy stress response.
-  **SLEEP SUPPORT**
Supports sleep quality and healthy sleep patterns.
-  **RESTORATIVE SLEEP**
May help support sleep duration, sleep efficiency and sleep onset.
-  **MENTAL WELL-BEING**
Supports relaxation and emotional well-being during periods of stress.
-  **HEALTHY SLEEP-WAKE RHYTHM**
Melatonin plays an important role in regulating the body's circadian sleep-wake cycle.
-  **DUAL ASHWAGANDHA SUPPORT**
Combines conventional Ashwagandha extract with a concentrated Shoden® Ashwagandha extract.
-  **NERVOUS SYSTEM SUPPORT**
Supports calmness and healthy nerve function.



Better Sleep,
Better You



Wake Up
Refreshed



Relax Your Mind
Naturally



Manage Stress &
Anxiety



Melatonin is a sleep inducing hormone that is secreted by pineal gland present in brain in response to darkness. It helps with the timing of our circadian rhythms (24-hour internal clock) and with sleep. Being exposed to light at night can block melatonin production.

ACTIVE INGREDIENTS



Ashwagandha
Extract 435 mg



60 mg High-Potency
Shoden®
Ashwagandha Extract



Melatonin 5 mg



Dosage : 1 capsule 1 hour before Sleep

Qty : 30 Capsules | MRP : ₹600

NATURAL SAFFRON LIQUID EXTRACT

Saffron Stigma Extract



Saffron has been cherished for thousands of years for its unique colour, aroma and traditional wellness uses. It has been an integral part of Indian, Persian and Ayurvedic traditions and has long been regarded as a symbol of purity, prosperity and well-being.

BENEFITS



Supports Emotional Well-being



Supports Stress Management



Supports Healthy Sleep



Supports Eye Health



Supports Menopausal Wellness



Provides Antioxidant Support



Dosage : 2 Drops in a Day to be mixed in Water/Milk

Net Vol. : 10 ml | MRP : ₹550

WHY IS CALCIUM IMPORTANT?

Calcium is the foundation of strong bones and healthy living. It does much more than build bones – it supports muscles, nerves, blood clotting and keeps your heart beating strong.

WHEN CALCIUM IS LOW



Bones become weak & brittle



Higher risk of fractures & osteoporosis



Muscles may feel weak or tired



Teeth & nails become fragile



WHY DO WE LOSE CALCIUM?



Not getting enough calcium in your diet



Lactose intolerance



Vitamin D deficiency, which affects the absorption of calcium into your bloodstream.



During menopause, bone loss speeds up.

CALCIUM REQUIREMENT CHART

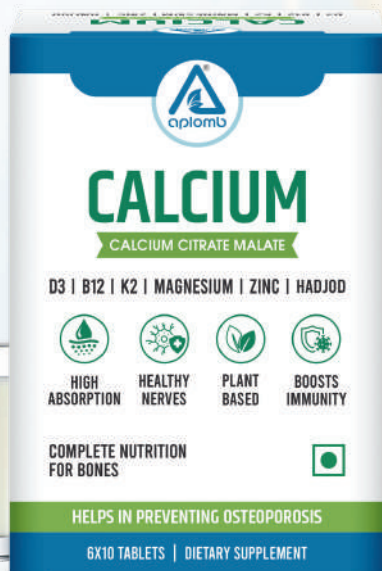
Age	Male	Female	Pregnant	Lactating
0–6 months*	200 mg	200 mg	–	–
7–12 months*	260 mg	260 mg	–	–
1–3 years	700 mg	700 mg	–	–
4–8 years	1,000 mg	1,000 mg	–	–
9–13 years	1,300 mg	1,300 mg	–	–
14–18 years	1,300 mg	1,300 mg	1,300 mg	1,300 mg
19–50 years	1,000 mg	1,000 mg	1,000 mg	1,000 mg
51–70 years	1,000 mg	1,200 mg	–	–
71+ years	1,200 mg	1,200 mg	–	–

Calcium is a Mineral that is necessary for life to build the bones and keep them Healthy

CALCIUM

Complete Nutrition for Bones

Strong Bones | Stronger You!



