



TEAMEX[®]



The Healthy Habit

A Healthy Life is a Rich Life





Just 40–50 years ago,
what was the average
human life expectancy?



More importantly,
were people leading
healthier, more balanced,
and disease-free lives?



**What is the average
human life expectancy
today?**



More importantly,
are we truly living healthy
and stress-free lives?

Today's Reality:

Increasing Health Challenges and Stress



High
Cholesterol



Weight Gain



Cancer



Depression



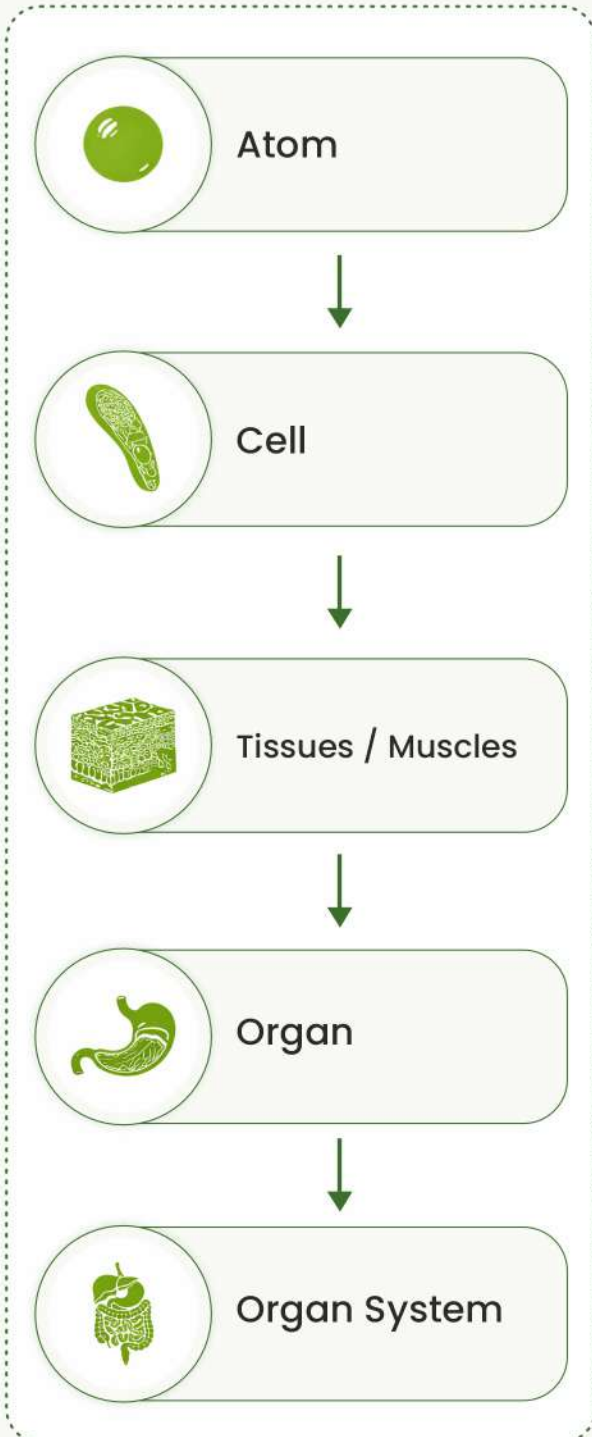
Diabetes



Chronic
Stress



INCREASING HEALTH CHALLENGES



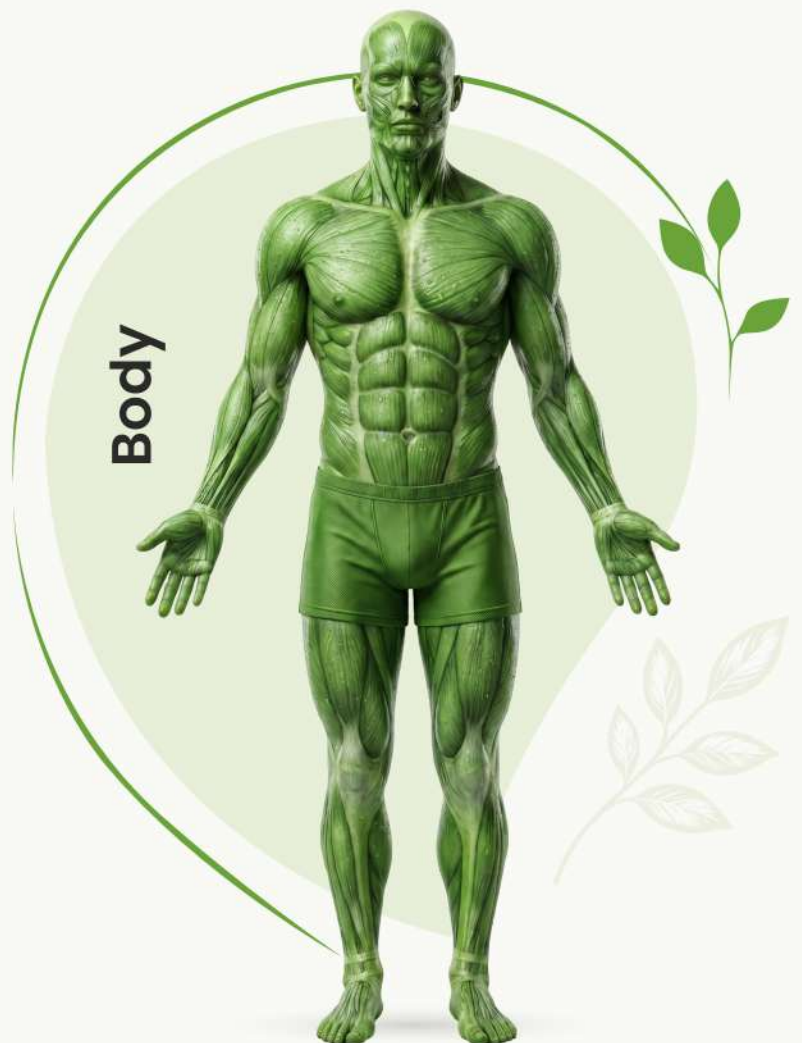
Air



Water



Diet



Because most people do not get regular health check-ups every 6 months.



