

**ALTOS**  
*Health is Life*

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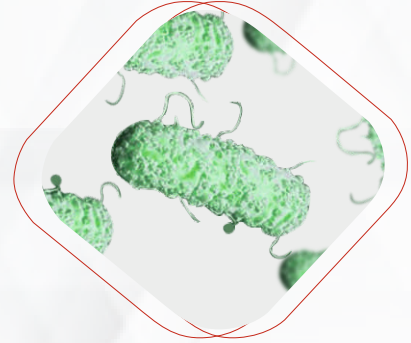


# HEALTH TRAINING PROGRAMME

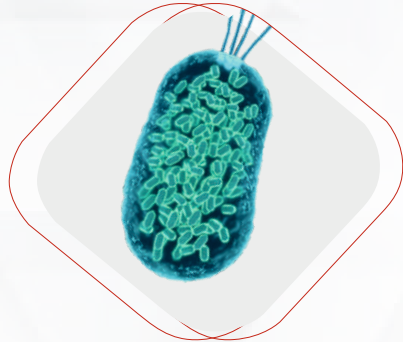
# TULSI POWER

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## PROPERTIES



**Germicide**



**Bactericide**



**Anti Fungal**



**Anti Viral**



**Disinfectant**



**Pain Killer**



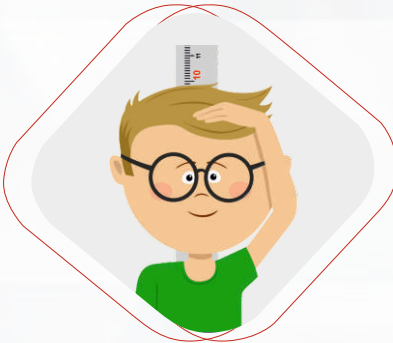
**Stress Buster**



**Immunity Booster**



**Anti Oxidants**



**Growth Enhancer**



**Sanitizer**



**Anti Septic**

"Each family Healthy family"

# TULSI POWER

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Tulsi is known as universal healer of all diseases. Regular consumption helps to promote general health & longevity to life

**DOSAGE :** Take 4-5 drops of Tulsi in warm add everyday

## Add Tulsi drops :

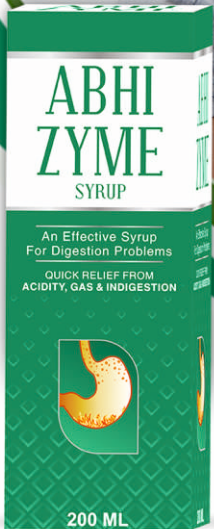
- \* While making chapati
- \* While cooking pulses
- \* Tea
- \* Milk
- \* In your surroundings as spray etc.



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*A complete  
Digestive  
Tonic*



200ml  
MRP : 155

## ABHIZYME SYRUP

For Digestion Problem

The Active Ingredient Present In Abhizyme Syrup Is Papaya. Other Ingredients Includes Sonth, Khajur, Vidang, Kapurkachri, Ajwain, Chavya, Nagarmotha & Satpudina.

### BENEFITS

- Helps to give relief from acidity.
- Helps to give relief from bloating of stomach.
- Helps to give relief from indigestion.
- Helps to give relief from constipation.
- Helps to give relief from mild abdominal pain.
- Helps to increase appetite.
- Helps to keep digestive system healthy.
- Helps to give relief from problems such as gas or flatulence.

### DOSAGE

For Adults: Take 1-2 spoonful in Lukewarm water three times a day.

For Children: Take ½ spoonful in Lukewater three times A day or as directed by the physician.

### INGREDIENTS



For more information call TOLL FREE : 1800-137-5210

# CARDIO FLAX OIL

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## WHAT IS FLAX OIL CAPSULE ?

Flax oil capsule contains flax seeds oil. It is richest source of antioxidants. Flax seed oil helps to maintains healthy heart.

## WHAT IS HEART ?

It is a muscular organ that pumps the blood through circulatory system by Contraction & Dilation.

## HEART BLOCKAGE

It is an abnormal heart rhythm where the heart beats too slowly. In serve conditions, it may lead to heart failure & even sudden Cardiac arrest.

