



# PRODUCT CATALOGUE

*A product of Aveda Ayur*

[www.avedaayur.com](http://www.avedaayur.com)





## ABOUT US

Aveda Ayur was established in the year 2019, with a true devotion to making the world aware of the beauty of ayurvedic herbs and their healing effects on our bodies. Our specialized team of ayurvedic doctors has done extensive research in searching out hidden formulations mentioned in ayurvedic texts like Charak Samhita, Sushrut Samhita, Ashtang Hridayam, and botanical texts like Bhav Prakash Nighantu to create awareness about the magic that ayurvedic herbs can do. Scientifically designed herbal formulations that pass through rigorous quality tests at all stages from raw material selection to the final product formulation.

## OUR VISION

Aveda Ayur has the vision to establish itself as a global brand for dietary supplements, non-prescription well-being remedies, and promoting general well-being. Aveda Ayur is focused to develop clinically validated premium products for its customers for their optimal health. Our range is free from heavy metals, toxins, harmful additives. We have certificates for authenticity & purity from competent authorities. Aveda Ayur formulations are manufactured at GMP and ISO certified facilities. Our products are 100% free from animal content and are non-genetically modified. Our products are free from parabens, glutens, colors & artificial flavours.

## OUR MISSION

Being healthy has become the number one priority in today's highly competitive milieu. Information, availability of original and genuine resources to maintain a healthy lifestyle are becoming obscure and camouflaged. Shoddy products containing artificial stimulants laden with pesticides, toxins & metals are being sold thus killing, the already very fragile and vulnerable structure of the human body. Aveda Ayur is your one-stop solution & antidote for all these ailments, to become your saviour and trustworthy name for all wellness-related requirements. We source, process and preserve our ingredients to maintain the optimal strength and longer usage selectively. We emphasize on developing small batches of products so that we can maintain maximum purity and authenticity.



## OUR CERTIFICATIONS

This certificate affirms that the above stated facility is registered with the U.S. Food and Drug Administration pursuant to the Federal Food Drug & Cosmetic Act, as amended by the Bioterrorism Act of 2002 and the FDA Food Safety Modernization Act.



Kosher Certification is the stamp of kosher approval by a rabbinic Agency verifying they have checked the product's ingredients, production facility, and actual production to ensure all ingredients, derivatives, tools, and machinery have no trace of non-kosher substances.



ISO 22000:2018 - ISO 22000 sets out the requirements for a food safety management system and can be certified to it. It maps out what a organization needs to do to demonstrate its ability to control food safety hazards to ensure that food is safe.



GMP - The acronym stands for Good Manufacturing Practices, and to be GMP certified means that the manufacturer has demonstrated a strong regulatory commitment and compliance to international GMP standards.

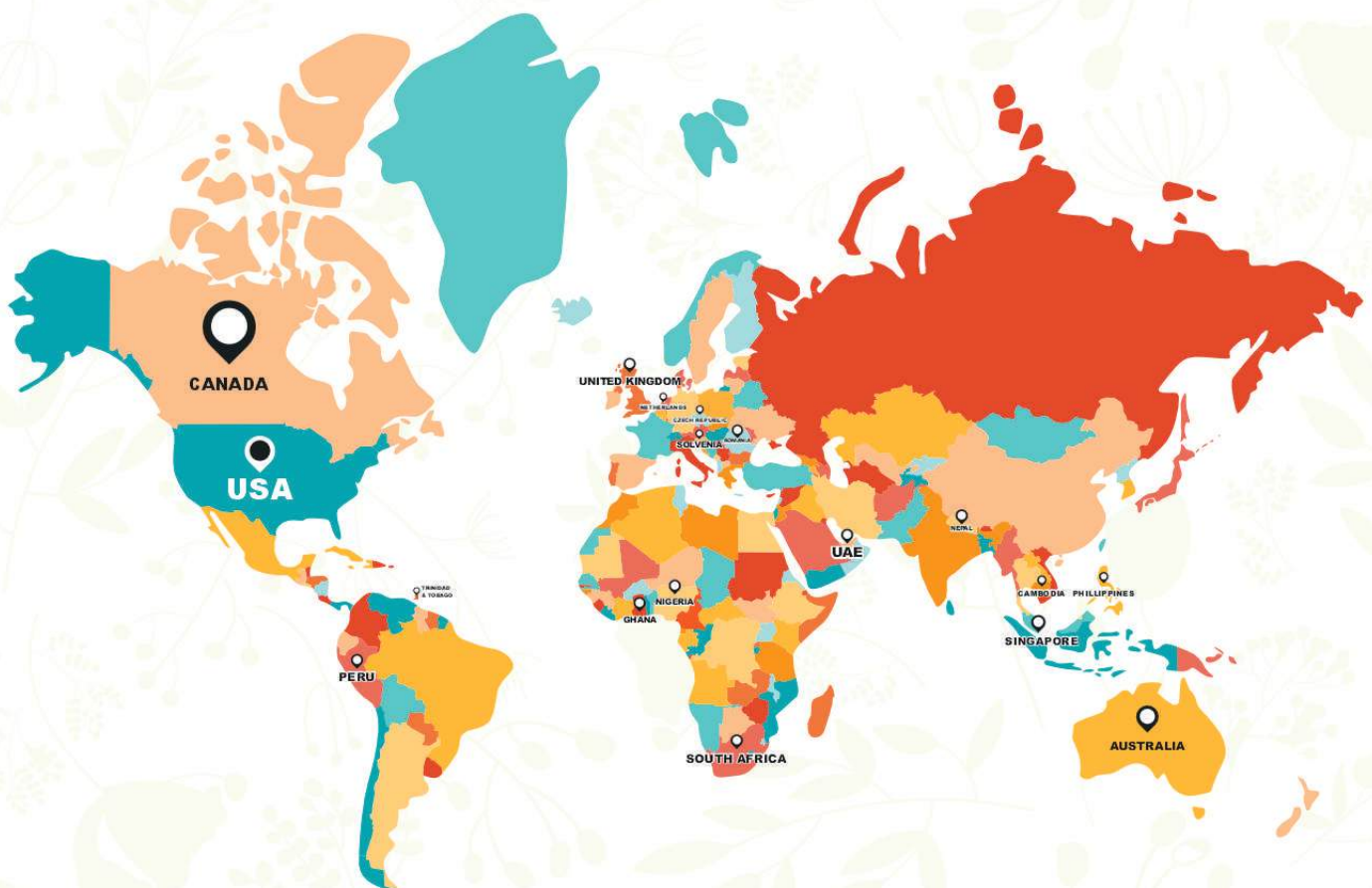


HACCP - Hazard analysis and critical control points, or HACCP is a systematic preventive approach to food safety from biological, chemical, physical hazards and more recently radiological hazards in production processes that can cause the finished product to be unsafe and designs measures to reduce these risks to a safe level.



## OUR GLOBAL REACH

THE USA | CANADA | SINGAPORE  
AUSTRALIA | UNITED KINGDOM | UAE  
SLOVENIA | ROMANIA | BULGARIA



THE CZECH REPUBLIC | NETHERLANDS(HOLLAND)  
SOUTH AFRICA | NIGERIA | PERU  
TRINIDAD & TOBAGO | GHANA  
CAMBODIA | PHILIPPINES | NEPAL



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**Life Aveda™**  
A True Devotion to Healing

## SINGLE HERB CAPULES





#### Did you know.?

- Supports in promoting anti-aging
- Helps to rejuvenate skin & hair cells
- Aids in boosting immunity
- Helpful in improving digestion naturally

## Premium Aloe Vera Capsule

Life Aveda's Ayurvedic Aloe Vera Capsule is a rich source of amino acids, vitamins, minerals and enzymes. It is a fusion of ancient wisdom with modern science that helps in promoting anti-aging by rejuvenating skin. It also aids in strengthening hair, boosting immunity, and improving digestion naturally.

#### Ingredients: -

Std. Ext. of Aloe Vera (Aloe barbadensis miller) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Good for skin & hair health
- Natural source of vitamin C
- Aids in promoting anti-aging
- Helps in improving digestion & body functions

## Premium Amlaki Capsules

Amlaki is a potent rejuvenating herb and a natural source of vitamin C. It supports anti-aging, boosts immunity, nourishes the digestive tract and gently removes toxins by promoting overall well-being. It also offers a holistic approach to beauty by transforming skin and hair health naturally.

#### Ingredients: -

Std. Ext. of Amla (Embllica officinalis) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional





#### Did you know.?

- Helpful in lowering cholesterol levels
- Aids in managing blood pressure
- Helpful in relieving IBS and Ulcers
- Supports healthy heart functions

## Premium Arjuna Capsules

Life Aveda's Arjuna Capsules are crafted with care using traditional Ayurvedic wisdom to embrace the natural path to heart health. These Arjuna capsules aid in promoting healthy blood pressure, improving blood circulation, maintaining cholesterol levels and overall heart vitality.

#### Ingredients: -

Std. Ext. of Arjuna (Terminalia arjuna) 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in reducing stress & anxiety levels
- Supports a healthy immune system
- Helpful in maintaining strength & stamina
- Aids in fighting premature aging
- Helps to promote a restful sleep cycle
- Supports energy levels & helpful in exertion

## Premium Ashwagandha Capsule

Life Aveda's Ashwagandha capsule is a timeless Ayurvedic treasure designed to nurture your body, mind and spirit. This Ashwagandha capsule offers a holistic approach to wellness, it helps in boosting immunity and supporting anti-aging by addressing stress and anxiety levels.

#### Ingredients: -

Std. Ext. of Ashwagandha (Withania somnifera) - 500 mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Aids in increasing bone strength
- Helps to prevent re-currency of fracture
- Helpful in relieving pain & swelling of ligaments
- Supports rejuvenation and lubrication of bone tissues

## Premium Asthi Poshan Capsules

Life Aveda's Asthi Poshan is an herbal formulation that helps to nourish your bone tissues and reduces the risk of bone brittleness. These capsules contain pure extracts of Hadjod that promote bone formation and bone cell growth.

#### Ingredients: -

Std. Ext. of Hadjod (*Cissus quadrangularis*) - 500 mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Helpful in Hepatitis B
- Aids in promoting healthy digestion
- Helpful in promoting detoxification
- Supports secretion of enzymes & bile juices

## Premium Bhumi Amla Capsules

Life Aveda's Bhumi Amla capsules are helpful in improving digestion by stimulating the digestive fire (Agni) and increasing bile secretion to promote healthy liver functioning. It also aids in regulating Vata and Pitta dosha by releasing toxins from the liver or kidney.

#### Ingredients: -

Std. Ext. of Bhumi amla (*Phyllanthus niruri*) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in reducing inflammation
- Aids in relieving back & joint pain
- Supports joint flexibility naturally
- Helpful in increasing bone density

## Premium Boswellia Capsules

Life Aveda's Boswellia is a natural remedy renowned for its anti-inflammatory benefits. It is carefully crafted to aid in reducing inflammation by making it an ideal choice for those seeking relief from back and joint pain. It also aids in improving joint flexibility, increasing bone density, by promoting a stronger and healthier bone naturally.

#### Ingredients: -

Std. Ext. of Shallaki (Boswellia Serrata) Gum resin

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in increasing memory power
- Helpful in improving focus or concentration
- Helps to calm the nervous system & mood swings
- Supports activeness & alertness

## Premium Brahmi Capsules

Brahmi is a miraculous herb known for its remarkable support in enhancing memory, intelligence and concentration. It serves as a nurturing tonic for the mind, fostering a healthy nervous system that leads to heightened mental clarity and focused attention. As a natural rejuvenator, Brahmi also aids in soothing anxiety, stress, and mood swings by providing a sense of tranquility and emotional balance.

#### Ingredients: -

Std. Ext. of Brahmi (Bacopa monnieri) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helps to increase platelet counts
- Loaded with powerful antioxidants
- Aids in preventing viral & chronic fever
- Helpful in controlling excess bleeding

## Carica Papaya Capsules

Carica papaya is renowned for its ability to increase platelet counts. It is enriched with a wealth of antioxidants that help to guard against viral intruders by improving your body's defense system. It also contributes to the harmonization of blood sugar levels and empowers the journey toward vitality.

#### Ingredients: -

Std. Ext. of Papaya (Carica Papaya) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Loaded with antiseptic & antioxidant properties
- Aids in healing cuts, wounds & burn
- Helpful in muscle soreness & joint mobility
- Aids in injuries & pain management

## Premium Curcumin 95% Capsules

Life Aveda's Curcumin 95% is a natural antiseptic and antioxidant. It is effective in unlocking the potential healing of the wound, cut, burn and is helpful in pain management. Curcumin 95% can also aid in relieving muscle soreness and improving joint mobility by promoting overall well-being.

#### Ingredients: -

Std. Ext. of Turmeric (Curcumin longa) 500 mg (curcuminoids-95%)

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Aids in promoting weight loss
- Supports in increasing metabolism rate
- Helpful in suppressing appetite
- Helps in reducing belly fat & obesity

## Premium Garcinia Capsules

Life Aveda's Garcinia Capsule helps to unlock the transformative power as it promotes weight loss by boosting your metabolism rate. It aids in suppressing appetite, managing constant cravings and reducing belly fat to get you freedom from obesity naturally.

#### Ingredients: -

Std. Ext. of Garcinia (Garcinia indica) -500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Helpful in managing chronic fever
- Aids in increasing platelet count
- Supports immunity & digestion
- Aids in managing dengue fever

## Premium Giloy Capsule

Giloy is a potent herb renowned for its versatile properties that help in recovering chronic fever, increasing platelet counts, boosting immunity and improving digestion naturally. Giloy also stands as an effective natural solution for dengue that promotes overall health & vitality.

#### Ingredients: -

Std. Ext. of Giloy (Tinospora cordifolia) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in improving male health
- Helps with UTI (Urinary Tract Infection)
- Aids in reducing risk of kidney stone
- Supports strength & Stamina

## Premium Gokshur Capsules

Life Aveda's Gokshur- a natural treasure that holds numerous benefits for male sexual & urinary health. It helps to promote strength & stamina, support the alleviation of UTIs (Urinary Tract Infections), reduce the risk of kidney stones and embrace a healthier urinary system by promoting overall wellness.

#### Ingredients: -

Std. Ext. of Gokshur (Tribulus terrestris) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Acts as a body & mind relaxant
- Aids in managing brain fog & dementia
- Supports a healthy sleep cycle
- Helps to reduce blood clots & encourages blood flow

## Premium Gotu Kola Capsules

Life Aveda's Gotu Kola capsules are made of pure Gotu Kola extracts from the herb that help in managing stress, anxiety, memory power, dementia, insomnia and other sleep disorders. It also aids in increasing blood circulation and promoting a healthy sleep cycle naturally.

#### Ingredients: -

Std. Ext. of Gotu Kola (Centella asiatica) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in soothing the digestive tract
- Works as a natural laxative
- Aids in maintaining healthy blood sugar levels
- Rich source of Vitamin C

## Premium Haritaki Capsules

Haritaki is a natural gem brimming with Vitamin C that supports healthy digestion, allowing your body to improve nutrient absorption. Its natural laxative properties act as a reliever of constipation by ensuring a clean and efficient digestive system. It also helps in maintaining healthy blood sugar levels naturally.

#### Ingredients: -

Std. Ext. of Haritaki (Terminalia chebula) 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in cleansing liver naturally
- Supports healthy liver functioning
- Helpful in improving digestion
- Aids in managing fatty liver
- Supports healthy metabolism rate

## Kalmegh Capsules

Life Aveda's Kalmegh Capsules are designed to promote the elimination of toxins and rejuvenation of your liver health by promoting its functioning. These capsules may also contribute to maintain a balanced gut environment, promote better digestion, manage fatty liver, improve metabolism rate & overall well-being.