Some Shocking Facts Related to the Health of Indians



Approximately 6.5 million Indians die each year due to diseases such as diabetes, cancer, heart disease, and lung diseases.



Approximately 2.5 million deaths are attributed to heart disease every year.



Approximately 73% of Indians have inadequate protein intake.



Approximately 15.3% of Indians (13.6 crore people) are estimated to have prediabetes.



Approximately 10.1 crore Indians are living with diabetes.



Diabetes is estimated to cause approximately 2.5–3 lakh deaths annually in India.



More than 50 crore Indians are estimated to be affected by iron deficiency.



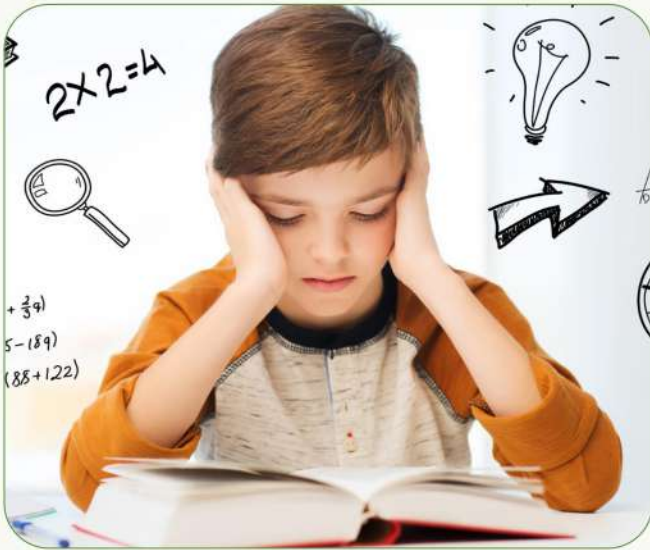
Diet

- > Vitamins [+]
- > Minerals [+]
- > Carbohydrates [-]
- > Protein [+]
- > Fat [-]
- > Essential Fatty Acids [+]





Why Do We Need Food Supplements?



- Suppose your child is weak in mathematics.
- Just as the right 'tuition' strengthens a child's educational foundation.
- Similarly, food supplements help fulfill the body's nutritional requirements



Our body is also like a machine, which requires regular maintenance and proper nutrition to function smoothly.

...



1 – You Yourself



10 – Good Parents



100 – Happy Childhood



1000 – Good Education



10000 – Good Income



100000 – A Good
Life Partner



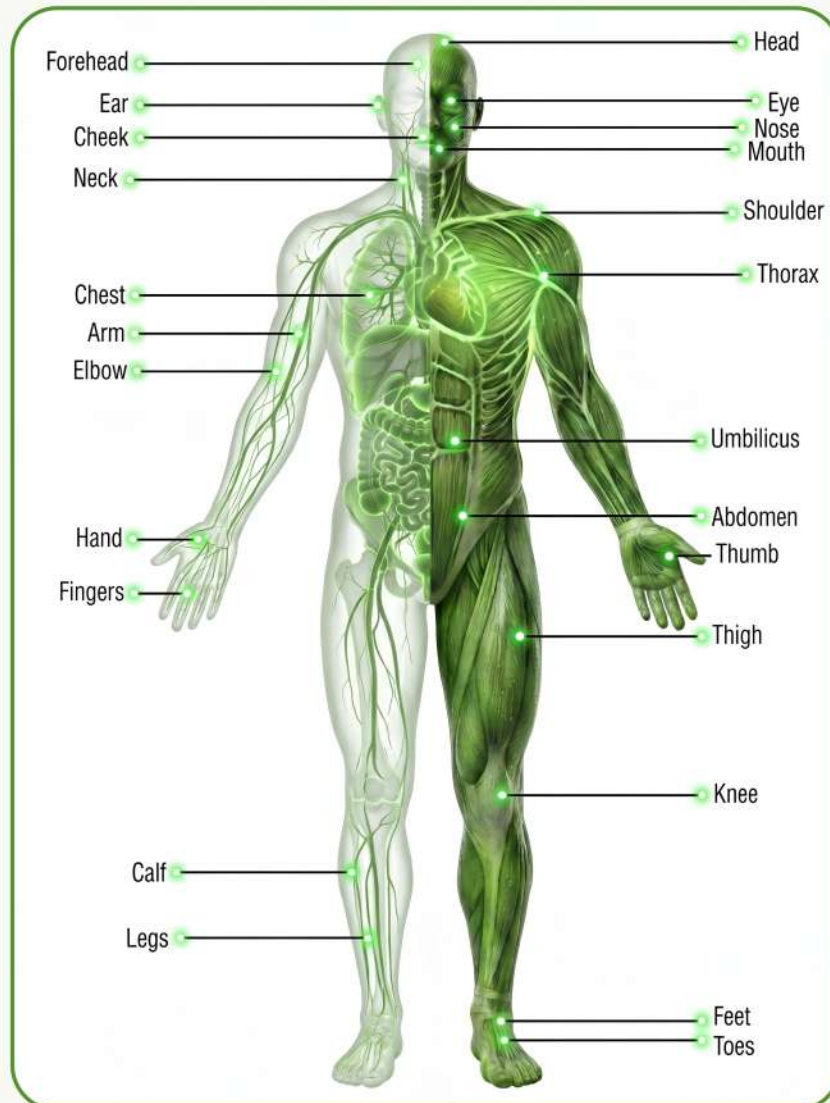
???? – But what is the
most important? ???