## DANGERS

Problems such as coronary Heart diseases again, Heart attack Myocardial infarction

## HOW CARDIO FLAX OIL HELPS TO TREAT HEART RELATED PROBLEMS

Flax seed oil contains Omega-3 fatty acid & Omega-3 acid reduces the risk of sudden Cardiac death. It also helps to improve one's blood lipid level & decrease the risk of coronary heart diseases.

If a person has suffered from Heart Attack once, then Cardio flax prevents a person from second Heart Attack.



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# CARDIO FLAX OIL

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## BENEFITS

- ✓ Prevents Heart problem
- ✓ Prevents cardiovascular problem
- ✓ Maintain cholesterol level
- ✓ Beneficial for maintaining healthy heart
- ✓ Help in weight control
- ✓ Helps to control high blood pressure
- ✓ Boosts Immunity
- ✓ Maintain blood circulation in heart
- ✓ Helps to stop arteries blockage



## DOSAGE

2 capsule twice a day after meals or as directed by the physician.

# VIGVIT PROTIEN POWDER

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## WHAT IS VIGVIT PROTEIN POWDER?

Vigvit Protein powder contains Soy protein, isolate Iron, Calcium, Skin milk powder, Vitamins, Minerals, Tri-calcium phosphate & Malto dextrin.

## WHY PROTEIN IS REQUIRED IN A DAILY FOOD SUPPLEMENT?

Addition of protein in food supplement helps to boost body's fighting capability against diseases.

In today's fast world, everyone is busy in their work. So, somewhere health of a person is neglected. The addition of protein helps to provide all types of nutrients which are very essential for maintaining good health.

It helps to give natural energy to the body

## HOW VIGVIT PROTEIN POWDER IS BENEFICIAL?

Blend of Vigvit Protein Powder helps to impart energy to the body. Also, it contains all the essential Amino acids, which is required for the growth of the body. It helps to promote good health.



# VIGVIT PROTIEN POWDER

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## DAILY NUTRIENTS REQUIREMENT

### BENEFITS

- Helps to make muscles healthy.
- Helps to make haemoglobin and fills the deficiency of blood cells.
- Helps to add strength and energy to body organs.
- Helps to provide vital nutrients for athletes.
- Beneficial in providing Iron, Protein, Vitamins and minerals.
- Helps to removes the weakness in old age.
- Beneficial in state of pregnancy to restore energy level.

### DOSAGE

Take 1gm morning & evening everyday or as directed by the physician

Two times a  
day with 300ml  
of milk

Calcium	1000 mg/day	✓
Vitamin A	900-700µg	✓
Vitamin B <sub>1</sub>	1mg(men) & 0.8mg	✓
Vitamin B <sub>2</sub>	1.3mg(men) & 1.1 of (women)	✓
Vitamin B <sub>6</sub>	2.5 mg	✓
Vitamin B <sub>12</sub>	1.8 mcg	✓
Vitamin C	60-90 mg	✓
Vitamin D <sub>3</sub>	10-25µg	✓
Zinc	11mg (men), 8mg (women)	✓
Iodine	150-400µg	✓
Soya	10-15 g/day	✓
Iron	2-11 years - 13.7-15.1 mg 12-9 years - 16.3 mg/day 19 - 19.3-20.5 (men) 17.0-18.9 mg/day	✓



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# CURCUM PLUS

Advance Antioxidant & Anti Inflammatory



## WHAT IS CURCUM PLUS ?

Curcum capsule is made with curcumin extract (95%) & black pepper (5%). **CURCUMIN IS THE MAIN BIOLOGICALLY ACTIVE COMPOUND OF TURMERIC.**

As per studies,

**Turmeric contains only 2% of Curcumin .**

**1kg of turmeric = 20 gm of curcumin.**

The addition of black pepper in curcum + increases its **absorption to 5 times more .**