#### Ingredients: -

Std. Ext. of Kalmegh (Andrographis paniculata) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Aids in detoxifying the liver & body
- Helps in managing blood sugar levels
- Aids in indigestion & weight management
- Supports respiratory health & functioning
- Manages Cholesterol levels & heart functions

## Kutki Capsules

Life Aveda's Kutki may help to promote detoxification and protect the liver from damage by promoting its overall health. It helps in stimulating the production of digestive juices and enzymes to improve digestion. It also aids in promoting cardiovascular health, boosting immunity, managing blood sugar and cholesterol levels naturally.

#### Ingredients: -

Std. Ext. of Kutki (Picorrhiza kurroa) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Natural supplement for GYMERS & athletes
- Rich source of minerals & vitamins
- Provides calcium & increases bone density
- Gives instant energy & power to the mind & body

## Premium Macca Root Capsule

Maca root is a good source of various vitamins, minerals and nutrients that help to boost energy levels, enhance vitality, promote stamina and endurance. It also helps in promoting proper brain functioning to keep your mind calm and provides calcium to increase bone density by making them healthier.

#### Ingredients: -

Std. Ext. of Macca Root (Lepidium meyeri) -500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Natural Blood Purifier
- Helpful in eczema & skin irritations
- Anti-inflammatory in nature
- Aids in promoting healing of wounds

## Premium Manjistha Capsules

Manjistha is renowned for its potent detoxifying effects on the blood and lymphatic system. Its natural compounds help remove toxins, impurities and excess heat from the body by promoting healthier skin. It also possesses anti-inflammatory properties that may help alleviate joint pain and inflammation.

#### Ingredients: -

Std. Ext. of Manjistha (*Rubia cordifolia*) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in lowering uric acid levels
- Helps in gut healing & body detoxification
- Helpful in reducing edema & gout
- Anti-inflammatory in nature
- Aids in managing arthritis & joint pain

## Premium Moringa Capsules

Life Aveda's Moringa is packed with nutrients, antioxidants and bioactive compounds. It potentially aids in reducing inflammation, redness and pain. It also contributes to lowering uric acid levels by managing arthritis, joint pain, gout and edema.

#### Ingredients: -

Std. Ext. of Moringa (*Moringa officinalis*) -500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helps with skin infections
- Aids in lowering blood sugar levels
- Manages acne & pimples
- Supports toxins removal from the body
- Helpful in worm infestation

## Premium Neem Capsule

Neem is renowned for its antibacterial, analgesic, antifungal, and anti-inflammatory properties including its numerous health benefits. It also aids in purifying blood which helps in preventing skin issues and irritations. Neem also aids in combating free radical damage, eliminating toxins, normalizing blood sugar levels and boosting immunity naturally.

#### Ingredients: -

Std. Ext. of Neem (*Azadirachta indica*) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in reducing water retention & edema
- Helpful in managing urinary tract infections
- Aids in improving cardiac health
- Hepatoprotective in nature
- Helpful in increasing secretion of bile juices

## Punarnava Capsules

Punarnava is a cherished herb renowned for its multifaceted benefits and its comprehensive approach to holistic health. It supports the urinary system, nurtures your heart health to embrace a stronger cardiovascular system, encourages efficient digestion and metabolism with its digestive harmony. It is also helpful in flushing out excess fluid and toxins from the body.

#### Ingredients: -

Std. Ext. of Punarnava (*Boerhaavia diffusa*) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helps in improving endurance & vitality
- Aids in production of male hormones
- Supports men's libido & performance
- Helps in muscle gain & bodybuilding

## Premium Safed Musli Capsules

Life Aveda's Safed Musli is a natural treasure trove that supports your vitality and transforms your well-being. The unique properties of Safed Musli help you improve your desire, elevate your endurance, increase semen production, enhance libido and performance by making your body conquer other physical challenges.

#### Ingredients: -

Std. Ext. of Safed Musli (*Chlorophytum borivilianum*) -500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Supports healthy prostate functioning
- Aids in maintaining PSA levels naturally
- Helpful in reducing enlarged prostate
- Helpful in managing frequent urination urges

## Premium Saw Palmetto Capsules

Life Aveda's Saw Palmetto harnesses the power of nature that helps in maintaining natural PSA levels and optimal prostate function. The goodness of Saw Palmetto is effective in reducing the urges for frequent urination, enlargement of the prostate gland and other discomforts.

#### Ingredients: -

Std. Ext. of Saw Palmetto (*Serenoa repens*) -500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Supports female health & wellness
- Helpful in breast milk production
- Aids in relieving menstrual pain, cramps & mood swings
- Aids in improving fertility
- Helps in gaining strength post delivery

## Premium Shatavari Capsule

Shatavari is a renowned female wellness nutritional herb that nurtures reproductive health and addresses various lifestyle disorders by managing other female-related concerns. It also aids in managing hormonal imbalances, menopause, menstruation and discomfort by promoting overall vitality for a harmonious and fulfilling life.

#### Ingredients: -

Std. Ext. of Shatavari (Asparagus Racemosus) -500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Supports endurance, strength & stamina
- Helpful in increasing fertility & sexual performance
- Aids in reducing weakness & tiredness
- Loaded with detoxifying properties
- Helps to rejuvenate body cells & tissues

## Premium Shilajit Capsules

Life Aveda's Shilajit combines the time-tested wisdom of Ayurveda with modern sciences that help to improve strength, stamina and vitality naturally. It also contains fulvic acid that may help in stimulating energy production, performance and testosterone levels. It also plays a crucial role in muscle development, increasing bone density and overall physical performance.

#### Ingredients: -

Std. Ext. of Shilajit (Asphaltum) -500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in lowering uric acid, urea & creatinine levels
- Aids in toxins removal from the body
- Supports kidney health & functioning
- Helpful in preventing renal stones & edema

## Varuna Capsules

Varuna is a cherished herb containing exceptional properties that aid in lowering uric acid, urea and creatinine levels by supporting overall kidney health. It also helps in flushing out toxins, preventing edema, managing renal stones by leaving the body revitalized and refreshed.

#### Ingredients: -

Std. Ext. of Varuna (*Crataeva nurvala*) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in managing bronchitis & asthma
- Helpful in cold, cough & sore throat
- Manages viral infections & allergic reactions
- Helpful in respiratory inflammation
- Aids in fighting against nasal & chest congestion

## Vasaka Capsules

Life Aveda's Vasaka capsules are made of pure extract of Vasaka that harnesses anti-microbial and anti-inflammatory properties. It helps in managing cough, nasal congestion, sore throat and lung infections. This harmonious product also aids in controlling respiratory concerns including asthma, bronchitis and tuberculosis.

#### Ingredients: -

Std. Ext. of Vasaka (*Adhatoda vasica*) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Contains 25% proteins so good for Gymers
- Manages damaged/dead cells & signs of aging
- Rejuvenates & Detoxifies the human body
- Aids in maintaining a healthy body weight
- Helpful in building immunity naturally

## Premium Wheat Grass Capsules

Life Aveda's Wheatgrass is a rich source of vitamins, minerals and enzymes that offer holistic nourishment. It is an excellent choice for gym enthusiasts that helps in promoting muscle growth and muscle recovery. This powerful supplement also helps in improving immunity, promoting detoxification, maintaining a healthy weight and minimizing the signs of aging by restoring youthful skin.

#### Ingredients: -

Std. Ext. of Wheat Grass (*Triticum aestivum* Linn.) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Help with common cold & cough
- Helpful in indigestion & flatulence
- Aids in respiratory disorders
- Supports elimination of sticky mucus & eases sore throat

## Yashti-M Capsules

Life Aveda's Yashti-M is a specialized formulation that helps in addressing a range of respiratory and digestive issues effectively. It offers a holistic approach to the discomfort of the common cold, persistent cough, sticky mucus, and sore throat by promoting clearer airways for smooth breathing.

#### Ingredients: -

Std. Ext. of Yashti Madhu (*Glycyrrhiza glabra*) - 500mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





**Life Aveda®**  
A True Devotion to Healing



## POLY HERBS





#### Did you know.?

- Helpful in relieving acidity, heartburn & bloating
- Aids in managing nausea & vomiting
- Aids in relieving gas & abdominal discomfort
- Supports overall digestive well-being

## Acid-O Flux Capsules

Life Aveda's Acid-O-Flux Capsules are crafted with a harmonious fusion of potent Ayurvedic herbs that help in managing acidity, gas, bloating, & abdominal discomfort by promoting overall digestive well-being. These Capsules are free from harsh chemicals and offer safe and long-lasting digestive support with no side effects.

#### Ingredients: -

Amla (*Emblica officinalis*) -100mg Mulethi (*Glycyrrhiza glabra*) -100mg Saunf (*Foeniculum vulgare*) -50g Dhania (*Coriandrum sativum*) -50mg Harar (*Terminalia chebula*) -50mg Tejpatta (*Cinnamomum tamala*) -40mg Lavang (*Syzygium aromaticum*) -10mg Black Pepper (*Piper nigrum*) -33.3mg Saunth (*Zingiber officinalis*) -33.3mg Pippali (*Piper Longa*) - 33.3mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Supports insulin production & manages glucose levels
- Helpful in controlling diabetes & supports energy levels
- Helpful in frequent thirst & urination
- Helps reduce mood swings due to craving sugary foods

## Advanced Dia-Revival

Life Aveda's Advanced Dia-Revival is designed to empower your journey toward diabetes control and well-being. This Ayurvedic blend aids in regulating insulin production, normalizing blood sugar levels, improving eyesight, supporting heart health and revitalizing your energy levels naturally by maintaining overall health.

#### Ingredients: -

Gurmar (*Gymnema sylvestre*) - 100mg Haridra (*Terminalia chebula*) -100mg Cinnamon (*Cinnamomum verum*) -100mg Methika (*Trigonella foenum-graecum*) -100mg Jambul (*Syzygium cumini*) - 50mg Karvellak (*Momordica charantia*) - 50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in relieving early morning sneezing & congestion.
- Aids in managing running nose & watery eyes.
- Supports a healthy respiratory system.
- Aids in eliminating mucus & preventing allergic infections.
- Supports immunity & provides resistance to allergens.

## Aller GI

Life Aveda's Aller GI is a meticulously crafted herbal formula designed to manage the discomfort of allergies and promote a healthier respiratory system. It helps you to say goodbye to early morning sneezing, congestion, itchy and watery eyes or nose. It is also helpful in managing skin rashes and bothersome symptoms that disrupt your day by boosting your immunity.

#### Ingredients: -

Haridra (Curcuma longa)-125mg, Neem (Azadirachta indica)-150mg, Shirish (Albizia lebbeck)-125mg, Ashwagandha (Withania somnifera) -100mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in relieving sneezing, runny & itchy eyes or nose.
- Helpful in controlling skin rashes, redness & inflammation.
- Aids in boosting immunity & body's defense system.
- Supports respiratory health & eases breathing issues.
- Helps to reduce the symptoms of allergic rhinitis & sinusitis

## Advanced Aller GI

Life Aveda's Advanced Aller GI is rich in antiviral, anti-inflammatory and antifungal properties that may primarily boost immunity to safeguard against viral, allergic and bacterial infections. It aids in reducing troublesome symptoms of allergies including frequent sneezing, chest or nasal congestion, runny or itchy nose, watery eyes, skin rashes, redness or inflammation and other breathing complications.

#### Ingredients: -

Neem (Azadirachta indica) 150mg Shirish (Albizia lebbeck)150mg Haridra (Curcuma longa)125mg Reishi (Ganoderma lingzhi)100mg Stinging nettle (Urtica dioica) 75mg Ajwain (Trachyspermum ammi)50mg Ashwagandha (Withania somnifera) 50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Helpful in joint pain & arthritis
- Aids in improving joints mobility & flexibility
- Helpful in reducing inflammation & redness
- Supports healing & recovery (fracture & wounds)

## Boswellia Curcumin

Boswellia Curcumin is a dynamic blend known for its remarkable ability to reduce joint pain, inflammation and discomfort caused by arthritis. The unique combination of active compounds in Boswellia Curcumin targets the root causes of joint inflammation, redness and stiffness by improving joint mobility and flexibility.

#### Ingredients: -

Boswellia (*Boswellia serrata*)-250mg, Curcumin (*Curcuma longa*)-250mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know..?

- Helpful in increasing sperm count
- Aids in improving semen quality
- Helpful in preventing infertility in males
- Helpful in increasing males hormones

## Dhatu Paushak

Dhatu Paushak is an exceptional herbal blend of Gokshur, Safed Musli & Kaunch Beej that helps to enhance overall male reproductive health & vitality. It is also helpful in increasing sperm count, improving semen quality & boosting testosterone levels by supporting overall well-being.

#### Ingredients: -

Gokshur (*Tribulus terrestris*)-200mg, Kaunch Beej (*Mucuna pruriens*)-200mg, Safed Musli (*Chlorophytum borivilianum*)-100mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Manages blood sugar levels
- Aids in enhancing insulin production
- Helpful in reducing the risk of heart disease
- Aids in fighting weakness, dizziness & fatigue

## Diamet 80

Diamet 80 is an entirely herbal formulation that aids in promoting insulin production, normalizing blood sugar levels & improving energy levels. This revolutionary formulation not only helps in controlling diabetes but also helps to reduce stress levels, improve vision, & maintain a healthy heart by addressing potential complications of diabetes that may arise.

#### Ingredients: -

Daruhaldi (Berberis aristata)-100mg Vijaysaar (Pterocarpus marsupium)-100mg Gurmar (Gymnema sylvestre) - 100mg Methi (Trigonella foenum-graecum)-80mg Khadir (Acacia catechu)-60mg Guduchi (Tinospora cordifolia)-60mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in stimulating digestive fire for better digestion
- Helpful in secretion of digestive enzymes
- Manages tightness or heaviness in stomach
- Aids in relieving farting & gastritis naturally

## Digest Easy

Digest Easy Capsules contains the goodness of potent herbs & works as a probiotic tonic. It helps in improving digestion and metabolic processes by stimulating the secretion of bile juices and enzymes. It is also helpful in reducing gastritis, tightness & heaviness in the stomach.

#### Ingredients: -

Amla (Emblics officinalis)-110mg, Haritaki (Terminalia chebula)-110mg, Bahera (Terminalia bellerica)-110mg, Jeera (Cuminum cyminum)-50mg, Saunf (Foeniculum vulgare)-40mg, Dhania (Coriandrum sativum)-40mg, Pippali (Piper longa)-40mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Acts as a natural laxative
- Helps relieve constipation
- Helps to soften stool effectively
- Supports healthy bowel movements

## Lax Lite Plus

Life Aveda's Lax Lite Plus harnesses the inherent properties of potent herbs & works as a natural laxative. It primarily aids in relieving constipation and regulating healthy bowel movements. The consumption of Lax Lite Plus also ensures a safe & effective way to soften stool effectively, making your bowel movements smoother & less straining.

#### Ingredients: -

Senna (Senna alexandrina)-200mg, Nishoth (Operculina Turpethum) -100mg, Triphala (Three myrobalan)-100mg, Saunf (Foeniculum vulgare)-50mg, Saunth (Zingiber officinalis)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in balancing Pitta & works as a natural coolant
- Helpful in treating acidity & indigestion
- Manages bleeding disorders (UC)
- Rich source of calcium (beneficial in menopause)
- Helpful in improving bone marrow density

## Pitta Shamak

Pitta Shamak Capsules are packed with cooling compounds and remarkable Ayurvedic solutions designed to bring equilibrium to Pitta dosha. It helps in relieving acidity, indigestion & bleeding disorders like Ulcerative Colitis (UC). It also provides valuable support during menopause & enhances bone marrow density as it is rich in calcium.