'1' meaning You Yourself.

Without you, all of this is meaningless.

Body Maintenance (Care)

- People waste at least ₹50 daily on things that harm their health.



Cigarette



Tea
fast - food



Alcohol



Pan - Masala



Have you ever thought about the 'maintenance' (regular care) of your body?

Your health is an 'investment', not an 'expense'!



- Your future health depends entirely on the decisions you make today.
- Therefore, make a small change in your lifestyle today and lay the foundation for a healthy future.

YEARLY SUPPLEMENT PLAN

January

Liver Care



Livo-Fit Wellness Drink



Livepat Tablet

February

Thyroid Care



Thyrocare Wellness Drink



Kanchnar Guggulu Tablet

March

Kidney Care



Chandraprabha Vati Tablet



Nano Curcumin Capsule

April

Alkaline Lifestyle



Alkomax Capsule



CMD Water Drop

May

Skin Care



Berry Wellness Drink



Amla Tablet

June

Ortho Care



Boswellia Capsule



Ortho Tablet



Calcium Tablet

July

Vitamin Deficiency



Noni Wellness Drink



Spirulina Tablet



Multivitamin Gummy

August

Hair Care



Biotin Gummy



Hair Growth Serum



Hair Tonic

September

Sexual Wellness & Women Care



Rocket Energy Wellness Drink



Do Long Tablet



Shilajit Gummy



Shewell Wellness Supplement



She Well Tablet

October

Heart Care



Sea Buckthorn Wellness Drink



Veg Omega Capsules



Arjun Ghan Tablet

November

Detoxification



Red Aloe vera Wellness Drink



Trifala Tablet

December

B12 & D3 Deficiency



Vitamin B12 Spray



Vitamin D3 Spray

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Helpful in

Physical Weakness



01



Rocket Energy

Mix 30 ml daily with normal or lukewarm water. For optimal results, consume twice a day. Best enjoyed on an empty stomach.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Shilajit Gummy

Enjoy one gummy twice daily after meals. Please stick to the recommended daily Consumption.



Consumption: 1-0-1,
Time: After Meals

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children (Above 5 years): Take 15 ml every morning on an empty stomach with a glass of lukewarm water. For the best results, make it a daily morning habit for 6 to 12 months. Remember to stay well-hydrated throughout the day. Keep the bottle tightly closed and store in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

04



Berry Wellness Drink

Have 30 ml daily with normal or lukewarm water. It works best on an empty stomach. For maximum benefits, consume twice daily.



Consumption: 1-0-1,
Time: Anytime

05



Ashwagandha Tablet

Take 1 tablet twice a day, or as guided by your healthcare professional.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Diabetes Care



01



Stop Up-D

Take 2 tablets twice a day or as directed by your healthcare professional.



Consumption: 2-0-2,
Time: Before Meals

02



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

03



Garlic Tablet

Take 1 tablet once at night or as directed by a healthcare professional.



Consumption: 0-0-1,
Time: After Meals

04



Guduchi Ghan

Individuals above 12 years: Take 2-3 tablets twice a day. Children below 12 years: Take 1 tablet twice a day with water or milk, or as directed by a physician.



Consumption: 2-0-2,
Time: After Meals

Helpful in

Diabetes Care



05



Neem Panchang Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

06



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3
drops 3-4 times with
water, Time: Anytime



Helpful in Healthy Digestion



01



Red Aloe Vera Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For maximum benefits, consume twice a day. It is highly beneficial to drink it on an empty stomach.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

03



Ajwain Drops

Mix 2-3 drops of Ajwain Drops in water and consume twice a day.



Consumption:
2-3 drops,
Time: Anytime

04



Shivakshar Pachan Tablet

Take 1 tablet twice a day or as directed by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

05



Trifala Tablet

Take 1 tablet twice a day or as directed by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Gas & Acidity



01



Alkomax Capsule

Consume one capsule daily.



Consumption: 1-0-0
(Once a day),
Time: 30 minutes
after meals

02



Kamdudha Ras

Take 1 tablet twice a day or as directed by a professional.



Consumption: 1-0-1,
Time: After Meals

03



Trifala Tablet

Take 1 tablet twice a day or as directed by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

04



CMD Water Drops

Water is excellent for your health, but only high-quality water. CMD makes your drinking water optimal for consumption. Add just 3 drops to a 200 ml glass of water and enjoy exceptional wellness throughout the day.



Consumption: 3-4
drops with water,
Time: Anytime

05



Ajwain Drops

Mix 2-3 drops of Ajwain Drops in water and consume twice a day.



Consumption:
2-3 drops,
Time: Anytime

Helpful in

Weight Control



01



Beutilook

Beutilook 1:

Take 2 tablets in the morning on an empty stomach with warm water.

Beutilook 2:

Take 2 tablets at 5 PM on an empty stomach with warm water.

Beutilook 3:

Take 1 tablet at night before sleeping with warm water.



Consumption: 2-0-0,
Time: Before Meals



Consumption: 0-2-0
(5 PM), Time: After Meals
- 3 hrs



Consumption: 0-0-1,
Time: After Meals

02



CMD Water Drops

Water is excellent for your health, but only high-quality water. CMD makes your drinking water optimal for consumption. Add just 3 drops to a 200 ml glass of water and enjoy exceptional wellness throughout the day.



Consumption: 3-4
drops with water,
Time: Anytime

03



Metabolism Booster Herbal Tea

1. Take 1 spoon of Metabolism Booster Herbal Tea. (Approx. 5 grams)
2. Mix it in a cup of hot water.
3. Strain it into your teacup.
4. Enjoy your Metabolism Booster Herbal Tea.