Vitamin
B12



Zinc



Calcium Citrate
Malate



Vitamin
D3



Vitamin
K2



Magnesium

BENEFITS

-  Helps maintain healthy bones and supports normal bone mineralisation.
-  Vitamin D3 helps the body absorb calcium effectively.
-  Calcium and magnesium contribute to normal muscle function.
-  Calcium, magnesium and vitamin B12 support normal nerve function and normal red blood cell production.
-  Calcium and magnesium support normal cardiac function, while calcium and vitamin-K contribute to normal blood clotting.
-  Vitamin D and zinc help support normal immune function.
-  Vitamin K2 contributes to normal bone metabolism.
-  Calcium and vitamin D support healthy bone development and maternal bone health.



Dosage : 1 Tablet twice daily after meal

Qty : 6×10 Capsules (Box) **MRP :** ₹450

GLUCOSAMINE

(with boswellia)

Natural Support for Osteoarthritis

BENEFITS



Increases Synthesis of Synovial Fluid.



Helps Repair and Strengthen Cartilage.



Supports Rebuilding Damaged Articular Cartilage.



Helps Relieve Pain and Gradually Improve Arthritis-Related Discomfort.



Promotes joint flexibility and mobility.



Supports Healthy Joint Function.



Helps Reduce Joint Stiffness.



Aids in Maintaining Healthy Connective Tissues.



ACTIVE INGREDIENTS

- ✦ Glucosamine HCL
- ✦ Boswellia (Shalaki)
- ✦ Curcumin (Haldi Ark)
- ✦ Yashtimadhu (Mulethi)



Dosage : Take 1-2 capsules twice daily after meal.

Qty : 60 Capsules | MRP : ₹550

ASTHIAMRIT OIL

Muscular & Joint Pain Relief Oil

ACTIVE INGREDIENTS



Pudina Flower



Gandhpura Oil



Nilgiri Oil



Shalaki



Haridra



Karpoor



Nirgundi



Clove Oil



Guggul

BENEFITS



Helps Relieve Joint Pain and Muscular Pain



Reduces Stiffness and Inflammation



Improves Joint Mobility and Flexibility



Supports Healthy Bone and Joint Function



Provides Warmth and Comfort to Affected Areas



Helps Reduce Swelling and Discomfort



RELIEVES
PAIN



IMPROVES
MOBILITY



NATURAL
RELIEF



A Unique
Herbal Formulation
for Muscular
& Joint Pain Relief

Net Volume : 100 ml.



How to use :

Apply 5 ml of Asthiamrit Oil on the affected area, Massage gently in circular motions for 3-5 minutes.

Vol : 100 ml | MRP : ₹350

NATURAL TURMERICH

LIQUID EXTRACT



Historical Significance of Turmeric

The use and application of turmeric has been mentioned in almost all types of medical systems. Now turmeric extract 'curcumin' is being used in allopathy medicine as well.

BENEFITS



Supports Joint Health & Mobility



Supports Overall Wellness



Helps Delay Ageing & Fights Age Related Diseases



Piperine helps enhance Curcuminoid Bioavailability



Provide Anti-inflammatory, antioxidant, antitumor, antiseptic, antiviral support



Dosage : 2 Drops in a Day to be mixed in Water/Milk

Net Vol. : 25 ml | MRP : ₹325

TULSI ARK

The Power of Holy Basil in
Every Drop



Tulsi (*Ocimum Sanctum*), commonly known as Holy Basil, means “the incomparable one” or “the sacred one” and holds an important place in Ayurveda.

TYPES OF TULSI



RAMA TULSI



SHYAMA TULSI



VANA TULSI

BENEFITS



Supports Normal Immune Function

Provides supportive nutrition for normal immune function.



Provides Antioxidant Support

Contains naturally occurring plant compounds with antioxidant activity.