#### Ingredients: -

Praval Pishti (Ayurvedic calcium compound)-100mg, Akik Pishti (Ayurvedic calcium compound)-100mg, Jahar Mohra Pishti (Ayurvedic calcium compound)-100mg, Kamdudha Ras (Ayurvedic calcium compound)-100mg, Mukta Pishti (Ayurvedic calcium compound)-50mg, Giloy Satva (Tinospora cordifolia)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in low platelets count
- Supports fast recovery post dengue
- Helpful in enhancing immunity
- Supports energy levels naturally

## Plato G Plus

Life Aveda's Plato G Plus Capsules are a unique blend of natural herbs carefully crafted to manage low platelet counts, help to improve recovery post-dengue, boost energy levels & strengthen your immune system. With key ingredients like Giloy, papaya, & wheatgrass, this formulation helps to strengthen your body's defenses against viral infections & enhances vitality.

#### Ingredients: -

Wheatgrass (*Triticum aestivum* linn.)-60mg, Papaya (*Carica papaya*)-300mg, Giloy (*Tinospora cordifolia*)-140mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know..?

- Helpful in controlling Malaria
- Aids in preventing viral infections
- Effective in cold, cough & fever
- Manages nasal congestion & discharge
- Helpful in headaches & body aches

## Premium Aveda 64

Aveda 64 is a potent Ayurvedic formulation meticulously crafted to help you combat malaria and relieve cold, cough, fever or other associated discomforts by preventing viral infections. With its natural ingredients, Aveda 64 offers a holistic approach to wellness by addressing issues like nasal congestion, nasal discharge, headache & body aches.

#### Ingredients: -

Kuberraksha (*Crassula ovata*)-200mg, Saptparna (*Alstonia scholaris*)-100mg, Kutki (*Picrorhiza kurrooa*)-100mg, Chirayata (*Swertia chirata*)-100mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know..?

- Aids in gaining confidence and self-esteem.
- Helpful in tightening the sagging breast .
- Helps to Strengthen muscles for a good shape.
- Aids in enhancing appearance and beauty.

## Premium Bu-Enhance

Life Aveda's BU-Enhance helps in enhancing your natural beauty and confidence by nurturing your breast health. Whether you seek fuller, firmer breasts, want to prevent sagging, or simply wish to care for your breast health, BU Enhancer can be your trusted ally on this journey. It effectively helps tighten loose muscles, providing a natural lift & improving the overall appearance of your bust.

#### Ingredients: -

Vidari kand (Pueraria tuberosa)-150mg, Varahi kand (Dioscorea bulbifera)-100mg, Shatavari (Asparagus Racenosus)-100mg, Fennel seed (Foeniculum vulgare)-60mg, Fenugreek (Trigonella foenum-graecum)-60mg, Lodhra (Symplocos Racemosa)-30mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know..?

- Helpful in maintaining healthy weight
- Aids in reducing excess body fat
- Helpful in suppressing hunger naturally
- Supports healthy metabolism rate

## Premium Burn S

Life Aveda's Burn S is a trusted companion on the path to achieving your weight management goal. This herbal formula works harmoniously, it helps to boost the metabolism rate, reduce excess body fat & suppress hunger naturally. Its herbal composition draws upon the wisdom of Ayurveda, offering you a natural & holistic solution to healthy weight management.

#### Ingredients: -

Vrikshamla (Garcinia combogia)-200mg, Green coffee, Coffea -100mg, Green tea (Camellia sinensis)-100mg, Jeera (Cuminum cyminum)-50mg, Sunthi (Zingiber officinale)-40mg, Kali Mirch (Piper nigrum)-10mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in managing nightfall
- Helps to improve semen quality
- Aids in relieving tiredness & dullness
- Natural male wellness supplement

## Premium Cosmic Power

Life Aveda's Cosmic Power is a carefully formulated herbal remedy that aids in addressing concerns related to nightfall, enhances semen & sperm quality. It also helps in managing tiredness and dullness by helping you regain control over your overall physical performance experiences.

#### Ingredients: -

Ashwagandha (*Withania somnifera*)-100mg, Shuddh Kaunch Beej (*Mucuna pruriens*)-40mg, Shuddh Shilajit (Purified asphaltum)-60mg, Jaiphal (*Myristica fragrans*)-60mg, Kamalgatta (*Nucifera Gaertn*)-58mg, Shatavari (*Asparagus racemosus*)-60mg, Vidarikand (*Pueraria tuberosa*)-40mg, Gokshur (*Tribulus terrestris*)-40mg, Salampanja (*Dactylorhiza majalis*)-20mg, Kesar (*Crocus sativus*)-2 mg, Yashad Bhasm (*Zinc calx*)-5mg, Loh Bhasm (*Iron calx*)-5mg, Vang Bhasam (*Tin calx*)-5mg, Swarn Bang-5mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Supports nervous system to calm body & mind
- Helpful in relieving stress & anxiety
- Aids in promoting healthy sleep cycles
- Helpful in managing anger & hypertension

## Premium De-Stress

Life Aveda's De-stress is meticulously crafted with herbs soothing in nature that are helpful in calming the nervous system, relieving stress and promoting sound sleep. It also aids in managing hypertension, anxiety levels and uplifts mood without any side effects.

#### Ingredients: -

Ashwagandha (*Withania somnifera*)-150mg, Brahmi (*Bacopa monnieri*)-100mg, Jatamansi (*Nardostachys jatamansi*)-100mg, Tagar (*Valeriana officinalis*)-50mg, Chamomile (*Matricaria chamomilla*)-50mg, Lemonbalm (*Melissa officinalis*)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Supports female hormones production & boosts libido
- Aids in regulating irregular menstrual cycle
- Helpful in relieving menstrual cramps & bloating
- Helps promote timely & healthy ovulation

## Premium Female Vitality

Life Aveda's Female Vitality is a remarkable wellness supplement designed to nurture women's reproductive health, vitality & well-being throughout various stages of life. Crafted with powerful and nourishing herbs that aid in managing hormonal imbalances, alleviating menopausal symptoms, supporting healthy menstruation & relieving discomfort by contributing to a fulfilled life.

#### Ingredients: -

Ashoka (Saraca asoca)-100mg, Lodhra (Symplocos racemosa)-100mg, Kachnar (Bauhinia variegata)-100mg, Nagkesar (Mesua ferrea linn)-50mg, Shatavari (Asparagus racemosa)-50mg, Triphala (Three myrobalans)-50mg, Ashwagandha (Withania somnifera)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in gaining muscle mass
- Supports digestion & appetite
- Helpful & suitable for GYMERS
- Aids in developing an attractive body

## Premium G More

Life Aveda's G More is an ideal choice for fitness enthusiasts and gym-goers. It is specially designed to help people gain muscle mass, improve digestion and appetite naturally. G More complements your workout regimen by providing the nutritional support required to achieve your fitness goals and attractive physique.

#### Ingredients: -

Ashwagandha (Withania somnifera)-150mg, Vidarikand (Pueraria tuberosa)-100mg, Triphala (Three myrobalans)-100mg, Shuddh kapikachu (Mucuna pruriens)-50mg, Shatavari-100mg.

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in IBS & Stomach Ulcer
- Aids in healing intestinal lining
- Beneficial in Ulcerative colitis
- Helpful in relieving bloating & constipation

## Premium Gastro G

Gastro G is a meticulously crafted herbal remedy that aids in promoting gastrointestinal health (digestive system). Gastro G offers an effective natural solution for IBS, stomach ulcers, ulcerative colitis, bloating, or constipation by easing all the discomfort and strengthening your intestinal lining.

#### Ingredients: -

Nagkesar (*Mesua ferrea*)-100mg, Mochrus (*Bombax malabaricum*)-100mg, Marigold (*Tegetes erecta*)-100mg, Anar (*Punica granatum*)-100mg, Lodhra (*Symplocos racemosa*)-100mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Helpful in managing hair fall & damages
- Aids in controlling premature greying
- Manages itching & dryness of the scalp
- Supports healthy hair growth

## Premium Hair Vitals

Hair Vital is entirely an Ayurvedic solution that helps in preventing hair fall and hair damage naturally. This unique blend also aids in controlling premature greying, relieving scalp itching or dryness by supporting the growth of strong, lustrous and healthy hair.

#### Ingredients: -

Amalaki (*Emblica officinalis*)-100mg Bhringraj (*Eclipta alba*)-200mg Hibiscus Flower (*Hibiscus rosa-sinensis*)-100mg Rose Marry (*Salvia rosmarinus*)-50mg Thyme (*Thymus vulgaris*)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Supports healthy heart functions
- Aids in normalizing blood pressure
- Helpful in managing cholesterol levels
- Supports healthy pumping activity of the heart

## Premium Healthy Beats

Premium Healthy Beats is a mixture of potent Ayurvedic herbs that helps to promote heart health & its optimal functioning. These herbs possess properties that aid in normalizing blood pressure, maintaining healthy cholesterol levels and enhancing the heart's pumping activity by supporting overall cardio functions.

#### Ingredients: -

Arjuna (*Terminalia arjuna*)-100mg, Brahmi (*Bacopa monnieri*)-100mg, Ashwagandha (*Withania somnifera*)-100mg, Shankhpushpi (*Convolvulus prostratus*)-100mg, Grape seed(*Vitis vinifera*)-50mg, Garlic (*Allium sativum*)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Helpful in urinary tract infections
- Aids in managing enlarged prostate
- Beneficial in reducing the frequent urge to urinate
- Helpful in burning, pain & inflammation
- Supports in maintaining healthy PSA levels

## Premium Prosta Care

Prosta Care capsules are not only safe but also remarkably effective in supporting male urogenital well-being. This unique blend of natural herbs helps in alleviating inflammation, relieving pain and soothing those uncomfortable burning sensations. It also aids in addressing enlarged prostate concerns while ensuring a healthy range of PSA levels.

#### Ingredients: -

Nagarmotha (*Cyperus scariosus*)-100mg, Neem (*Azadirachta indica*)-100mg, Turmeric (*Curcuma Longa*)-100mg, Ramatulsi (*Ocimum sanctum*)-50mg, Punarnava (*Boerhavia diffusa*)-100mg, Gokshur (*Tribulus terrestris*)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Aids in promoting healthy digestion
- Helpful in relieving constipation
- Manages gastritis & reduces flatulence
- Helps to soften stool & clears intestine

## Premium Herbal Lax Lite

Life Aveda's Lax Lite Plus helps in relieving chronic and occasional constipation naturally. This potent collection aids in improving digestion, regulating bowel movements and also in easing irritable bowel movements (IBS) without causing any side effects.

#### Ingredients: -

Bael (Aegle marmelos)-100mg, Senna leaves (Cassia senna)-125 mg, Haritaki (Terminalia chebula)-100mg, Saunth (Zingiber officinalis)-50mg, Saunf (Foeniculum vulgare)-50mg, Nishoth (Operculina turpethum)-25mg, Liquorice (Glycyrrhiza glabra)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Supports immunity & body defense system
- Aids in preventing seasonal cough, cold & fever
- Helps improve lungs & respiratory health
- Supports strength, energy & stamina

## Premium Immunity Enhancer

Life Aveda's Premium Immunity Enhancer is meticulously crafted from the finest natural herbs that are helpful in supporting immune response to safeguard against seasonal allergies, pesky coughs and persistent colds. This potent combination also helps your body with renewed strength, boundless energy and enduring stamina by reducing weakness.

#### Ingredients: -

Giloy (Tinospora cordifolia)-100mg, Tulsi (Ocimum sanctum)-50mg, Dalchini (Cinnamomum verum)-50mg, Ashwagandha (Withania somnifera)-150mg, Sounth (Zingiber officinalis)-50mg, Amla (Emblia officianlis)-50mg, Haldi (Curcuma longa)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Aids in relieving vaginal or white discharge
- Helps in reducing irritation & foul smelling
- Aids in relieving swelling & itchininess
- Manages painful sexual intercourse
- Supports female reproductive health

## Premium Intimate Health

Life Aveda's Intimate Health capsules are expertly formulated female wellness products that help to bring harmony to overall female reproductive health. This Ayurvedic blend possesses a myriad of magical properties that helps in relieving vaginal discharge, itchininess, irritation & unpleasant odors. It also aids in embracing the joy of pain-free sexual intercourse by promoting overall well-being.

#### Ingredients: -

Ashok Chhal (Saraca asoca)-100mg, Lodhra (Symplocus racemosus)-100mg, Babool (Vachellia nilotica)-100mg, Amba Haldi (Curcuma amada)-60mg, Lajwanti (Mimosa pudica)-40mg, Rasaount (Berberis aristata)-20mg, Tarwar -60mg, Kumari (Aloe Barbadensis)-20mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Supports healthy kidney functions
- Helpful in managing water retention
- Aids in removing waste from the body
- Helpful in reducing painful urination
- Aids in removing kidney stone

## Premium Kidney Restore

Life Aveda's Kidney Restore is a holistic approach that helps to regulate kidney function and promote its overall well-being. Kidney Restore helps your body maintain its natural fluid balance and reduce swelling or discomfort. It also aids in flushing out harmful waste, purifying blood and maintaining healthy blood pressure.

#### Ingredients: -

Punarnava (Boerhavia diffusa)-100mg, Gokhru (Tribulus terrestris)-150mg, Varuna (Crateva religiosa)-100mg, Marshmallow Root (Althaea officinalis)-50mg, Pashanbhed (Bergenia ligulata)-50mg, Palash (Butea monosperma) - 50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Manages PE (Premature Ejaculation)
- Helpful in increasing timing & performance
- Aids in calming nerves & increasing focus
- Supports orgasm through sexual stimulation.

## Premium Knock Out

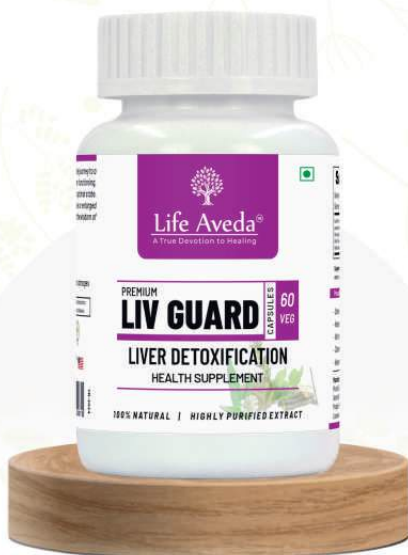
Knock Out is a rare combination of potent herbs that helps in relieving PE (Premature Ejaculation), promoting strength, stamina and vitality. This powerful combination also aids in calming nerves and boosting performance by supporting overall sexual health without causing any major side effects.

#### Ingredients: -

Ginseng (*Withania somnifera*)-100mg, Maca (*Lepidium meyenii*)-100mg, Yohimbine (*Pausinystalia johimbe*)-100mg, Gokhru (*Tribulus terrestris*)-100mg, Horny Goatweed (*Epimedium*)-50mg, Shuddh Kaunch Beej (*Mucuna pruriens*)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Helps in restoring fatty & enlarged liver
- Aids in promoting healthy liver functions
- Supports natural liver detoxification
- Helps to protect liver against alcohol & antibiotics damages

## Premium Liv Guard

Life Aveda's Liv Guard is your trusted companion in the journey to a healthier and happier liver. It aids in restoring liver functioning, removing toxins and helping you regain the organ's optimal state. Liv Guard also helps in managing jaundice, fatty liver or enlarged liver and other liver-related concerns naturally with the wisdom of Ayurveda.

#### Ingredients: -

Kutki (*Picrorhiza kurrooa*)-100mg, Kalmegh (*Andrographis paniculata*)-100mg, Triphala (Three myrobalans)-50mg, Bhuringraj (*Eclipta alba*)-50mg, Kasni (*Cichorium intybus*)-50mg, Giloy (*Tinospora cordifolia*)-50mg, Punarnava (*Boerhavia diffusa*)-50mg, Makoi (*Solanum nigrum*)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Helpful in relieving joint pain & swelling
- Aids in reducing joint stiffness & redness
- Helpful in protecting damaging nerves & tissues
- Supports grip & hold capacity of joints

## Premium Ortho Aid

Life Aveda's Ortho Aid capsule offers a soothing touch to the joints by promoting overall joint and bone health. It helps to relieve swelling, pain, redness and stiffness by protecting joints for a pain-free life. It also aids in enhancing mobility, grip and hold capacity by relieving discomfort naturally.