Time:
Once a day

Helpful in

Weight Control



04



Berry Wellness Drink

Have 30 ml daily with normal or lukewarm water. It works best on an empty stomach. For maximum benefits, consume twice daily.



Consumption: 1-0-1,
Time: Anytime

05



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime



Helpful in

Weight Gain



01



Protein Powder

Take 3 spoons of protein powder daily and make a milkshake by blending it with bananas, almonds, and oats.



Consumption: 1-0-1
spoon with milk,
Time: After Meals

02



Multivitamin Gummy

As a dietary supplement, take 1-2 gummies daily or as directed by your healthcare professional. Do not exceed 8 gummies within a 24-hour period.



Consumption: 1-0-1,
Time: After Meals

03



Spirulina Tablet

Take 1 tablet twice a day during breakfast and dinner, or as advised by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

04



Calcium Tablet

Take two (2) tablets a day.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Body Aches



01



Ortho Tablet

Take two tablets twice a day. Or as suggested by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

02



Ortho Oil

For maximum relief, apply a sufficient amount of "Ortho Oil" (approx. 4 ml) and massage the affected area 2-4 times daily. Avoid contact with open wounds, nose, and eyes.



Usage: Apply
on the affected area,
Time: Anytime



Helpful in

Calcium Deficiency (Strong Bones)



01



Calcium Tablet

Take two (2) tablets a day.



Consumption: 1-0-1,
Time: After Meals

02



Protein Powder

Take 3 spoons of protein powder daily and make a milkshake by blending it with bananas, almonds, and oats.



Consumption: 1-0-1
spoon with milk,
Time: After Meals

03



Vitamin D3

Shake the bottle well, and spray in the mouth (best under the tongue). Maximum 4 sprays in a 24-hour period.



Consumption: 1-1-1-1,
Time: Anytime

04



Multivitamin Gummy

As a dietary supplement, take 1-2 gummies daily or as directed by your healthcare professional. Do not exceed 8 gummies within a 24-hour period.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Anemia



01



Red Aloe Vera Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For maximum benefits, consume twice a day. It is highly beneficial to drink it on an empty stomach.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Saptamrut Loh Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

03



Spirulina Tablet

Take 1 tablet twice a day during breakfast and dinner, or as advised by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

04



Vitamin B12

Shake the bottle well, and spray in the mouth (best under the tongue). Maximum 4 sprays in a 24-hour period.



Consumption: 1-1-1-1,
Time: Anytime

Helpful in

Cough & Cold Relief



01



Nano Curcumin

Take one capsule after meals or as directed by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

02



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

03



Guduchi Ghan

Individuals above 12 years: Take 2-3 tablets twice a day. Children below 12 years: Take 1 tablet twice a day with water or milk, or as directed by a physician.



Consumption: 2-0-2,
Time: After Meals

04



Ajwain Drops

Mix 2-3 drops of Ajwain Drops in water and consume twice a day.



Consumption: 2-3
drops, Time: Anytime

Helpful in

Heart Health



01



Sea Buckthorn Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For better results, consume twice a day. Drinking it on an empty stomach is highly beneficial.



Consumption: 1-0-1,
Time: Empty Stomach

02



Veg Omega Capsule

Take one capsule twice a day daily. Do not exceed the recommended daily Consumption. Your daily requirement may vary depending on your calorie needs.



Consumption: 1-0-1,
Time: After Meals

03



Arjun Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

04



Nano Curcumin

Take one capsule after meals or as directed by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

05



Garlic Tablet

Take 1 tablet once at night or as directed by a healthcare professional.



Consumption: 0-0-1,
Time: After Meals

Helpful in

Heart Health



06



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

07



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

08



Be-Calm Tablet

Take 1 tablet three times a day, or as guided by your healthcare professional.



Consumption: 1-1-1,
Time: After Meals

Helpful in

Blood Pressure

[High/Low]



01



Be-Calm Tablet

Take 1 tablet three times a day, or as guided by your healthcare professional.



Consumption: 1-1-1,
Time: After Meals

02



Sea Buckthorn Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For better results, consume twice a day. Drinking it on an empty stomach is highly beneficial.



Consumption: 1-0-1,
Time: Empty Stomach

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

04



Arjun Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

05



Garlic Tablet

Take 1 tablet once at night or as directed by a healthcare professional.



Consumption: 0-0-1,
Time: After Meals

Helpful in

Cholesterol



01



Sea Buckthorn Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For better results, consume twice a day. Drinking it on an empty stomach is highly beneficial.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Veg Omega Capsule

Take one capsule twice a day daily. Do not exceed the recommended daily Consumption. Your daily requirement may vary depending on your calorie needs.



Consumption: 1-0-1,
Time: After Meals

03



Arjun Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

04



Garlic Tablet

Take 1 tablet once at night or as directed by a healthcare professional.



Consumption: 0-0-1,
Time: After Meals

05



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

Helpful in Cancer



01



Alkomax Capsule

Consume one capsule daily.



Consumption: 1-0-0
(Once a day),
Time: 30 minutes
after meals

02



Nano Curcumin

Take one capsule after meals or as directed
by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

03



Sea Buckthorn Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For
better results, consume twice a day. Drinking it on
an empty stomach is highly beneficial.