Supports Respiratory Wellness

Traditionally used to support normal respiratory health and comfort.



Supports Oral & Gum Health

Tulsi contains naturally occurring compounds with antimicrobial and Anti-inflammatory activity.



Dosage : 10–20 Drops with Luke warm Water twice a day

Vol: 60 ml | MRP : ₹275

The Journey of Tea

1 Who Invented Tea ?

The legend Begins in **Ancient China around 2737 BCE**. It is attributed to Emperor Shen Nong.



01

The Divine Farmer, Shen Nong, boiled water.



02

Tea Leaves Blew into his Pot.



03

It had a Refreshing Aroma and Taste.



04

Tea's Journey Began as a Natural Gift.

2 How Tea Came to India?

Tea Reached India in the **Early 19th Century** and Went on to Become an Integral Part of Our Culture.



01

1823

British introduced Tea Plants to India.



02

1834

First tea plantation established in Assam.



03

1850s

Tea cultivation expanded in Assam & Darjeeling.



04

Today

India became a leading tea producer & exporter.

TYPES OF TEA



1. Black Tea



2. Green Tea



3. White Tea



4. Oolong Tea



5. Yellow Tea



6. Pu-erh Tea

After water, tea is the world's most cherished beverage.

GREEN TEA

Nature's Daily Antioxidant Shield

It's known to possess number of health benefits if consumed regularly.

BENEFITS

-  **Rich In Antioxidant Catechins**
-  **Supports Metabolic Health**
-  **Support Healthy Blood Glucose Metabolism**
-  **Supports cardiometabolic wellness**
-  **Supports mental alertness**
-  **Promotes a Healthy Respiratory System**
-  **Supports Weight Management Efforts**

Available Flavours

- **Detox Kashmiri Kahwa Green Tea**
- **Lemon Tulsi Green Tea**
- **Rose Petals Green Tea**
- **Tulsi Ginger Green Tea**
- **Apple Cinnamon Black Tea**
- **Amla Tulsi Exalt Green Tea**



MRP: Lemon Tulsi: ₹ 300/- | Apple Cinnamon: ₹325/- | Tulsi Ginger: ₹300/- | Kashmiri Kahwa: ₹375/-
Rose Petals: ₹325/- (Qty : 30 Tea Bags)

Amla Tulsi Green Tea ₹199/- (Qty : 25 Tea Bags)

PURE WILD HONEY

From Wildflowers to Your Wellness

WHAT IS WILD HONEY?

“Partially Processed from the Nectar of Various Wildflowers in dense forests. It is Purely Natural, Multifloral and Unadulterated – Straight from Nature to You”

BENEFITS



Rich Source of Natural Antioxidants



A Natural Source of Energy



Contains Vitamins, Minerals, and Enzymes



Supports Weight Management



Good for Digestion



Balanced Nutritional Support



Nature's natural booster for a balanced blend.



Known by many names in Ayurveda:

Madhu | Makshika | Madwikan
Khshadram | Saradham | Vantha
Varadi | Bringavathanam
Pushparasolbhavam



Dosage : -2 Teaspoon Daily

Net Wt : 250 g | MRP : ₹349/-

aplomb *Exalt*

Gold Tea

Aplomb Exalt Gold Tea is a natural source of antioxidants called flavonoids which protect cells and tissues in human body.

A supreme selection and fine blend of Pure Assam tea and long leaves, gives you a strong, red liquored tea with a heavenly aroma and taste that refreshes your soul.



NATURAL
ANTIOXIDANTS



FINE ASSAM
LONG LEAVES



RICH AROMA
GREAT TASTE



Pure
Assam Tea
Premium
Quality
★ ★ ★

Net Wg : 250 g | MRP : ₹ 170



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Disclaimer The information given in this Product Catalogue is meant for spreading general awareness about the products and their usage. It is not recommended to treat any disease. In case of any medical condition or ailment. We recommend taking advice from a registered medical practitioner.

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