#### Ingredients: -

Flax Seed (*Linum usitatissimum*)-100mg, Shallaki (*Boswellia serrata*)-100mg, Guggal (*Commiphora mukul*)-100mg, Rasna (*Pluchea lanceolata*)-50mg, Saunth (*Zingiber officinalis*)-50mg, Suranjan Mithi (*Colchicum luteum*)-50mg, Khuraseni Ajwain (*Trachyspermum ammi*)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Manages PCOS & PCOD naturally
- Aids in dissolving cysts inside the ovary
- Supports ovulation & eggs quality
- Helpful in balancing hormones & regulating menstruation

## Premium Ova Cyst

Life Aveda's OVA CYST possesses an extraordinary power of potent herbs such as Ashoka, Gandhari and Gular. It is helpful in promoting a healthy menstrual flow, rejuvenating ovaries and balancing hormones. It contains the essential ingredients that aid in regulating menstruation by promoting reproductive wellness and harmony of overall well-being.

#### Ingredients: -

Ashoka (*Saraca asoca*)-100mg, Gandhari (*Bauhinia variegata*)-100mg, Fenugreek (*Trigonella foenum-graecum*)-75mg Gular (*Ficus racemosa*)-50mg, Trikatu (Three pungent spices)-50mg, Varuna (*Crateva religiosa*)-50mg, Shiv Lingi (*Bryonia laciniosa*)-50mg, Ulatkambal (*Abroma Augusta*)-25mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Aids in relieving pain, bleeding & burning sensation
- Manages intestinal & colon inflammation
- Helps in healing & shrinking hemorrhoids
- Acts as a natural laxative & astringent
- Helps in relieving constipation

## Premium Pile Op

Life Aveda's Pile OP is a natural solution for piles that helps to relieve the symptoms of hemorrhoids, including constipation, pain, bleeding and burning sensation. It also helps to reduce intestinal inflammation, relieve colon inflammation and manage the shrinking of hemorrhoids by promoting natural healing.

#### Ingredients: -

Haridra (*Curcuma longa*)-100mg, Triphala (*Emblica officinalis*; *Terminalia bellirica*; *Terminalia chebula*)-100mg, Khus (*Chrysopogon zizanioides*)-100mg, Nagkeshar (*Mesua ferrea*)-100mg, Jimikand (*Amorphophallus campanulatus*)-50mg, Bakayan beej (*Melia azedarach*)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in securing lungs from air pollution & smog
- Helps manage mild asthma & respiratory functions
- Helpful in eliminating sticky mucus to ease congestion
- Manages symptoms of cold, cough & allergy

## Premium Secure Lungs

Life Aveda's Secure Lungs is an herbal solution for your healthy lung that helps to protect your lungs from air pollution, smog and manage mild asthma by promoting healthy respiratory functioning. It also aids in eliminating sticky mucus, relieving congestion, preventing other symptoms of cold, cough, and allergy without any side effects.

#### Ingredients: -

Vasaka (*Adhatoda vasica*)-100mg, Haldi (*Curcuma longa*)-100mg, Tulsi (*Ocimum sanctum*)-30mg, Mulethi (*Glycyrrhiza glabra*)-100mg, Ginger (*Zingiber officinalis*)-50mg, Kakarsingi (*Pistacia integerrima*)-60mg, Lungwort (*Pulmonaria officinalis*)-60mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Aids in promoting skin texture & glow
- Manages acne, pimples & pigmentation
- Helps to even tone your skin naturally
- Aids in repairing damaged skin cells & tissues

## Premium Skin Vitals

Life Aveda's Skin Vitals is a blend of natural ingredients that helps to promote healthy skin texture and glowing complexion by reducing the signs of aging. It aids in controlling acne, pimples and pigmentation by repairing damaged skin cells or tissues. Skin Vitals also helpful to keep your skin hydrated by offering even skin tone naturally.

#### Ingredients: -

Neem (*Azadirachta indica*)-100mg, Haldi (*Curcuma longa*)-100mg, Manjistha (*Rubia cordifolia*)-100mg, Red Sandalwood (*Pterocarpus santalinus*)-50mg, Tulsi (*Ocimum sanctum*)-50mg, Rosemary (*Salvia rosmarinus*)-50mg, Giloy (*Tinospora cordifolia*)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in fighting against daily wear & tear
- Helps to keep you healthy and strong
- Supports energy levels & fights weakness
- Helpful in improving your immunity
- Aids in keeping your mind stress-free & active

## Premium Super You

Life Aveda's Super You is a super supplement loaded with antioxidants that helps to fight against daily wear and tear by keeping you healthy, strong, energized, active and feeling your best. It also aids in fighting weakness, improving immunity, increasing mental alertness and enhancing your ability to manage stress and workload.

#### Ingredients: -

Ashwagandha (*Withania somnifera*)-200mg, Turmeric (*Curcuma longa*)-100mg, Safed Musli (*Chlorophytum borivillianum*)-50mg, Maca (*Lepidium meyenii*)-50mg, Grape Seed (*Vitis vinifera*)-50mg, Kaunch Beej (*Mucuna pruriens*)-25mg, Green Tea (*Camellia sinensis*)-25mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Loaded with anti-inflammatory & healing properties
- Supports healthy joint functioning
- Helpful in reducing rashes & skin inflammation
- Aids in recovering sun damages

## Premium Supreme Curcumin

Life Aveda's Supreme Curcumin is a combination of premium turmeric extract that is loaded with anti-inflammatory and healing properties. It is made with high-quality turmeric that has been carefully extracted to preserve its potency which helps in relieving inflammation, pain, stiffness and many more by supporting your overall joint functioning and well-being.

#### Ingredients: -

Turmeric Extract (*Curcuma longa*)-390mg, Piperine Extract (*Piper nigrum*)-10mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in regulating thyroid gland functioning
- Helpful in balancing hormones naturally
- Manages fatigue & uplifts mood
- Helpful in both hypo & hyper thyroid
- Aids in managing weight naturally
- Helpful in skin breakout & hair fall

## Premium Thyro-cure

Thyro Care is a natural dietary supplement that helps to regulate thyroid function and balance hormones. It is made with a blend of carefully selected ingredients that help to manage symptoms like fatigue, weight gain, mood swings and difficulty concentrating. It also aids in maintaining energy levels by managing hypothyroidism and hyperthyroidism naturally.

#### Ingredients: -

Shuddh guggal (*Commiphora mukul*)-100mg, Kanchnar (*Bauhinia variegata*)-100mg, Sahejan chhal (*Moringa officinalis*)-100mg, Triphala (*Myrobalans*)-100mg, Trikatu (Three sharp spices)-100mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Aids in increasing metabolism rate
- Helpful in relieving joint pain
- Supports healthy respiratory system
- Helpful in boosting immunity naturally
- Rich in anti-inflammatory properties

## Premium Trikatu

Trikatu is a traditional Ayurvedic blend of three herbs with rich anti-inflammatory properties that help to reduce pain and inflammation by maintaining overall respiratory health. It also aids in boosting immunity, increasing the metabolism rate and burning calories which may help to maintain a healthy weight.

#### Ingredients: -

Black pepper extract (Piper nigrum) Long pepper extract (Piper longum) Ginger extract (Zingiber Officinalis) (500mg)

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Help with indigestion & bloating
- Aids in managing gastritis & constipation
- Natural immunity booster & pain reliever
- Helpful in improving eye sights naturally
- Supports gut health & purifies blood

## Triphala

Triphala is a traditional Ayurvedic herbal formula made from a blend of three fruits: Amla (Indian gooseberry), Haritaki (chebulic myrobalan), and Bibhitaki (beleric myrobalan). It has been used for centuries to promote health and well-being. It is a safe and effective solution that helps to improve digestion, boost the immune system and promote weight loss.

#### Ingredients: -

Std. Ext. of Amlaki (Embllica officinalis), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica) (500mg)

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helps to cleanse colon and keep the gut healthy
- Supports natural nourishment and rejuvenation
- Natural source of vitamin c and antioxidant
- Supports digestive, circulatory and respiratory system

## Premium Triphala

Premium Triphala is a polyherbal medicine that consists of Harad, Bahera, Amla, Sauf and Mulathi. Acts as an antioxidant and is used to detoxify the body by supporting the healthy immune system. This natural source of vitamin C also aids in relieving constipation, cleansing the colon and maintaining a healthy gut.

#### Ingredients: -

Harad (*Terminalia chebula*)-100mg, Baheda (*Terminalia bellerica*)-100mg, Amla (*Embllica officinalis*)-100mg, Saunf (*Foeniculum vulgare*)-100mg, Mulethi (*Glycyrrhiza glabra*)-100mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Manages uric acid production
- Aids in reducing inflammation & joint pain
- Helpful in managing gout concerns
- Aids in preventing UTI (Urinary Tract Infection)
- Helpful in restoring joint flexibility

## Premium Uri-Cleanse

Life Aveda's Uri Cleanse is an Ayurvedic formulation that possesses hypotensive, antimicrobial and diuretic properties. It helps in managing uric acid levels in the body while acting as a potent diuretic. This unique blend features key ingredients such as Punarnava, Suranjan, Varun, Triphala, Giloy and Kutki, which aid in relieving joint pain, reducing inflammation, & supporting overall well-being.

#### Ingredients: -

Punarnava (*Boerhavia diffusa*)-100mg, Suranjan (*Colchicum luteum*)-100mg, Varun (*Crateva religiosa*)-100mg, Triphala (Three myrobalans)-100mg, Giloy (*Tinospora cordifolia*)-50mg, Kutki (*Picrorhiza kurrooa*) - 50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Helpful in managing erectile dysfunction
- Aids in improving endurance, libido & orgasm
- Supports nitric oxide release
- Helpful in improving blood flow

## Premium Horny Goat Weed

Life Aveda's Horny Goat Weed is a trusted herbal supplement that may aid in managing erectile dysfunction and other related concerns naturally. It may support the release of nitric oxide, help in enhancing blood flow, help in empowering body to push boundaries and extend moments of pleasure.

#### Ingredients: -

Horny Goat Weed (Epimedium)-100mg, Macca Root (Lepidium meyenii)-100mg, Kaunch Beej (Mucuna pruriens)-100mg, Ginseng (Withania somnifera)-50mg, Rhodiola (Rhodiola rosea)-50mg, Safed Musli (Chlorophytum borivilianum)-50mg, Yohimbe (Pausinystalia johimbe)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Helps with erectile dysfunction
- Improves sexual desire naturally
- Helps to improve blood flow to the penis
- Enhances performance during exercise

## Premium Horny Goat Weed +

Life Aveda's Horny Goat Weed Plus aids in increasing nitric oxide release and managing erectile dysfunction naturally. It may also be helpful in revitalizing your blood flow, energy levels, stamina and desire by promoting overall performance for a satisfying intimate experience.

#### Ingredients: -

Horny Goat Weed (Epimedium)-350mg, Macca Root (Lepidium meyenii)-100mg, Niacin-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Possesses strong anti-inflammatory properties.
- Helps to manage bad cholesterol levels in the body.
- Helpful in maintaining healthy glucose levels.
- Aids in regulating lipid and cholesterol metabolism.

## Lipi Elite

Life Aveda's Lipi Elite Capsule composes the goodness of Karela, Yavakshar, Dalchini, Jamun and Garlic extracts that help you manage your cholesterol levels, indigestion and diabetes naturally.

#### Ingredients: -

Karela (Momordica charantia)-125mg, Yavaksha (Alkali preparation of Hordeum vulgare)-100mg, Dalchini (Cinnamomum verum)-150mg, Garlic (Allium sativum)-75mg, jamun (Syzygium cumini)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in maintaining healthy blood sugar levels.
- Helpful in managing frequent urination.
- Possess antioxidant properties.
- Helpful in relieving fatigue & weakness.

## Glyco Rakshak Capsule

Glyco Rakshak Capsules are prepared by combining eighteen Ayurvedic herbs such as Gudmar, Jamun, Karela, Saptranga and Asana along with a few more. It helps in managing diabetes by reducing glucose levels. These capsules are natural and regulate insulin levels in the body to maintain healthy blood sugar levels.

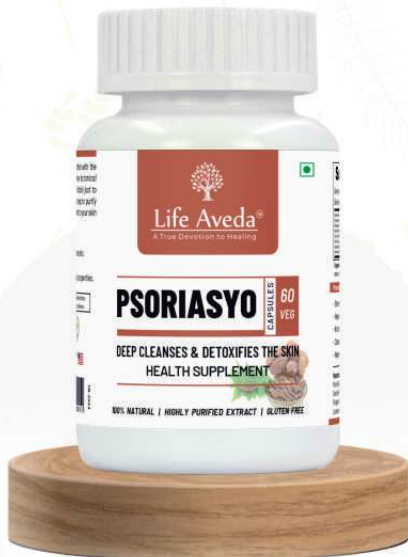
#### Ingredients: -

Ashwagandha (Withania somnifera)-50mg, Shudh shilajit (Asphaltum)-40mg, Asana (Pterocarpus marsupium)-60mg, Saptranga (Salacia oblonga)-50mg, Gurmar (meshiringi) (Gymnema sylvestre)-60mg, Jambu (Syzygium cumini)-60mg, Karavallaka (Momordica charantia)-50mg, Arjuna (Terminalia arjuna)-25mg, Haridra (Curcuma longa)-15mg, Bibhitaki (Terminalia bellerica)-15mg, Amlaki (Embllica officinalis)-15mg, Guduchi (Tinospora cordifolia)-15mg, Goksur (Tribulus terrestris) -10mg, Saurabhnimba (Azadirachta indica)-10mg, Chirayta (Swertia chirayita)-10mg, Babul (Vachellia nilotica)-10mg, Trivang Bhasam-2.5mg, Godanti Bhasam-2.5mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helps reduce skin irritation and inflammation.
- Aids in providing nourishment & rejuvenation to the skin.
- Helps eliminate skin rash, redness and itching.
- Strong anti-inflammatory, antioxidant and analgesic properties

## Psoriasyo Capsule

Life Aveda's Psoriasyo Capsules are carefully crafted with the goodness of fifteen natural herbs. Among these botanical wonders are Neem, Manjistha, Pitpapda, Giloy and Katuki, just to name a few. These herbal capsules harmoniously help to purify your blood, remove toxins, provide deep nourishment to your skin and effectively aid in managing psoriasis

#### Ingredients: -

Neem (*Azadirachta indica*)-75mg, Manjistha (*Rubia cordifolia*)-75mg, Pitpapda (*Fumarica indica*)-50mg, Haritaki (*Terminalia chebula*)-35mg, Bibhitaki (*Terminalia bellerica*)-35mg, Chakramarda (*Cassia tora*)-30mg, Katuki (*Picrorhiza kurrooa*)-30mg, Shirish (*Albizia lebbek*)-30mg, Tulsi (*Ocimum sanctum*)-30mg, Moringa (*Moringa officinalis*)-25mg, Giloy (*Tinospora cordifolia*)-25mg, Anantmool (*Hemidesmus indicus*)-30mg, Daruhaldi (*Berberis aristata*)-12.5mg, Indrayav (*Holarrhena antidysenterica*)-12.5mg, Amlaki (*Emblica officinalis*)-5mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Helps to reduce the appearance of white patches caused by vitiligo.
- Supports melanin production by restoring natural skin color.
- Aids in reducing inflammation & soothes other skin irritations.
- Helps to Nourish & revitaliz the skin by leaving it healthier.

## Viti-go Capsule

Life Aveda's Viti-go is a trusted and breakthrough solution for vitiligo management that helps in stimulating melanin production and addresses the root causes of vitiligo including a range of other skin-related concerns. Our advanced formula also helps in reducing the appearance of white patches by restoring overall skin health.