Consumption: 1-0-1,
Time: Empty
Stomach

04



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a
glass of lukewarm water. Children: Take 15 ml every morning on an
empty stomach with a glass of lukewarm water. Only children
above 5 years of age can consume Noni juice. For optimal results, it
is recommended to take it daily on an empty stomach for 6 to 12
months. Remember to drink plenty of clean water thoroughly
throughout the day. Keep the bottle tightly closed and store it in a
cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

Helpful in Cancer



05



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops 3-4 times with water, Time: Anytime

06

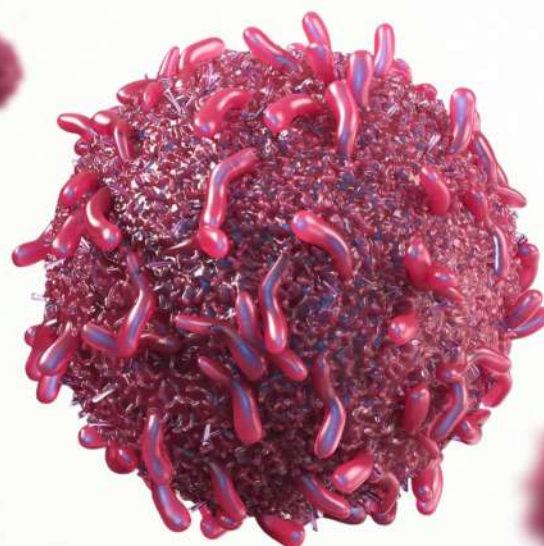


Neem Panchang Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2, Time: After Meals



Helpful in

Asthma



01



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

02



Nano Curcumin

Take one capsule after meals or as directed by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

03



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

04



CMD Water Drops

Water is excellent for your health, but only high-quality water. CMD makes your drinking water optimal for consumption. Add just 3 drops to a 200 ml glass of water and enjoy exceptional wellness throughout the day.



Consumption: 3-4
drops with water,
Time: Anytime

Helpful in

Dengue



01



Guduchi Ghan

Individuals above 12 years: Take 2-3 tablets twice a day. Children below 12 years: Take 1 tablet twice a day with water or milk, or as directed by a physician.



Consumption: 2-0-2,
Time: After Meals

02



Nano Curcumin

Take one capsule after meals or as directed by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

03



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

Helpful in

Immunity Booster



01



Alkomax Capsule

Consume one capsule daily.



Consumption: 1-0-0
(Once a day),
Time: 30 minutes
after meals

02



Sea Buckthorn Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For better results, consume twice a day. Drinking it on an empty stomach is highly beneficial.



Consumption: 1-0-1,
Time: Empty
Stomach

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

04



Spirulina Tablet

Take 1 tablet twice a day during breakfast and dinner, or as advised by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

Helpful in Immunity Booster



05



Nano Curcumin

Take one capsule after meals or as directed by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

06



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime



Helpful in

Kids' Wellness



01



Protein Powder

Take 3 spoons of protein powder daily and make a milkshake by blending it with bananas, almonds, and oats.



Consumption: 1-0-1
spoon with milk,
Time: After Meals

02



Berry Wellness Drink

Have 30 ml daily with normal or lukewarm water. It works best on an empty stomach. For maximum benefits, consume twice daily.



Consumption: 1-0-1,
Time: Anytime

03



Multivitamin Gummy

As a dietary supplement, take 1-2 gummies daily or as directed by your healthcare professional. Do not exceed 8 gummies within a 24-hour period.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Useful In Women's Wellness

[Periods, PCOD, PCOS, Cysts]



01



Shewell Care Drink

Mix 30 ml daily with a glass of normal water or milk. For better results, consume twice a day. Drinking it on an empty stomach is highly beneficial.

Note: Do not consume during menstruation.



Consumption: 1-0-1,
Time: Empty
Stomach

02



She Well Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.

Note: Do not consume during menstruation.



Consumption: 2-0-2,
Time: 30 minutes
After Meals

03



Berry Wellness Drink

Have 30 ml daily with normal or lukewarm water. It works best on an empty stomach. For maximum benefits, consume twice daily.



Consumption: 1-0-1,
Time: Anytime

04



Saptamrut Loh Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

05



Kamdudha Ras

Take 1 tablet twice a day or as directed by a professional.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Sexual Wellness



01



Rocket Energy

Mix 30 ml daily with normal or lukewarm water. For better results, consume twice a day. Drinking it on an empty stomach is highly beneficial.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Do Long Tablet

Take two tablets each in the morning and evening after meals with milk.



Consumption: 2-0-2,
Time: After Meals

03



Do Long Oil

Take 4-5 drops of oil on your palm and gently massage the intimate areas until fully absorbed.



Usage: Apply
4-5 drops to the
intimate area,
Time: Daily

04



Shilajit Gummy

Take one gummy twice a day after meals. Do not exceed the recommended Consumption.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Sexual Wellness



05



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

06



Ashwagandha Tablet

Take 1 tablet twice a day or as directed by a professional.



Consumption: 1-0-1,
Time: After Meals

07



Garlic Tablet

Take 1 tablet once at night or as directed by a healthcare professional.



Consumption: 0-0-1,
Time: After Meals

Helpful in

Worm Infection



01



Guduchi Ghan

Individuals above 12 years: Take 2-3 tablets twice a day. Children below 12 years: Take 1 tablet twice a day with water or milk, or as directed by a physician.



Consumption: 2-0-2,
Time: After Meals

02



Neem Panchang Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

03



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

Helpful in

Stress & Anxiety



01



Anti Addiction Drops

Take 10 drops with cold, warm, or lukewarm water, or mixed in a glass of water or juice, twice daily (morning and evening). For better results, use regularly for 6 to 12 months or as directed by your health expert.



Consumption: 10 drops, Time: Morning and Evening

02



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1, Time: Before Meals - Morning

03



No Problem Wrist Exerciser

Simply wear it on your wrist.



Usage: Wear on wrist

04



Ashwagandha Tablet

Take 1 tablet twice a day or as directed by a professional.



Consumption: 1-0-1, Time: After Meals

05



Vitamin B12

Shake the bottle well, and spray in the mouth (best under the tongue). Maximum 4 sprays in a 24-hour period.