#### Ingredients: -

Bakuchi (*Psoralea corylifolia*)-125mg, Nimba (*Azadirachta indica*)-125mg, Amla (*Emblica officinalis*)-100mg, Haritaki (*Terminalia chebula*)-50mg, Giloy (*Tinospora cordifolia*)-50mg, Chitraka (*Plumbago indica*)-25mg, Khair (*Senegalia catechu*)-25mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Aids in balancing aggravated Vata Dosha.
- Possesses anti-inflammatory properties.
- Aids in improving central nervous system functioning.
- Aids in managing restlessness, insomnia, joint pains, etc

## Pain Lock Capsule

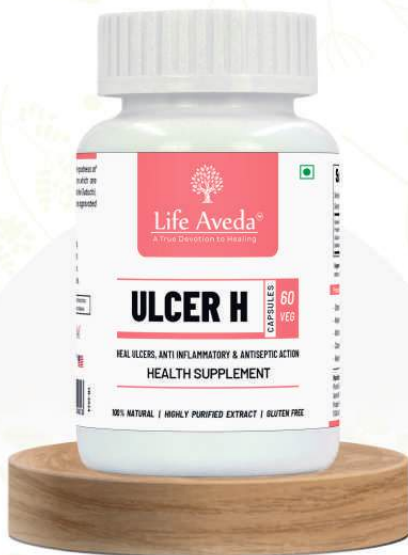
Life Aveda's Pain Lock Capsules are effective in managing Vata Dosha- related disorders which include excessive pain, inflammation, muscle spasms & restlessness. The herbal formula contains Nirgundi, Bala, Pippali & Guggul which work as a nervine stimulant and improve nervous system functioning.

#### Ingredients: -

Nirgundi (Vitex negundo)-200mg, Bala (Sida cordifolia)-100mg, Pippali (Piper nigrum)-50mg, Shudh Guggulu (Commiphora mukul)-150mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Aids in detoxifying and cleansing the colon.
- Supports metabolism and healthy gut functioning.
- Aids in controlling acid production in the stomach.
- Helpful in reducing colon inflammation and ulcers.
- Possesses strong anti-ulcer and healing properties.

## Ulcer H

Ulcer H capsules by Life Aveda are composed of the goodness of five cooling herbs that aid in managing the ulcers which are caused due to the inflammation of the colon. Herbs like Guduchi, Arjuna & Aloe Vera rejuvenate the colon and balance aggravated Doshas to effectively manage ulcers.

#### Ingredients: -

Kehrewa Pishti (Ayurvedic calcium compound)-100mg, Prawal Pishti (Ayurvedic calcium compound)-100mg, Guduchi satv (Tinospora cordifolia)-100mg, Aloe vera (Aloe barbadensis)-100mg, Arjuna (Terminalia arjuna)-100mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Aids in stimulating hormones to boost libido and desire.
- Helpful in managing premature ejaculation by improving timing.
- Supports a relaxed state of mind and body by managing stress.
- Supports strength, stamina & energy to enhance men's performance.

## Testo Energy Max

Testo Energy Max is an herbal formulation that helps to enhance sexual desire and performance by supporting nerve strength. It also supports blood flow for longer erections and satisfying ejaculation. Testo Energy Max aids in increasing fertility, improving reproductive health, and reducing anxiety and stress levels.

#### Ingredients: -

Macca (*Lepidium meyenii*)-100mg, Ginseng (*Panax ginseng*)-100mg, Ashwagandha (*Withania somnifera*)-100mg, Kaunch Beej (*Mucuna pruriens*)-50mg, Yohambine (*Pausinystalia johimbe*)- 50mg, Shuddh Shilajit (Purified Asphaltum)-50mg, Horny Goat Weed (*Epimedium*)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Supports hormones to boost sexual desire.
- Aids in boosting energy, stamina & strength.
- Helps to control mood swings, stress & anxiety.
- Supports ovulation and regulates menstruation.
- Helpful in boosting libido & intimate experiences.

## Kama Love

Kama Love is a female wellness formulation enriched with potent herbs that are helpful in uplifting overall mood and sexual desires. It also aids in improving fertility & reproductive health. This powerful combination of potent herbs is also helpful in reducing anxiety & stress levels naturally.

#### Ingredients: -

Ashoka (*Saraca asoca*)-200mg, Shatavari (*Asparagus racemosa*)-75mg, Rasount (*Berberis aristata*)-50mg, Shatapushpa (*Foeniculum vulgare*)-50mg, Black Cohosh (*Actaea racemosa*)-25mg, Flaxseed (*Linum usitatissimum*)-25mg, Dong Quai (*Angelica sinensis*)-25mg, Chaste Berry (*Vitex agnus-castus*)-25mg, Red Clover (*Trifolium pratense*)-25mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in balancing hormones in females
- Aids in regulating menstruation and ovulation.
- Helpful in improving fertility naturally.
- Helpful in managing menopausal symptoms.

## Ayur Conceive

Ayur Conceive is entirely a female wellness product that contains the goodness of five herbal extracts that work together to enrich and nourish female health. It is helpful in boosting female reproductive health while also regulating hormonal balance. The herbal formula also aids in regulating menstruation and improving ovulation in females.

#### Ingredients: -

Rajah Pravarthini-100mg, Ashoka Chaal (Saraca asoca)-100mg, Kukkutandwaka Bhasam-100mg, Shivilingi (Bryonia laciniosa)-100mg, Lodhra (Symplocus racemosa)-50 mg, Muramakki (Commiphora myrrha)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional



#### Did you know.?

- Helpful in controlling heavy menstrual bleeding.
- Aids in managing bleeding due to ulcers and piles.
- Helpful in hemophilia, nasal bleeding & wound healing.
- Contains powerful styptics and hemostatic agents.

## Stop Blood

Life Aveda's Stop Blood is a revolutionary solution infused with powerful styptics and hemostatic agents. It helps to promote hemostasis and the process of coagulation to stop bleeding by contracting tissue to seal injured blood vessels naturally. It also aids in addressing various forms of excessive bleeding disorders such as ulcers, bleeding piles, heavy menstruation and wounds.

#### Ingredients: -

Nagkesar (Mesua ferrea)-150mg, Laksha (Laccifer lacca)-100mg, Moch Ras (Bombax malabaricum)-100mg, Kehrwa Pishti (Amber)-150mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Helps to regulate & harmonize Kapha dosha naturally.
- Aids in reducing lung infections & supports healthy lung functions.
- Helpful in relieving coughing, throat irritation, congestion & breathing difficulties.
- Aids in reducing obesity by supporting healthy digestion & overall wellness.

## Premium Kapha Nashak

Life Aveda's Kapha Nashak is a holistic solution for balancing Kapha dosha and aids in alleviating various respiratory concerns. These carefully crafted herbal capsules are designed to bring harmony to your respiratory system by providing relief from congestion, cough and other Kapha-related imbalances. problems like obesity and indigestion.

#### Ingredients: -

Sitopladi Churan-200mg, Saunth (Zingiber officinalis)-50mg, Trikatu (Three sharp spices)-100mg, Kanchnar (Bauhinia variegata)-100mg, Dalchini (Cinnamomum verum)-50mg

#### Suggested Adult Use:

Adults can take 1-2 capsules once or twice a day with lukewarm water, or as directed by a healthcare professional







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## HERBAL OILS





#### Did you know.?

- Aids in getting instant relief from joint & muscle pain.
- Helpful in maintaining blood circulation, mobility, flexibility & joint functionality.
- Natural solution for swelling, stiffness & redness.
- Helps in easing knee, shoulder and back pain
- Aids in relieving Arthritis and Cervical Discomfort

## Artho-Aid Oil

Life Aveda's Artho Aid Oil is one of the best herbal formulations that collects the power of nature providing instant relief from joint and muscle pain. It aids in managing joint pain, swelling, stiffness, redness any other joint or muscle-related concerns naturally by bringing back their normal functionality. It is also helpful in all types of body aches like knee pain, shoulder pain, back pain, arthritis and cervical.

#### Ingredients: -

Each 100ml oil Contains: Gandhpurna Oil (Gaultheria fragrantissima) -25ml, Maha Narayana Oil-5ml Pudina Oil (Mint Oil)-8ml, Neel Giri Oil (Eucalyptus globulus)-8ml, Lavang Oil (Clove oil)-1ml, Turpentine Oil-15ml, Maal Kangani Oil (Celastrus paniculatus)-2ml, Til Oil (Sesame oil)-Q.S.

#### Suggested Adult Use:

Apply an adequate amount of oil to the body & massage gently in circular motions or as recommended by a healthcare professional.



#### Did you know.?

- Aids in nourishing hair follicles
- Helpful in reducing breakage & hair thinning
- Helpful in fighting against dandruff
- Supports hair strength, volume & natural growth
- Helpful in reducing hair greying

## Onion Bhringraj Enriched Hair Growth Oil

Life Aveda's Onion Bhringraj Enriched Hair Growth offers a holistic solution for achieving healthy and gorgeous hair. The goodness of Onion and Bhringraj aids in nourishing hair follicles from within. It also helps to strengthen your hair strands, prevent premature graying and reduce the risk of damage by promoting healthy hair growth naturally.

#### Ingredients: -

Each 100ml oil Contains - Castor Oil-20ml, Coconut Oil-20ml, Almond Oil-20ml, Bhringraj Oil-10ml, Black Seed Oil-10ml, Rosemary Oil-8ml, Amla Oil-8ml, Onion Oil-2ml, Tea Tree Oil-2ml.

#### Suggested Adult Use:

Take a sufficient amount of oil & gently massage it into the scalp using circular motions or as recommended by a healthcare professional.





#### Did you know.?

- Enriched with natural oils for natural breast enhancement.
- Helps to strengthen breast muscles for a firmer & fuller bust.
- Aids in beautifying underdeveloped breasts with a rejuvenating effect.
- Helpful in gaining confidence with a fuller and shapelier bust.

## Bu Enhance Serum

Life Aveda's BU Enhance Serum is enriched with herbal oils, specially designed for women who desire to enhance the appearance of their breasts by making them look firmer and fuller. This serum helps to strengthen the breast muscles, stimulates the tissue's growth, beautifies underdeveloped breasts and prevents breasts from sagging by restoring saggy breasts.

#### Ingredients: -

Each 30ml contains(%) Fenugreek (*Trigonella foenum-graecum*) 3.24gm, Shatavari (*Asparagus racemosa*) 10.26gm, Kapoor (*Cinnamomum camphora*) 0.324gm, Rattan jot (*Alkanna tinctoria*) 0.432gm, Olive oil and Sesame oil q.s to

#### Suggested Adult Use:

Dispense a small amount of serum into your palm & then gently massage the serum onto the bust using circular motions



#### Did you know.?

- Aids in improving blood circulation.
- Supports skin health and texture.
- Helpful in increasing melanin production.
- Helpful in managing psoriasis & vitiligo.
- Aids in preventing hypopigmentation.

## Babchi Oil

The herbal oil helps in managing hypopigmentation or white patches caused due to Vitiligo. The Babchi oil nourishes the skin and body while also stimulating melanin production. It may also help to promote blood circulation, reduce inflammation and protect the skin from damage.

#### Ingredients: -

Babchi oil (*Psoralea corylifolia*) 100%

#### Suggested Adult Use:

Apply on the affected area twice a day or as directed by the physician.



#### Did you know.?

- Helpful in stimulation of faster arousal.
- Helps to relax penile tissues and muscles.
- Supports stronger, harder & longer erections.
- Works as a nerve stimulant & supports performance.

## Menz Massage Oil

Menz Massage Oil by Life Aveda is composed of herbal extracts that help to relax the blood vessels and increase the blood flow to the penile area, providing a power boost in males. Massaging with oil helps in relaxing the penile muscles to enhance power to support stronger and longer erections. This herbal oil also helps in enhancing confidence along with sexual and general well-being.

#### Ingredients: -

Each 10ml Contains- Kaunch (Mucuna pruriens)-0.75 ml, Semal Musli (Bombax mulabaricum)-0.75ml, Jaiphal (Myristica fragrans)-0.75ml, Shudh Shilajit (Asphaltum)-0.5ml, Laung (Syzygium aromaticum)-0.75ml, Akarkara (Anacyclus pyrethrum)-0.5ml, Ginger (Zingiber officinalis)-0.25ml, Malkangni (Celastrus paniculatus)-0.5ml, Cinnamon (Cinnamomum verum)-0.25ml, Kesar (Crocus sativus)-0.025ml, Ashwagandha (Withania somnifera)-1ml, Gokshur (Tribulus terrestris)-1ml, Kali Musli (Curculigo orchoides)-0.5ml, Til Oil (Sesame oil)-Q.S.

#### Suggested Adult Use:

Dispense a small amount of Menz Massage Oil into your palm and then gently massage the oil onto the penis using circular motions.



#### Did you know.?

- Aids in promoting an even skin tone and a radiant complexion.
- Helps to boost skin elasticity for a firmer & youthful appearance.
- Helps to reduce dark spots, blemishes, pigmentation & dark circles.
- Supports skin's natural luminosity for a dewy look.

## Kumkumadi Oil

Life Aveda's Kumkumadi Oil is a classical preparation of ancient Ayurveda that promises to transform your skincare routine. This luxurious elixir is carefully crafted to bring out your skin's inner radiance while addressing common concerns such as dark spots, pigmentation, and dryness.

#### Ingredients: -

Kumkumadi Oil Classical

Ref. bhaishajyaratnawali, kashuradragadhikar

#### Suggested Adult Use:

Step 1- Cleanse the face with lukewarm water.

Step 2- Take 3-4 drops of Kumkumadi Oil & gently massage in a circular motion.

Step 3- Let it work overnight to achieve plump and glowing complexion.



## Anu Tail

Life Aveda's Anu Tail is a classical Ayurvedic formulation infused with potent herbs, primarily used for Nasya (Nasal Drop). It is helpful in clearing congestion, reducing sinus pressure and soothing nasal irritation by providing relief from sinusitis. Anu Tail is also helpful in headaches, migraine, sore throat, allergic rhinitis and other respiratory tract issues.

### Ingredients: -

Anu Tail Classical Ref. AFI Ashtanga Hridaya

### Suggested Adult Use:

Gently apply 1-2 drops of Anu Tail in each nostril using a clean dropper. Take care not to insert the dropper too deeply into the nostrils.

#### Did you know.?

- Helpful in nasal discharge, congestion & itching.
- Aids in relieving headaches and migraine.
- Helpful in lubricating the nasal cavity & sinuses.
- Aids in soothing inflammation of nasal passage.
- Helpful in managing sinusitis & allergic rhinitis.







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## HERBAL DROPS





#### Did you know.?

- Aids in boosting immunity naturally.
- Helpful in preventing common cold & cough.
- Helpful in managing viral & bacterial infections.
- Supports toxins removal from the body.
- Acts as an antioxidant, antiseptic & antibiotic.

## Everyday Tulsi 5Xenergy

Life Aveda's Everyday Tulsi 5X Energy is a powerhouse of health benefits packed in every drop. This infusion of Tulsi helps to boost immunity, flush out toxins, relieve cold and cough-related concerns naturally.

#### Ingredients: -

Each 15ml contains:- Std. Ext. of Ban Tulsi-300mg, Std. Ext. of Sweet Tulsi-150mg, Std. Ext. of Ram Tulsi-300mg, Std. Ext. of Kali Tulsi-300mg, Std. Ext. of Kapoori Tulsi-150mg

#### Suggested Adult Use:

1-2 drops in a glass of water or tea 4-5 times a day or as advised by the physician.



#### Did you know.?

- Helpful in boosting immunity
- Aids in removing Mucus
- Loaded with antioxidants
- Relieves cough & cold

## Premium Immunity Revival

Life Aveda's Immunity Revival is loaded with antioxidant properties that help you fight against harmful free radicals and revitalize your immune system. It may also help in clearing mucus, promoting easier breathing and a refreshing sensation for a vibrant and healthy body.

#### Ingredients: -

Each 10ml contains:-Ext. Emblica officinalis fruits (Amla)-200mg, Ext. Myrobalan of ppz fruits & rhizomes (Trikatu)-150mg, Ext. Cinnamomum cassia clack (Dalchini)-150mg, Ext. Tinospora cordifolia stem (Giloy)-250mg, Ext. Withania somnifera roots (Ashwagandha)-200mg, Ext. Camellia sinesiss leaf (Green Tea)-200mg, Ext. Myrtus caryophyllus buds (Clove)-250mg, Ext. Ocimum sanctum leaf (Tulsi)-250mg, Ext. Nigella sativa seeds (Kalonji)-300mg, sorbitol, colors, flavour, preservatives Q.S.

#### Suggested Adult Use:

4-5 drops once or twice a day after a meal with lukewarm water, or as advised by the physician.





#### Did you know.?

- Aids in providing essential vitamins and minerals.
- Helpful in promoting physical & mental growth.
- Helpful in preventing different kinds of allergies.
- Supports in boosting memory and concentration.
- Aids in enhancing skin textures & eyesight naturally.

## Super Swarnprashan Drop

Life Aveda's Super Swarnprashan is a unique and time-tested blend of ancient immunization that helps children to boost up their intellectual power and immunity to fight against general diseases. It's also helpful in promoting the healthy growth of mind, body and overall well-being and development of children.

#### Ingredients: -

Each 1ml contains: Swarn Bhashma (Gold calx)-1mg, Guduchi Satva (Tinospora cordifolia)-5mg, Yashti Madhu (Glycyrrhiza glabra)-5mg, Ashwagandha (Withanias omifera)-5mg, Brahmi (Bacopa monnieri)-5mg, Shankha Pushpi (Convolvulus prostratus)-5mg, Vacha (Acorus calamus)-2.5mg, Cow Ghee-3% Pure Honey-Q.S.

#### Suggested Adult Use:

0-1 year 1-2 drops, 2-5 years 2-4 drops, 5-10 years 4-6 drops, Above 10 years 6-8 drops, or as advised by the physician or a medical expert.





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## HERBAL SYRUPS





#### Did you know.?

- Helpful in relieving acidity & gas.
- Aids in reducing bloating & heartburn.
- Helpful in managing nausea & vomiting.
- Good for relieving constipation & diarrhea.

## Acid-O-Flux Syrup

Acid-O Flux contains a blend of validated researched herbs that may be helpful in managing all indigestion issues naturally. This powerful blend aids in managing issues like acidity, gas, heartburn, stomach discomfort, constipation or diarrhea and decreased appetite.

#### Ingredients: -

Each 10ml contains: Saunf (Foeniculum vulgare)-200mg, Mulethi (Glycyrrhiza glabra)-200mg, Amla (Embolica officinalis)-200mg, Giloy (Tinospora cordifolia)-100mg, Harar (Terminalia chebula)-200mg, Bahera (Terminalia bellerica)-200mg, Bilwa (Aegle marmelous)-200mg, Nishoth (Operculina turpethum)-100mg, Sajjikshar (Alkali)-25mg, Punarnava (Boerhavia diffusa)-100mg, Jeera safed (Cuminum cyminum)-100mg, Sugar, color, flavour and permitted preservatives Q.S.

#### Suggested Adult Use:

Adults can take 10-15 ml (approximately 2 to 3 teaspoons) two to three times a day, or as directed by a healthcare professional.



#### Did you know.?

- Helpful in general weakness & tiredness
- Aids in balancing hormones naturally
- Helpful in Menstruation & Menopause
- Supports reproductive health & wellbeing

## Elixir Potion

Elixir Potion is a herbal tonic for females that helps to revitalize female hormones and the reproductive system. This formula is helpful in anemia, loss of appetite and general weakness. It also aids in regulating menstruation, promoting libido and a sense of overall well-being.

#### Ingredients: -

Each 10ml contains: Ashok chhaal bark (Saraca asoca)-300mg, Ashwagandha (Withania somnifera)-100mg, Lodhra bark (Symplocos racemosa)-200mg, Shatavari (Asparagus racemosa)-100mg, Arjun Chaal (Terminalia arjuna)-100mg, Amla (Embolica officinalis)-100mg, Rasaunt (Berberis aristata)-200mg, Dashmool (Combination of 10 herbal roots)-200mg, Kuth (Saussurea lappa)-100mg, Aloe vera (Aloe barbadensis)-200mg, Vidarikand (Pueraria tuberosa)-100mg, Ajwain seed (Trachyspermum ammi)-100mg, Bhel fruit & leaf (Aegle marmelous)-100mg, Saunf seed (Foeniculum vulgare)-100mg, Sugar, color, flavour & permitted preservatives Q.S.

#### Suggested Adult Use:

Adults can take 10-15ml (approximately 2 to 3 teaspoons) two to three times a day, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in cold & cough
- Helpful in Bronchitis & Asthma
- Aids in preventing viral infections naturally
- Aids in managing shortness of breath

## Respire Syrup

Life Aveda's Respire is an Ayurvedic cough syrup thoughtfully crafted to provide relief during cough and cold-related concerns. This natural formulation is designed to ease respiratory discomfort and support a healthier respiratory tract by helping to clear congestion. It also aids in reducing phlegm, promoting easier breathing and improving overall respiratory health.

#### Ingredients: -

Each 10ml contains: Vasaka (*Adathoda vasica*)-300mg, Push karmool (*Inula racemosa*)-200mg, Tulsi (*Ocimum sanctum*)-250mg, Saunth (*Zingiber officinalis*)-100mg, Kali Mirch (*Piper nigrum*)-100mg, Pippali (*Piper longum*)-100mg, Bahera (*Terminalia bellerica*)-100mg, Mulethi (*Glycyrrhiza glabra*)-50mg, Banafsha (*Viola odorata*)-50mg, Vacha (*Acorus calamus*)-50mg, Punarnava (*Boerhavia diffusa*)-50mg, Jufa (*Hyssopus officinalis*)-20mg, Lavang (*Syzygium aromaticum*)-20mg, Pudina Satwa (*Mentha*)-10mg, Honey (as such) Sugar, color, flavour & permitted preservatives Q.S

#### Suggested Adult Use:

Adults can take 10-15ml (approximately 2 to 3 teaspoons) two to three times a day, or as directed by a healthcare professional.



#### Did you know.?

- Helpful in fatty liver & jaundice
- Supports healthy liver functions
- Aids in improving metabolism
- Helpful in promoting liver detoxification

## Liv Guard Syrup

Life Aveda's Liv Guard is a meticulously crafted Ayurvedic liver syrup that helps in promoting liver health and overall well-being. This natural tonic is designed to nourish, rejuvenate and support optimal liver functions, It also aids in managing indigestion, jaundice, fatty liver and other liver-related concerns naturally.

#### Ingredients: -

Each 10ml contains: Punarnava (*Boerhavia diffusa*)-300mg, Bhringraj (*Eclipta alba*)-300mg, Kalmegh (*Andrographis paniculata*)-300mg, Kasni (*Cichorium intybus*)-300mg, Bhumi Amla (*Phyllanthus niruri*)-200mg, Chitrak (*Plumbago indica*)-100mg, Kutki (*Picrorhiza kurroo*)-100mg, Pitpara (*Fumarica indica*)-100mg, Haritaki (*Terminalia chebula*)-100mg, Daru Haridra (*Berberis aristata*)-250mg, Nishoth (*Operculina turpethum*)-250mg, Vidang (*Embelia ribes*)-150, Makoi (*Soalnum nigrum*)-50mg, Sugar, color, flavour & permitted preservatives Q.S.

#### Suggested Adult Use:

Adults can take 10-15 ml (approximately 2 to 3 teaspoons) two to three times a day, or as directed by a healthcare professional



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## CLASSICAL FORMULATION





#### Did you know.?

- Helps to increase digestive fire
- Aids in managing indigestion
- Helps in regulating bowel movements
- Supports healthy liver functioning

## Agnitundi Vati

Agnitundi Vati or Agnitundi Ras is a classical Ayurvedic formulation that helps in balancing Vata and Kapha doshas. It aids in stimulating the secretion of digestive juices by relieving constipation and regulating healthy bowel movements.

#### Ingredients: -

Agnitundi Vati Classical

Ref.- Ras Tantra Siddha Yoga Saar Sangrah (R.T.S.Y.S.S.)

#### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Helps in detoxifying body & boosting immunity
- Aids in improving metabolism & maintaining weight
- Helpful in promoting digestion naturally
- Aids in managing cholesterol level

## Arogya Vardhini Vati

Arogya Vardhini Vati is a fusion of nature's finest herbs that aids in promoting digestion, skin health and a sense of internal harmony. It also aids in maintaining body weight by improving metabolism and expelling waste products from the body because of its Shodhana (detoxification) nature.

#### Ingredients: -

Arogya Vardhini Vati Classical

Ref.- Ras Tarangini (R.T.)

#### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Helpful in managing stress and fatigue
- Manages urinary tract disorders & bladder related issues
- Helps in maintaining optimal energy levels
- Aids in managing menstrual problems

## Chandraprabha Vati

Chandraprabha Vati, an Ayurvedic preparation where Chandra is referred to as the moon & Prabha as glow. Chandraprabha Vati may be helpful in managing different urinary problems by preventing the formation of toxins by increasing urine output. It is also helpful in purifying blood and improving glowing complexion naturally.

#### Ingredients: -

Chandraprabha Vati Classical

Ref.- Ayurved Saar Sangrah (A.S.S.)

#### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Helpful in eliminating skin problems
- Aids in managing digestive disorders
- Supports skin health & anti-ageing
- Aids in purifying blood naturally.

## Gandhak Rasayan

Gandhak Rasayana is an ancient Ayurvedic formulation that has been used for centuries which is made with purified sulfur, which is a powerful antioxidant and detoxifying agent. It helps to balance doshas and manage various digestive disorders like IBS, Gastritis and indigestion by promoting overall well-being.

#### Ingredients: -

Gandhak Rasayana Classical

Ref.- Ras Tantra Siddha Yoga Saar Sangrah (R.T.S.Y.S.S.)

#### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Supports healthy menstruation
- Aids in improving healthy digestion
- Helpful in balancing blood sugar level
- Aids in managing chronic acidity & ulcers

## Kamdudha Ras

Kamdudha Ras is a classical Ayurveda medicine that can be helpful in managing indigestion, acidity, burning, vertigo, nausea, chronic fever and ulcers. Ayurvedic principles state that Kamdudha Ras is a Sheeta Virya (Cool Potency) formulation, which makes it useful in all Pitta Rogas.

#### Ingredients: -

Kamduddha Ras Classical (Plain)

Ref.- Ras Tantra Siddha Yoga Saar Sangrah (R.T.S.Y.S.S.)

#### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Helpful in managing goiter & arthritis
- Aids in treating various skin disorders
- Helpful in managing menstruation troubles
- Supports thyroid gland functioning

## Kanchnaar Guggul

Kanchanar Guggulu is a traditional Ayurvedic formulation that helps to treat various skin disorders and supports healthy thyroid gland functioning by regulating thyroid hormone levels. It's also helpful in managing arthritis, inflammation, infertility menstrual cramps and other menstrual problems.

#### Ingredients: -

Kanchnaar Guggul Classical

Ref. Ayurvedic formulary of India (A.F.I.) 1 Part-II Volume -1

#### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Helps to manage diarrhoea
- Manages intestinal infections
- Aids in improving digestion
- Helps to prevent viruses & bacteria

## Kutajghan Vati

Kutajghan Vati is a classical formulation that helps to manage diarrhea, dysentery, ulcers and irritable bowel syndrome. Due to its unique Deepan (appetizer) and Pachan (digestive) properties, it also helps in enhancing digestion and increasing appetite by healing intestinal infections naturally.

#### Ingredients: -

Kutajghan Vati Classical  
Siddha Yoga Saar Sangrah (S.Y.S.S.)

#### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Aids in improving overall digestive health
- Helpful in managing bloating, gas & piles
- Supports healthy liver functioning
- Helpful in increasing appetite naturally

## Mahashankh Vati

Mahashankh Vati is an ancient Ayurvedic herbal formulation that may aid in promoting healthy digestion and alleviating common gastrointestinal discomfort. Its unique formulation draws upon the power of traditional herbs to potentially soothe your digestive system and bring equilibrium to your well-being. It also aids in managing bloating, gas and other abdominal discomforts naturally.

#### Ingredients: -

Mahashankh Vati Classical  
Ref. Ayurvedic formulary of India (A.F.I.) 1 Part-II Volume -1

#### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.





#### Did you know.?

- Helpful in managing anemia
- Supports healthy kidney & liver functioning
- Helpful in managing edema & water retention
- Aids in managing urinary problems

## Punarnava Mandur

Punarnava Mandur is a timeless herbal formulation that aids in supporting healthy kidney and liver function. This potent combination helps to flush out toxins by managing health concerns like anemia, edema, bloating, swelling and other urinary problems.

#### Ingredients: -

Punarnava Mandur Classical

Ref.- Ras Tantra Siddha Yoga Saar Sangrah (R.T.S.Y.S.S.)

#### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.



#### Did you know.?

- Helps to maintain normal blood pressure
- Helps in maintaining a normal cholesterol level
- Aids in calming mind & reducing hypertension
- Helpful in balancing sugar naturally

## Sarpagandha Vati

Life Aveda's Sarpagandha Vati is a natural wellness companion that aids in regulating blood pressure, balancing sugar levels & managing cholesterol levels by ensuring optimal heart health. Its calming properties also help to soothe the mind and reduce hyper-excitability, allowing you to experience a sense of serenity.

#### Ingredients: -

Sarpagandha Vati Classical

Ayurvedic Sar Sangrah (A.S.S.)

#### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.





## Triphala Guggul

Triphala Guggulu is a potent Ayurvedic fusion of Triphala and Guggulu. Triphala offers detoxifying and laxative properties, while Guggul adds anti-inflammatory benefits. Together, they help in getting relief from piles, anal fistula, and constipation. It also aids in maintaining weight by promoting a healthy metabolism and releasing excess Kapha.

### Ingredients: -

Triphala Guggul Classical  
Ref. A.F.I. 1 Part-I

### Suggested Adult Use:

Adults can take 1-2 tablets once or twice a day with lukewarm water, or as directed by a healthcare professional.

#### Did you know.?

- Helpful in relieving constipation, piles & fistula.
- Supports healthy digestion naturally.
- Aids in boosting metabolism rate
- Helps maintain a healthy weight







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## HERBAL POWDER





#### Did you know.?

- Acts as a natural laxative
- Supports healthy bowel movements & relieves constipation.
- Helps to relieve gas, farting, bloating & burping.
- Supports healthy guts & digestive system

## Daily Flush Churan

Life Aveda's Daily Flush Churan is a natural laxative made with the goodness of twelve Ayurvedic herbs. It helps to eliminate indigestion troubles such as constipation, bloating, gas, acidity and nausea. This herbal formulation also aids in improving digestive functioning by promoting overall well-being.

#### Ingredients: -

Each 10gram powder contains: Sena (Cassia senna)-4000mg, Kalanamak (Black salt)-1500mg, Ajwain (Trachyspermum ammi)-100mg, Harad (Terminalia chebula)-1000mg, Nishoth (Operculina turpethum)-300mg, Sajikhar (Alkali)-500mg, Mulethi (Glycyrrhiza glabra)-500mg, Saunf (Foeniculum vulgare)-200mg, Castor Seed -50mg, Isabgol (Plantago ovata)-500mg, Senda Namak (Rock salt) -Q.S. Excipients - Q.S.

#### Suggested Adult Use:

Take 5-10grams daily flush powder with lukewarm water before bedtime or as advised by the physician



#### Did you know.?

- Helps boost general health and wellness.
- Aids in regulating hormones that stimulate milk production.
- Serves as a rich source of iron.
- Aids in reducing general weakness.