Consumption: 1-1-1-1, Time: Anytime

Helpful in

Kidney Health



01



Chandraprabha Vati

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

02



Trifala Tablet

Take 1 tablet twice a day or as directed by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

03



Punarnavadi Guggulu

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

Helpful in Liver



01



Livo-Fit Dietary Drink

Mix 30 ml daily with normal or lukewarm water. For better results, consume twice a day. Drinking it on an empty stomach is highly beneficial.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Livepat Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

03



Nano Curcumin

Take one capsule after meals or as directed by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

04



Punarnavadi Guggulu

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

Helpful in Stomach Problems



01



Red Aloe Vera Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For maximum benefits, consume twice a day. It is highly beneficial to drink it on an empty stomach.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Ajwain Drops

Mix 2-3 drops of Ajwain Drops in water and consume twice a day.



Consumption: 2-3
drops,
Time: Anytime

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

04



Trifala Tablet

Take 1 tablet twice a day or as directed by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Eye Health



01



Berry Wellness Drink

Have 30 ml daily with normal or lukewarm water. It works best on an empty stomach. For maximum benefits, consume twice daily.



Consumption: 1-0-1,
Time: Anytime

02



Saptamrut Loh Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

03



Amla Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

Helpful in

Piles / Fistula / Hemorrhoids



01



Pilocare Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For better results, consume twice a day. Drinking it on an empty stomach is highly beneficial.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Arshoghni Vati

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

03



Red Aloe Vera Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For maximum benefits, consume twice a day. It is highly beneficial to drink it on an empty stomach.



Consumption: 1-0-1,
Time: Empty
Stomach

Helpful in Healthy Organs



01



Alkomax Capsule

Consume one capsule daily.



Consumption: 1-0-0
(Once a day),
Time: 30 minutes
after meals

02



Punarnavadi Guggulu

Take 2 tablets twice a day or as directed
by a healthcare professional.



Consumption:
2-0-2,
Time: After Meals

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

04



Nano Curcumin

Take one capsule after meals or as directed
by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

Helpful in

Migraine & Headache



01



Pathyadi Kwath Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

02



Veg Omega Capsule

Take one capsule twice a day daily. Do not exceed the recommended daily Consumption. Your daily requirement may vary depending on your calorie needs.



Consumption: 1-0-1,
Time: After Meals

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

04



Boswellia

Take one capsule daily before meals or as suggested by a healthcare professional.



Consumption: 1-0-0,
Time: Before Meals

Helpful in

Viral Fever



01



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

02



Guduchi Ghan

Individuals above 12 years: Take 2-3 tablets twice a day. Children below 12 years: Take 1 tablet twice a day with water or milk, or as directed by a physician.



Consumption: 2-0-2,
Time: After Meals

03



Nano Curcumin

Take one capsule after meals or as directed by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

04



Neem Panchang Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

Helpful in Stone



01



Chandraprabha Vati

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

02



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

03



Red Aloe Vera Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For maximum benefits, consume twice a day. It is highly beneficial to drink it on an empty stomach.



Consumption: 1-0-1,
Time: Empty
Stomach

04



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

Helpful in

Pitta Balance



01



Kaishor Guggulu Tablet

Take 1 tablet twice a day or as directed by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

02



CMD Water Drops

Water is excellent for your health, but only high-quality water. CMD makes your drinking water optimal for consumption. Add just 3 drops to a 200 ml glass of water and enjoy exceptional wellness throughout the day.



Consumption: 3-4
drops with water,
Time: Anytime

03



Padabhyanga

To reduce the amount of Pitta in the body.



Usage:
As guided

04



Kamdudha Ras

Take 1 tablet twice a day or as directed by a professional.



Consumption: 1-0-1,
Time: After Meals

05



Trifala Tablet

Take 1 tablet twice a day or as directed by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Uric Acid



01



Kaishor Guggulu Tablet

Take 1 tablet twice a day or as directed by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

02



Guduchi Ghan

Individuals above 12 years: Take 2-3 tablets twice a day. Children below 12 years: Take 1 tablet twice a day with water or milk, or as directed by a physician.



Consumption: 2-0-2,
Time: After Meals

03



Trifala Tablet

Take 1 tablet twice a day or as directed by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

04



Neem Panchang Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

Helpful in

Joint Pain & Arthritis



01



Ortho Oil

For maximum relief, apply a sufficient amount of "Ortho Oil" (approx. 4 ml) and massage the affected area 2-4 times daily. Avoid contact with open wounds, nose, and eyes.



Usage: Apply
on the affected area,
Time: Anytime

02



Ortho Tablet

Take two tablets twice a day. Or as suggested by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

03



Boswellia

Take one capsule daily before meals or as suggested by a healthcare professional.



Consumption: 1-0-0,
Time: Before Meals

04



Vitamin D3

Shake the bottle well, and spray in the mouth (best under the tongue). Maximum 4 sprays in a 24-hour period.



Consumption: 1-1-1-1,
Time: Anytime

Helpful in

Joint Pain & Arthritis



05



Calcium Tablet

Take two (2) tablets a day.



Consumption: 1-0-1,
Time: After Meals

06



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

07



Neodymium Knee Belt

Place it over your knee. Wrap it so that the belt completely covers and fits the knee. Adjust and fix the Velcro strap for a comfortable fit. Now you are ready for your workout.



Usage: Wear
on the knee

Helpful in

Parkinson's/Tremor



01



No Problem Wrist Exerciser

Simply wear it on your wrist.



Usage: Wear
on wrist

02



Shilajit Gummy

Take one gummy twice a day after meals. Do not exceed the recommended Consumption.



Consumption: 1-0-1,
Time: After Meals

03



Spirulina Tablet

Take 1 tablet twice a day during breakfast and dinner, or as advised by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

04



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

Helpful in

Paralysis



01



No Problem Wrist Exerciser

Simply wear it on your wrist.



Usage: Wear
on wrist

02



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning



Helpful in

Thyroid



01



Thyrocare Balance Drink

Mix 30 ml daily with normal or lukewarm water. For better results, consume twice a day. Drinking it on an empty stomach is highly beneficial.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Kanchnar Guggulu

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

03



Sea Buckthorn Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For better results, consume twice a day. Drinking it on an empty stomach is highly beneficial.



Consumption: 1-0-1,
Time: Empty
Stomach

04



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

Helpful in

Chest Pain



01



Arjun Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

02



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

03



Nano Curcumin

Take one capsule after meals or as directed by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

04



Spirulina Tablet

Take 1 tablet twice a day during breakfast and dinner, or as advised by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Vitiligo



01



Spirulina Tablet

Take 1 tablet twice a day during breakfast and dinner, or as advised by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

02



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

03



Neem Panchang Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

Helpful in

Vitiligo



04



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

05



Healthy Skin Cream

Take a small amount of Bella Cast Healthy Skin Cream and apply gently on clean skin morning and evening, massaging it lightly into the skin.



Usage:
As needed,
Time: Daily

06



Red Aloe Vera Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For maximum benefits, consume twice a day. It is highly beneficial to drink it on an empty stomach.



Consumption: 1-0-1,
Time: Empty
Stomach

Helpful in

Appetite



01



Red Aloe Vera Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For maximum benefits, consume twice a day. It is highly beneficial to drink it on an empty stomach.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Spirulina Tablet

Take 1 tablet twice a day during breakfast and dinner, or as advised by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

Helpful in

Urinary problem



01



Boswellia

Take one capsule daily before meals or as suggested by a healthcare professional.



Consumption: 1-0-0,
Time: Before Meals

02



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

04



Punarnavadi Guggulu

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption:
2-0-2,
Time: After Meals

Helpful in

Insomnia



01



Deep Sleep Gummy

As a dietary supplement, take 1-2 gummies daily or as directed by your healthcare professional. Do not exceed 8 gummies within a 24-hour period.



Consumption: 0-0-1,
Time: Before
Bedtime

02



Ashwagandha Tablet

Take 1 tablet twice a day or as directed by a professional.



Consumption: 1-0-1,
Time: After Meals

03



Be-Calm Tablet

Take 1 tablet three times a day, or as guided by your healthcare professional.



Consumption: 1-1-1,
Time: After Meals

Helpful in

HIV/AIDS



01



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

02



Boswellia

Take one capsule daily before meals or as suggested by a healthcare professional.



Consumption: 1-0-0,
Time: Before Meals

03



Nano Curcumin

Take one capsule after meals or as directed by a healthcare professional.



Consumption: 1-0-0,
Time: After Meals

Helpful in

Gut Health



01



Red Aloe Vera Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For maximum benefits, consume twice a day. It is highly beneficial to drink it on an empty stomach.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

03



Neem Panchang Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

Helpful in Radiation



01



No Problem Wrist Exerciser

Simply wear it on your wrist.



Usage: Wear
on wrist



Helpful in

Sickle Cell



01



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

02



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

03



Neem Panchang Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

Helpful in Addiction Recovery



01



Anti Addiction Drops

Take 10 drops with cold, warm, or lukewarm water, or mixed in a glass of water or juice, twice daily (morning and evening). For better results, use regularly for 6 to 12 months or as directed by your health expert.



Consumption: 10 drops, Time: Morning and Evening

02



Alkomax Capsule

Consume one capsule daily.



Consumption: 1-0-0 (Once a day), Time: 30 minutes after meals

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1, Time: Before Meals - Morning

04



Nano Curcumin

Take one capsule after meals or as directed by a healthcare professional.



Consumption: 1-0-0, Time: After Meals

Helpful in

Cases of Difficulty Opening the Mouth



01



Noni Toothpaste

Use 2-3 grams (a full brush length) twice a day, or as directed by a dentist or physician.



Usage: 1-0-1,
Time: Daily

02



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning



Helpful in

Numbness



01



Vitamin B12

Shake the bottle well, and spray in the mouth (best under the tongue). Maximum 4 sprays in a 24-hour period.



Consumption: 1-1-1-1,
Time: Anytime



Helpful in

Hair Fall



01



Biotin Gummy

As a dietary supplement, take 1-2 gummies daily or as directed by your healthcare professional. Do not exceed 8 gummies within a 24-hour period.



Consumption: 0-1-0,
Time: Anytime

02



Argan Biotin Shampoo

Take the required amount of Bella Cast Argan Biotin Shampoo and apply it to wet hair. Massage gently and then rinse with clean water.



Usage:
As needed,
Time: Daily

03



Hair Tonic

Apply the hair tonic to the scalp and gently massage/rub with your fingertips for about 15 to 20 minutes. Start from the center of the affected area and apply all over the head.



Usage:
As needed,
Time: Every
alternate day

04



Hair Growth Serum

Use 3-4 drops of the hair serum daily or on alternate days.



Time:
Once a day

Helpful in

Hair Fall



05



Hair Conditioner

Apply to wet hair after shampooing, leave it on for 2-3 minutes, and then rinse thoroughly. For best results, use at least once every 3 days.



Usage:
Appropriate amount for
washing hair.
Time: After shampoo

06



Saptamrut Loh Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

07



Vitamin B12

Shake the bottle well, and spray in the mouth (best under the tongue). Maximum 4 sprays in a 24-hour period.



Consumption: 1-1-1-1,
Time: Anytime

Helpful in

Silky & Shiny Hair



01



Anti Hairfall Shampoo

Take the required amount of Bella Cast Anti-Hair Fall Shampoo and apply it to wet hair. Massage gently and then rinse with clean water.