## Prolact Granule

Life Aveda's Prolact Granule is specially formulated to support and promote lactation in lactating mothers. The formulation is prepared by combining eight vital Ayurvedic ingredients such as Shatavari, Gokshur, Sowa, Safed Jeera and many more. It also helps to boost milk production in breastfeeding mothers by regulating hormones.

#### Ingredients: -

Each 50grams powder contains: Shatavari (Asparagus racemosa) -16gm, Gokshur (Tribulus terrestris) 2.5gm, Vidari Kand (Pueraria tuberosa)-1gm, Sowa (Anethum graveolens)-1gm, Yastimadhu (Glycyrrhiza glabra)-1gm, Safed jeera (Cuminum cyminum)-1gm, Chanshur (Lepidium sativum)-1gm, Fenugreek (Trigonella foenum-graecum)-1gm, Excipients-Q.S., Flavour-Q.S.

#### Suggested Adult Use:

Take 5-10grams daily flush powder with lukewarm water before bedtime or as advised by the physician.





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## HERBAL TEA





#### Did you know.?

- Supports complete body detoxification
- Aids in calming mind & body naturally
- Helpful in enhancing hair & skin health
- Supports liver functioning & overall health

## Mystic Leaf Herbal Detox Tea

Mystic Leaf Detox Tea is formulated by combining powerful Ayurvedic ingredients that help to eliminate accumulated toxins that trigger complications such as cholesterol, diabetes, respiratory & skin troubles. This herbal preparation works magically to provide nourishment to the mind & body. This potent combination also aids in enhancing hair & skin health by promoting healthy weight management.

#### Ingredients: -

Each 100 gram tea contains ingredients: Green Tea (*Camellia sinensis*), Milk Thistle (*Silybum marianum*), Amla (*Emblica officinalis*), Shatavari (*Asparagus racemosus*), Fennel Seed (*Foeniculum vulgare*), Cumin Seed (*Cuminum cyminum*), Coriander Seed (*Coriandrum sativum*), Ajwain (*Trachyspermum ammi*), Peppermint (*Mentha piperita*), Lemongrass (*Cymbopogon citratus*), Cardamom (*Elettaria cardamomum*), Nettle Leaves (*Urtica dioica*)

#### Suggested Adult Use:

Take 1 teaspoon (2 grams) of mystic leaf herbal detox tea with 150ml water and brew it for 3-4 minutes at a temperature of 85-90° C.







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**RESIN**





#### Did you know.?

- Enhances stamina & strength.
- Supports physical performance.
- Promotes vitality and endurance.
- Helps in building muscle mass.
- Assists in managing stress & anxiety

## Shilajit Resin

Sourced from the highest Himalayan ranges, Life Aveda Shilajit Resin is the purest and most potent natural rejuvenator. Known as the "destroyer of weakness" in Ayurveda, it's enriched with essential minerals and more than 75% fulvic acid for superior absorption. Experience unparalleled vitality, strength, and stamina with Life Aveda Shilajit Resin.

#### Ingredients: -

Shuddha Shilajit Resin (Purified Asphaltum)

#### Suggested Adult Use:

Take a pea-sized resin (qty 200-250mg), dissolve it in 100ml lukewarm water/milk, and consume it for the best results or as advised by the physician.



#### Did you know.?

- Maximizes stamina & strength.
- Elevates physical performance.
- Amplifies vitality and endurance.
- Accelerates muscle growth & recovery.
- Assists in managing stress & anxiety

## Shilajit Resin with Gold

Harnessed from the majestic Himalayan peaks, Life Aveda Shilajit Resin with Gold is an extraordinary blend infused with pure gold, rejuvenating turmeric, and powerful ashwagandha. With essential minerals and 75% fulvic acid for optimal absorption, it delivers unmatched purity and potency for ultimate wellness.

#### Ingredients: -

Each 1 gram contains: Shuddh Shilajit Resin (Purified Asphaltum)-650mg, Ashwagandha (Withania somnifera)-225mg, Black Musli (Chlorophytum borivilianum)-36mg, Gokshura (Tribulus terrestris)-36mg, Turmeric (Curcuma longa)-50mg, Kali Mirch (Piper nigrum) - 2.75mg, Gold Bhasma (Gold calx)-0.25mg

#### Suggested Adult Use:

Take a pea-sized resin (qty 200-250mg), dissolve it in 100ml lukewarm water/milk, and consume it for the best results or as advised by the physician.





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## HERBAL GEL





#### Did you know.?

- Helpful in promoting youthful skin by promoting anti-aging.
- Aids in preventing skin blemishes, tanning & sunburn.
- Helpful in managing scars, acne, pimples & dark spots.
- Moisturizes skin deeply by keeping it nourished & hydrated

## Aloe Vera Gel

Life Aveda's purified Aloe Vera Gel extract is designed to nurture and maintain healthy skin. Enriched with anti-inflammatory, antioxidant and antibacterial properties that are always very helpful with skin irritation, itching, allergies, reactions, and infections. This herbal composition offers deep nourishment and hydration by revitalizing the skin.

#### Ingredients: -

Aloe Vera Ext (Aloe barbadensis), Vitamin E, Glycerine

#### Suggested Adult Use:

Apply a thin layer of the gel & gently massage until absorbed 2-3 times a day or as recommended by a healthcare professional.





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## HERBAL SOAP



## Neem Soap

Life Aveda's Neem soap is a natural soap made from neem that helps in managing a variety of skin infections and irritations. It aids in managing acne, pimple, blackheads, eczema and psoriasis by leaving a glowing complexion. This soap has antibacterial, antifungal and anti-inflammatory properties that help to reduce the risk of skin infections and inflammation.

### Ingredients: -

Neem (Azadirachta indica), Lemon (Citrus limon), Aloe vera (Aloe barbadensis), Glycerine, Vitamin E Soap Base

### Suggested Adult Use:

- Step 1 - Wet your skin with warm water.
- Step 2 - Apply the soap evenly on the skin.
- Step 3 - Massage gently in circular motions for 20-30 seconds.
- Step 4 - Finally, rinse your body with water properly.



#### Did you know.?

- Manages acne, pimples & blackheads
- Helpful in removing excessive skin oil
- Aids in preventing skin irritations & infections
- Rich in antiseptic & antibacterial properties

## Charcoal Soap

Life Aveda's Charcoal Soap is made with high-quality activated charcoal that helps absorb dirt, remove excess oil and impurities from the skin leaving it feeling refreshed. It may also help to prevent premature aging by promoting youthful, glowing and revitalized skin.

### Ingredients: -

Activated charcoal, Aloe vera (Aloe barbadensis), Glycerine, Vitamin E, Soap Base

### Suggested Adult Use:

- Step 1 - Wet your skin with warm water.
- Step 2 - Apply the soap evenly on the skin.
- Step 3 - Massage gently in circular motions for 20-30 seconds.
- Step 4 - Finally, rinse your body with water properly.



#### Did you know.?

- Aids in clearing dirt & impurities
- Helpful in preventing premature aging
- Supports a healthy & glowing skin complexion
- Aids in removing excessive oil from skin



## Haldi Chandan Soap

Life Aveda's Haldi Chandan Soap combines the goodness of turmeric (Haldi) and sandalwood (Chandan) to offer you a luxurious bathing experience with a long-lasting fragrance that not only cleanses but nourishes your skin. This soap is a tribute to the age-old traditions of skincare, where Sandalwood's antioxidants help reduce the signs of aging, and turmeric removes impurities by offering glowing skin complexion.

### Ingredients: -

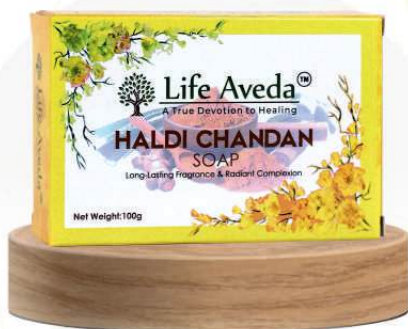
Turmeric (*Curcuma longa*) extract, Sandalwood (*Santalum album*) extract, Aloe Vera (*Aloe barbadensis*), Glycerin

### Did you know.?

- Aids in removing impurities & excess oil without drying skin.
- Helps to reduce the signs of aging such as fine lines & wrinkles.
- Support in achieving an even skin tone & radiant complexion.
- Free from harsh chemicals & suitable for all skin types.

### Suggested Adult Use:

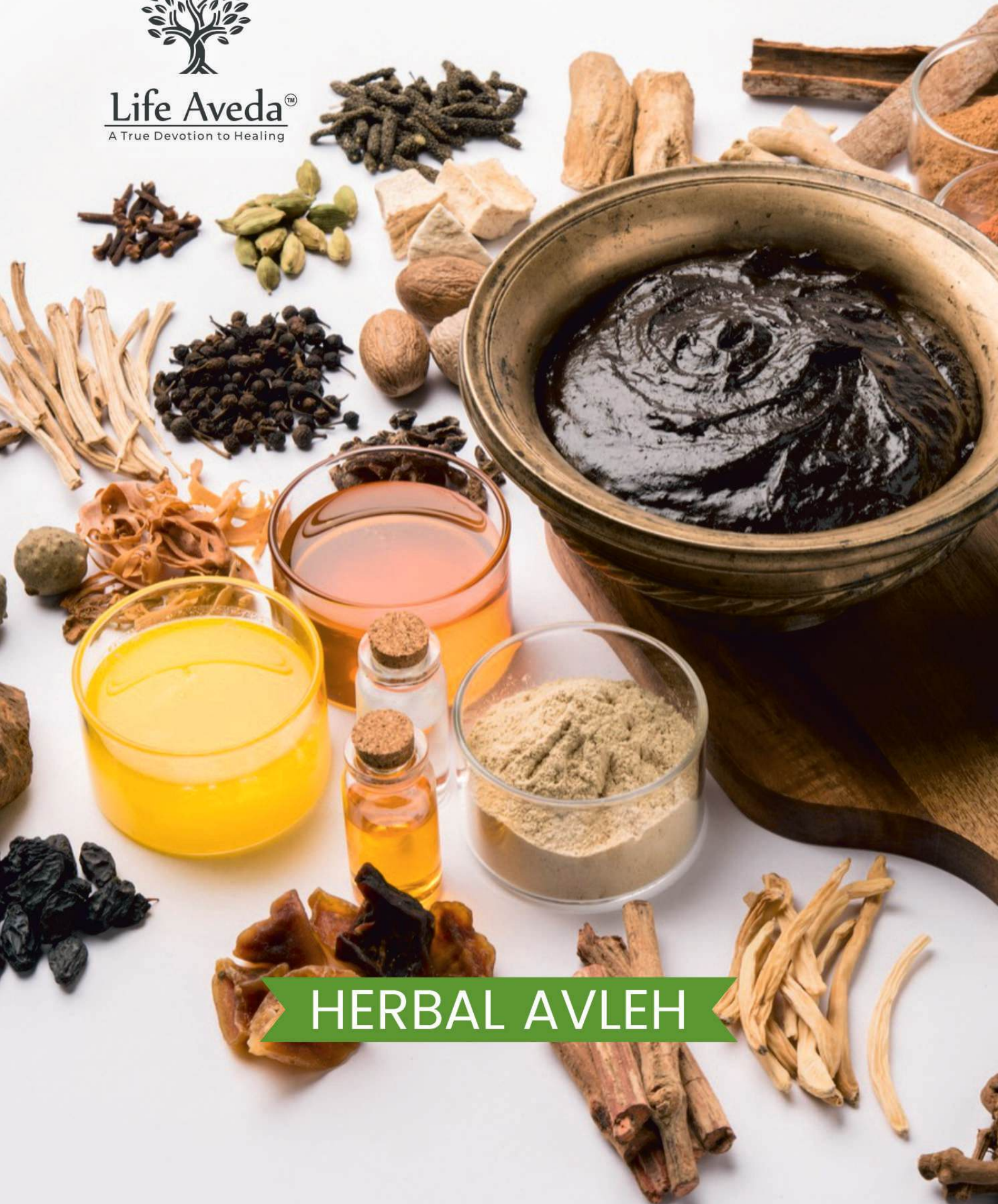
- Step 1 - Wet your skin with warm water.  
Step 2 - Apply the soap evenly on the skin.  
Step 3 - Massage gently in circular motions for 20-30 seconds.  
Step 4 - Finally, rinse your body with water properly.







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**HERBAL AVLEH**





#### Did you know.?

- Rich source of vitamins, minerals, & nutrients.
- Helps to strengthen the immune system.
- Helpful in preventing viral & bacterial infections.
- Aids in promoting overall health & longevity.
- Helpful in fighting against cough, cold & flu.

## Chyawanprash

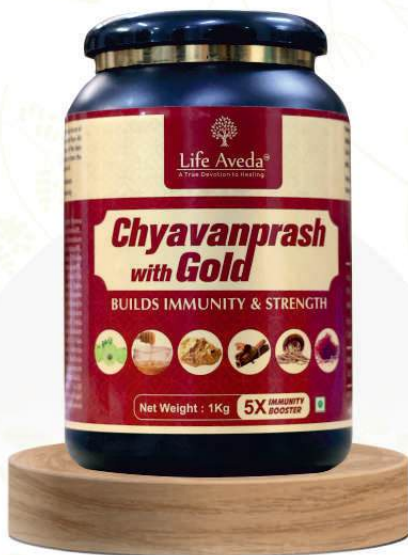
Life Aveda's Chyawanprash is a pure herbal and traditional ayurvedic formula, made with chosen 48 medicinal herbal extracts. This rejuvenating formula is the richest source of vitamin C along with antioxidants that help to boost immunity, improve overall health and promote longevity. It works as a shield that helps fight against seasonal cough, cold, flu and other viral or bacterial infections.

#### Ingredients: -

Each ten grams is prepared from: Bilwa, Agnimanth, Syonaka, Gambhari, Patla, Bala, Shalparni, Prshniparni, Mugdhaparni, Mashparni, Pippali, Goksura, Brhati, Kantakari, Karkatsrangi, Tamalaki, Draksa, Jivanti, Pushkar, Agar, Haritaki, Guduchi, Riddhi, Jivaka, Risabhaka, Sati, Musta, Punarnava, Meda, Ela, Chandan, Utpala, Vidari, Vasa, Kakoli, Kakansika, Vamsa, Pippali, Tvak, Tejpatra, Nagkesara, Ghrita, Tila oil, Madhu, Sharkara, Amalaki

#### Suggested Adult Use:

Adults can take 12-24 grams (1-2 teaspoons) or as recommended by the physician.



#### Did you know.?

- Helpful in body cell rejuvenation
- Supports Immunity & body's defense system
- Helpful in maintaining heart health
- Support healthy brain functioning

## Chyawanprash with Gold

Chyawanprash with Gold is a formulation which is mentioned in the classical texts of Ayurveda & is known to boost the entire health. The formulation has more than 40 herbs as its constituents along with Ashwagandha, shilajit & gold. It is one of the best formulations to maintain circulatory health and helps in eliminating toxins from the body. Chyawanprash with Gold is known to have anti-aging properties as well.