Usage:
As needed,
Time: Daily

02



Hair Tonic

Apply the hair tonic to the scalp and gently massage/rub with your fingertips for about 15 to 20 minutes. Start from the center of the affected area and apply all over the head.



Usage: As needed,
Time: Every
alternate day

03



Spirulina Tablet

Take 1 tablet twice a day during breakfast and dinner, or as advised by a healthcare professional.



Consumption:
1-0-1,
Time: After Meals

04



7 In 1 Hair Oil

Take an appropriate amount of 7 in 1 Hair Oil, apply it evenly to the hair, and gently massage the scalp.



Usage: As needed
Time: Night

05



Hair Conditioner

Apply to wet hair after shampooing, leave it on for 2-3 minutes, and then rinse thoroughly. For best results, use at least once every 3 days.



Usage:
Appropriate amount for
washing hair.
Time: After shampoo

Helpful in

Psoriasis & Skin Problem



01



Healthy Skin Cream

Take a small amount of Bella Cast Healthy Skin Cream and apply gently on clean skin morning and evening, massaging it lightly into the skin.



Usage:
As needed,
Time: Daily

02



Neem Soap

Rub the soap on the body until it lathers and rinse with water. Use warm water for oily skin and cold water for dry skin. Afterwards, pat dry with a soft towel.



Usage: Daily,
Time: Everyday

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

Helpful in

Psoriasis & Skin Problem



04



Tulsi Drops

Children: Take two (2) drops twice a day. Adults: Take four (4) drops twice a day during illness. In severe conditions, take six (6) drops three times a day.



Consumption: 2-3 drops
3-4 times with water,
Time: Anytime

05



Neem Panchang Ghan Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

06



Amla Tablet

Take 2 tablets twice a day or as directed by a healthcare professional.



Consumption: 2-0-2,
Time: After Meals

Helpful in

Under-Eye Dark Circles



01



Healthy Skin Cream

Take a small amount of Bella Cast Healthy Skin Cream and apply gently on clean skin morning and evening, massaging it lightly into the skin.



Usage:
Under eyes,
Time: Daily

02



Vitamin C Serum

Gently apply a few drops of the serum. For optimal results, use the serum at least 3 times a week for 2 months or more. Avoid direct sunlight after applying the serum.



Usage: As needed,
Time: Before
sleeping

03



Spirulina Tablet

Take 1 tablet twice a day during breakfast and dinner, or as advised by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

Helpful in

Acne & Pimple



01



Erase Acne Gel

Every day before sleeping, wash your face with Teamex Cleansing Milk, apply this on your face, and wash it thoroughly with water the next morning.



Usage: As needed,
Time: After
washing face

02



Vitamin C Serum

Gently apply a few drops of the serum. For optimal results, use the serum at least 3 times a week for 2 months or more. Avoid direct sunlight after applying the serum.



Usage: As needed,
Time: Before
sleeping

03



Facial Drop

Apply 1-2 drops of the serum and massage gently. For best results, use the facial drops at least 3 times a week for 2 months or more. Avoid direct sunlight after applying the drops.



Usage: As needed,
Time: After
washing face

Helpful in

Mouth Ulcer



01



Red Aloe Vera Wellness Drink

Mix 30 ml daily with normal or lukewarm water. For maximum benefits, consume twice a day. It is highly beneficial to drink it on an empty stomach.



Consumption: 1-0-1,
Time: Empty
Stomach

02



Vitamin B12

Shake the bottle well, and spray in the mouth (best under the tongue). Maximum 4 sprays in a 24-hour period.



Consumption: 1-1-1-1,
Time: Anytime

03



Noni Toothpaste

Use 2-3 grams (a full brush length) twice a day, or as directed by a dentist or physician.



Usage: 1-0-1,
Time: Daily

Helpful in Complete Wellness



01



Alkomax Capsule

Consume one capsule daily.



Consumption: 1-0-0
(Once a day),
Time: 30 minutes
after meals

02



CMD Water Drops

Water is excellent for your health, but only high-quality water. CMD makes your drinking water optimal for consumption. Add just 3 drops to a 200 ml glass of water and enjoy exceptional wellness throughout the day.



Consumption: 3-4
drops with water,
Time: Anytime

03



Noni Wellness Drink

Adults: Take 30 ml every morning on an empty stomach with a glass of lukewarm water. Children: Take 15 ml every morning on an empty stomach with a glass of lukewarm water. Only children above 5 years of age can consume Noni juice. For optimal results, it is recommended to take it daily on an empty stomach for 6 to 12 months. Remember to drink plenty of clean water thoroughly throughout the day. Keep the bottle tightly closed and store it in a cool, dry place.



Consumption: 1-0-1,
Time: Before Meals
- Morning

04



Trifala Tablet

Take 1 tablet twice a day or as directed by a healthcare professional.



Consumption: 1-0-1,
Time: After Meals

TIPS

	Noni Wellness Drink	30 ml twice a day with warm water.
	Sea Buckthorn Wellness Drink	30 ml twice a day with warm water.
	Berry Wellness Drink	30 ml twice a day with warm water.
	Red Aloe Vera Wellness Drink	30 ml twice a day with warm water.
	Thyrocare Balance Drink	30 ml twice a day with warm water.
	Shewell Care Drink	30 ml twice a day with warm water.
	Livo-Fit Dietary Drink	30 ml twice a day with warm water.
	Pilocare Wellness Drink	30 ml twice a day with warm water.
	Rocket Energy	30 ml twice a day with warm water.



" SUPPLEMENTS FOR A HEALTHIER TOMORROW"



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MRP (₹) : 150.00

"Printed on : September 2026"