#### Ingredients: -

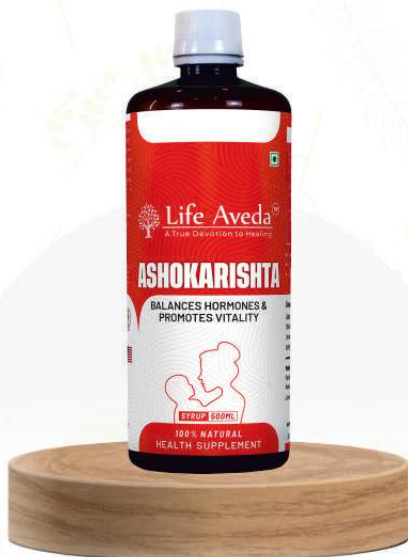
Composition: Each 10 gm is prepared from: Ext. derived from the following:- Bilva (Aegle marmelos)Rt., Agnimanth (Premna integrifolia)Rt., Syonaka (Oroxylum indicum)Rt., Gambhari (Gmelina arborea)Rt., Patla (Stereospermum suaveolens)Rt., Bala (Sida cordifolia)Pl., Shalparni (Desmodium gangeticum)Pl., Prshniparni (Uraria picta)Pl., Mugdhaparni (Phaseolus trilobus)Pl., Mashparni (Teramnus labialis)Pl., Pippali (Piper longum)Fr., Goksura (Tribulus terrestris)Pl., Brhati (Solanum indicum)Pl., Kantakari (Solanum xanthocarpum)Pl., Karkatsrangi (Pistacia integerrima)Gl., Tamalaki (Phyllanthus niruri)Pl., Draksa (Vitis vinifera)Dr. Fr., Jivanti (Leptadenia reticulata)Rt., Pushkar (Inula racemosa)Rt., Agar (Aquilaria agallocha)Ht. Wd., Haritaki (Terminalia chebula)P., Guduchi (Tinospora cordifolia)St., Riddhi (Habenaria intermedia)Sub. Rt. Tr., Jivaka (Microstylis muscifer)Rt. Tr., Risabhaka (Microstylis wallichii)Rt. Tr., Sati (Hedychium spicatum)Rz., Musta (Cyperus rotundus)Rz., Punarnava (Boerhavia diffusa)Pl., Meda (Polygonatum cirrhifolium)Rt. Tr., Ela (Elettaria cardamomum)Sd., Chandan (Santalum album)Ht. Wd., Utpala (Nymphaea stellata)Fl., Vidari (Pueraria tuberosa)Rt. Tr., Vasa (Adhatoda vasica)Rt., Kakoli (Lilium polyphyllum) Sub. Rt., Kakansika (Martyria annua)Fr. each 53.30mg, & powder of the following:- Vamsa (Bambusa arundinacea)S.C 213.30mg, Pippali (Piper longum)Fr. 106.60mg, Tvak (Cinnamomum zeylanicum)St.Bk., Ela (Elettaria cardamomum)Sd., Tejpatra (Cinnamomum tamala)Lf., Nagakesara (Mesua ferrea)Stmn. each 53.30mg, Ghrita (Clarified butter), Tila Oil (Sesamum indicum)Ol. Each 165.40mg, Madhu (Honey) 320mg, Sharkara (Sugar) 5.56g, Amalaki (Embolia officinalis)Fr. 6.95g, Pure Shilajit (Asphaltum punjabianum) 10mg, Aswagandha (Withania somnifera) 20mg, Gold Bhasam 20mg

#### Suggested Adult Use:

Dose: 12-24g (1-2 teaspoon) twice in a day or as directed by physician.

मात्रा - 12- 24 ग्राम (1-2 चम्मच) दिन में दो बार या चिकित्सकीय परामर्शानुसार





#### Did you know.?

- Contains analgesic & anti-inflammatory properties.
- Helps to reduce issues related to menstruation and menopause.
- Supports female fertility & reproductive health.
- Aids in balancing hormones & supports female vitality.

## Ashokarishta

Life Aveda's Ashokarishta is a traditional Ayurvedic formulation sourced from the heart of nature to support female reproductive health and vitality. This classical medicine helps to support uterine health, controls excessive bleeding, relieves cramps, regulates menstruation and aids in menopause by balancing hormones naturally.

#### Ingredients: -

Ashoka (Saraca asoca) St.Bk. 2.55gm, Praksepa Dravya (Pdr. of) Dhataki (Woodfordia fruticosa) Fl. 408.16mg, Sveta jiraka (Cuminum cyminum) Fr., Musta (Cyperus rotundus) Rz., Sunthi (Zingiber officinale) Rz., Daruharidra (Berberis aristata) St., Utpala (Nymphaea stellata) Fl., Haritaki (Terminalia chebula) P., Bibhitaka (Terminalia bellirica) P., Amalaki (Emblica officinalis) P., Amra (Mangifera indica) Enm., Krisnajiraka (Carum carvi) Fr., Vasa (Adhatoda vasica) Rt., Chandan (Santalum album) Ht.Wd. each 25.51mg, Gud (Jaggery) 5.12gm, Preservative: Sodium benzoate IP

#### Suggested Adult Use:

Adults can take 1-2 table spoon with equal lukewarm water or as advised by the the physician.



#### Did you know.?

- Aids in relieving post-delivery complications.
- May be beneficial for lactating mothers.
- Loaded with immune-boosting properties.
- Aids in balancing Vata dosha naturally.
- Helps with generalised weakness as well.

## Dashmoolarishta

Dashmoolarishta is a classical Ayurvedic tonic known for its ability to support women's health & balance Vata dosha. It aids in postpartum recovery by strengthening the uterus, promoting lactation & rejuvenating the body after childbirth. It may also help to regulate menstrual cycles, relieve menstrual cramps & promote overall reproductive wellness.

#### Ingredients: -

Bilva (Aegle marmelos) Rt., Syonaka (Oroxylum indicum) Rt., Gambhari (Gmelina arborea) Rt., Patala (Stereospermum suaveolens) Rt., Agnimanth (Premna integrifolia) Rt., Salapami (Desmodium gangeticum) Pl., Prsniparni (Urtica picta) Pl., Brhati (Solanum indicum) Pl., Kantakari (Solanum xanthocarpum) Pl., Goksura (Tribulus terrestris) Pl. each 49.51mg, Citraka (Plumbago zeylanica) Rt., Puskara (Inula racemosa) Rt. each 247.58mg, Lodhra (Symplocos racemosa) St.Bk., Guduci (Tinospora cordifolia) St. each 198.06mg, Amalki (Emblica officinalis) P. 158.45mg, Dhanvayasa (Fagonia cretica) Pl. 118.84mg, Khadira (Acacia catechu) Ht.Wd., Bijasara (Pterocarpus marsupium) Ht.Wd., Haritaki (Terminalia chebula) P. each 79.22mg, Puskara (Inula racemosa) Rt., Manjistha (Rubia cordifolia) Rt., Devdaru (Cedrus deodara) Ht.Wd., Vidanga (Embelia ribes) Fr., Madhuka (Glycyrrhiza glabra) Rt., Bharnagi (Clerodendrum serratum) Rt., Kapiththa (Feronia limonia) Fr.P., Bibhitaka (Terminalia bellirica) P., Punarnava (Boerhavia diffusa) Rt., Chavya (Piper retrofractum) St., Jatamansi (Nardostachys jatamansi) Rt., Priyangu (Callicarpa macrophylla) Fl., Sariva (Hemidesmus indicus) Rt., Krsna jiraka (Carum carvi) Fr., Trivrt (Ipomoea turpethum) Rt., Renuka (Vitex negundo) Sd., Rasna (Pluchea lanceolata) Lf., Pippali (Piper longum) Fr., Kramuka (Areca catechu) Sd., Sathi (Curcuma zedoaria) Rz., Haridra (Curcuma longa) Rz., Satahva (Anethum sowa) Fr., Padmaka (Prunus cerasoides) St., Nagkesara (Mesua ferrea) Stmn., Musta (Cyperus rotundus) Rz., Indrayava (Holarrhena antidysenterica) Sd., Srngi (Pistacia integerrima) Gl., Jivaka (Microstylis muscifera) Rt.Tr., Risabhaka (Microstylis wallichii) Rt.Tr., Meda (Polygonatum cirrhifolium) Rt.Tr., Mahameda (Polygonatum cirrhifolium) Rt.Tr., Kakoli (Lilium polyphyllum) Sub. Rt., Ksirakakoli (Fritillaria roylei) Sub. Rt., Riddhi (Habenaria intermedia) Sub. Rt., Vradhika (Habenaria intermedia) Sub. Rt. each 19.80mg, Draksa (Vitis vinifera) Dr.Fr. 633.82mg, Praksepa dravya (Pdr. of): Dhataki (Woodfordia fruticosa) Fl. 297.10mg, Kankola (Piper cubeba) Fr., Jala (Coleus vetiveroides) Rt., Chandan (Santalum album) Ht.Wd., Jaliphala (Myristica fragrans) Sd., Lavanga (Syzygium aromaticum) Fl.Bd., Ela (Elettaria cardamomum) Sd., Tvak (Cinnamomum zeylanicum) St.Bk., Teja patra (Cinnamomum tamala) Lf., Nagkesara (Mesua ferrea) Stmn., Pippali (Piper longum) Fr. each 19.80mg, Kasturi (Abelmoschus moschatus) Ar. 0.618mg, Gud (Jaggery) 3.96gm, Madhu (Honey) 316.9mg, Kataka phala (Strychnos potatorum) Sd.-Q.S. Preservative: Sodium benzoate IP.

#### Suggested Adult Use:

A healthy adult can take 1-2 table spoon with equal lukewarm water or as advised by the the physician.





**Life Aveda<sup>®</sup>**  
A True Devotion to Healing

## HERBAL NUTRACEUTICALS





#### Did you know.?

- Aids in fighting free radicals to manage premature aging.
- Helps to promote a healthier & radiant complexion.
- Nourishes skin cells, reduces acne, pimples and pigmentation.
- Provides essential vitamins & antioxidants to the skin.

## Plant-based Collagen Builder

Life Aveda's Plant-based Collagen Builder supports collagen formation that aids in managing premature aging, skin repair, healing and maintaining healthy, glowing, youthful skin. It also contains a range of beneficial nutrients such as vitamins, minerals and phytonutrients that nourish the skin deeply.

#### Ingredients: -

Pro collagen blend (Lemon fruit powder, Guava fruit powder, Sea buckthorn fruit extract, Rose petal powder, Orange fruit powder, Spinach leaf powder, Barley grass powder, Holy basil leaf powder), Anti -aging blend (Pomegranate fruit powder, Lemon fruit powder, Pink salt, Strawberry fruit powder, Acai berry fruit powder, Ginger root powder, Cinnamon Bark extract, Amla fruit extract, Green tea extract, Green coffee extract, Lemon fruit powder, Acerola cherry fruit powder, Sesbania leaf extract, Bamboo shoot extract), flavor.

#### Suggested Adult Use:

Add one rounded scoop (6.6 gms) of plant-based collagen builder in 150ml of water and store well until the powder is evenly dispersed in water & drink.



#### Did you know.?

- Supports bone health by aiding calcium absorption.
- Helps in improving cardiovascular health.
- Effective in boosting immunity naturally.
- Aids in maintaining joint flexibility and mobility.

## Vitamin D3+K2

Life Aveda's D3+K2 is truly a perfect combination for your bone, immunity and heart health. While Vitamin D3 helps to ensure the absorption of calcium at the time K2 helps to promote bone density, muscle mass and heart health along with boosting your immunity.

#### Ingredients: -

Vegetable Cellulose, Di Basic Calcium Phosphate, Maize Starch, Sodium Starch Glycolate, Vegetable Magnesium Stearate, Coating agent (INS 171), Vitamin D3, Vitamin K2.

#### Suggested Adult Use:

1 Serving daily or as directed by a healthcare professional.





#### Did you know.?

- A powerful skin brightening & antioxidant formula.
- Promotes radiant skin and even tone.
- Helpful in reducing dark spots & pigmentation.
- Aids in protecting skin from free radicals.

## Glutathione

Life Aveda's Glutathione is a powerful antioxidant formula that is crafted to manage dark spots, pigmentations, UV rays damage and dull skin naturally. It aids in promoting a healthy, radiant and glowing skin complexion. It also helps to protect the body against oxidative stress and provides the utmost benefits to the skin by maintaining overall well-being.

#### Ingredients: -

Glutathione, N-Acetyl L-cysteine, Ascorbic acid, Vitamin E, Hyaluronic acid, Acidity regulator (INS 500, INS 330), Maltodextrin, Sweetener (INS 955), Color & Flavour, Preservatives (INS 211)

#### Suggested Adult Use:

1 tablet once a day or as suggested by a healthcare professional.



#### Did you know.?

- Loaded with essential vitamins to support healthy hair & skin.
- Helps to strengthen hair from the roots.
- Beneficial in enhancing the thickness and volume of hair.
- Helpful in preventing hair fall and hair breakage.

## Biotin

Life Aveda's Biotin is carefully crafted from natural sources of biotin and minerals like Sesbania grandiflora, Bhiringraj, Bamboo shoots, Amla, Moringa, etc. It offers complete care for your hair and healthy and vibrant skin. It also nourishes your hair from root to tip by promoting strong, thick, and shiny hair.

#### Ingredients: -

Agati (seshbania grandiflora) extract, Bhiringraj - Eclipta Prostrata Extract, Bamboo shoot (Bambusa vulgaris) Extract, Amla (phyllanthus Embilca) extract, Moringa Oleifera Extract, Ferrous sulphate, Zinc oxide, Biotin Plus blend (Biotin, Calcium D - Pantothenate, Manganese sulphate), Copper sulphate, Sodium selenite, Vegetable Cellulose, Di Basic Calcium Phosphate, Maize Starch, Sodium Starch Glycolate, Vegetable Magnesium Stearate, Permitted food color (INS 155).

#### Suggested Adult Use:

1 Serving daily or as directed by a healthcare professional.





## Omega-3-5-6-7-9

Life Aveda's Omega 3-5-6-7-9 is formulated using a vegan source of omega fatty acids. It has the power of Flaxseed, Borage, Sea Buckthorn, Olive & Pomegranate seed oils in veg soft gel capsules. This unique combination supports cardiovascular health, enhances brain function and aids in maintaining joint flexibility.

### Ingredients: -

Flaxseed oil, Borage oil, Sea Buckthorn oil, Olive oil, Pomegranate seed oil, Food grade gelatin (Capsule shell), Humectant (INS 420, INS 422)

### Did you know.?

- Helpful in maintaining cholesterol levels
- Beneficial in improving cardiovascular health.
- Useful in improving brain functioning naturally.
- Helpful joint tenderness & stiffness.

### Suggested Adult Use:

1 Serving daily or as directed by a healthcare professional.





**Life Aveda**™  
A True Devotion to Healing

To Counter all Kinds of Allergies,  
Infections, and Diseases!



Immunity



Autoimmune or  
Blood Disorder



Allergy



Viral Infections



Female Health



Male Health



Digestive Issues



Liver Disorders



Kidney Disorders



Bone & Joint Pain



Heart Problems



Hair Problems



Piles & Fistula



High Cholesterol  
& Triglycerides



Cold & Cough



Skin Issues



Weight Issues



Nervous Disorders



Respiratory  
Issues



Stress, Memory  
& Brain Health



General Body  
Pain



Diabetes



General Health  
Concerns



Eye Diseases



This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. At the top center, the word "NOTES" is printed in a bold, black, sans-serif font.





**Life Aveda**™  
A True Devotion to Healing

*In the fast-paced world we live in, it's easy to lose sight of our connection with nature and our own inner balance. Ayurveda, the ancient science of life, offers us a path back to harmony. Ayurveda is not just about treating symptoms; it's about understanding the root causes of imbalance and restoring wellness from the inside out. By aligning with the principles of Ayurveda, we can achieve a state of well-being that goes beyond the absence of disease – it's a state of thriving. At Life Aveda, we are passionate advocates for Ayurveda because we've seen its transformative power in the lives of countless individuals. We believe in its ability to rejuvenate, restore, and revitalize, and we've harnessed this wisdom to create products that support your journey towards vibrant health. Ayurveda teaches us to embrace nature, nourish our bodies, and find equilibrium in our lives. It's a philosophy that aligns perfectly with our mission to provide you with the highest quality herbal supplements. Each product in our catalogue reflects our dedication to this ancient art of healing and well-being. We invite you to explore our offerings and embrace Ayurveda as a way of life. Let our supplements be your allies on this journey to lasting health and vitality. Thank you for choosing Life Aveda as your trusted partner on this path to wellness. We look forward to being a part of your holistic health journey. With gratitude and good health,*

*Ayurveda and Your Health  
A Harmonious Partnership*



Ramandeep Jattana  
(CEO, LIFE AVEDA)

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