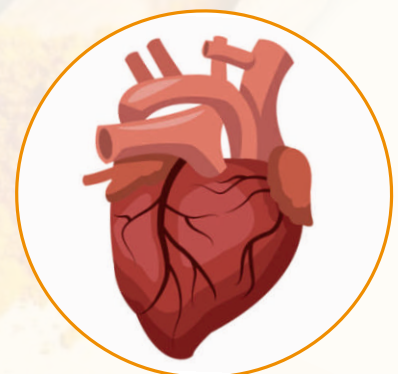


## DIFFERENCE B/W TURMERIC & CURCUMIN.

**Turmeric** is a **plant** where as **curcumin** is a compound that is **extracted from turmeric.**

## BENEFITS

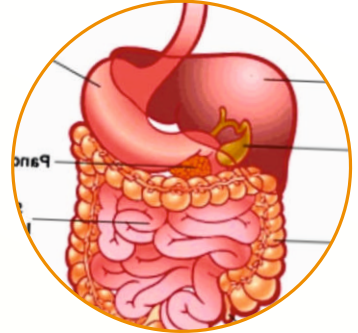
- \* Helps to keep you active 24 hrs.
- \* It can inhibit the activation of carcinogens through suppression of cytochrome P-450 enzyme which means it is **powerful enzyme to keep your heart active.**



★ Helps to **boost Neurotrophic factor** which means it act as booster for functioning of brain for **e.g due to lack of physical & mental activity, brain function gets slower down.**

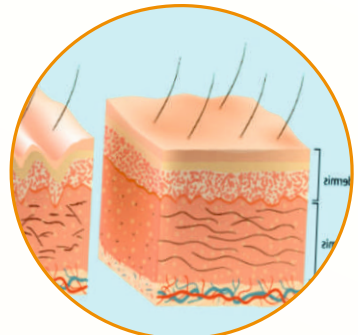


★ Helps to increase the activity of pancreatic lipase, amylase & trypsin. By this, it aids in the digestion process which means it **keeps your digestive system healthy.**



★ Helps to calm skin conditions like **Eczema & Rosacea**. Also, it is good for acne & blemishes.

★ It not only increases the anti oxidant in body but also **activates body's own anti oxidant enzymes.**



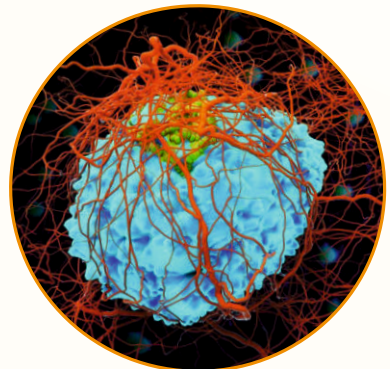
★ Blocks NF-kB, a molecule that turn on the genes related to inflammation.

★ Curcumin inhibits the production of lipoxigenase & cyclooxygenase-2 (COX-2), two enzymes that are involved in promoting inflammation in the body which means, it acts as a most **powerful anti-inflammatory agent.**



★ Chronic inflammation contributes to many common **western diseases such as Cancer, Metabolic Syndrome, Alzheimer's & various degenerative conditions.**

★ Curcumin can suppress many molecules known to play major role in inflammation.



★ Helps to **kill cancerous cells** & helps to **prevent metastasis** that spread cancer in the body.

## DOSAGE

Take 1 capsule morning & evening everyday or as directed by the Physician.

*\*Do not exceed the above mentioned Dose.*

# OREGEL SYRUP & ALOEPURE

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## BENEFITS

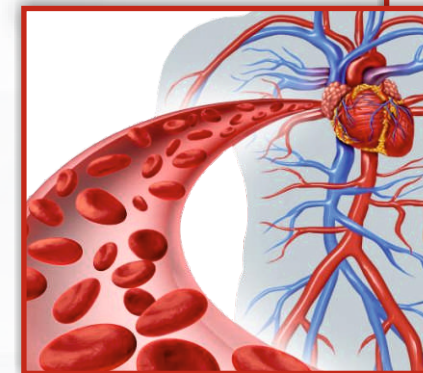
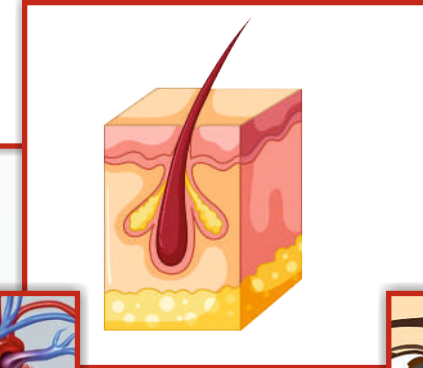
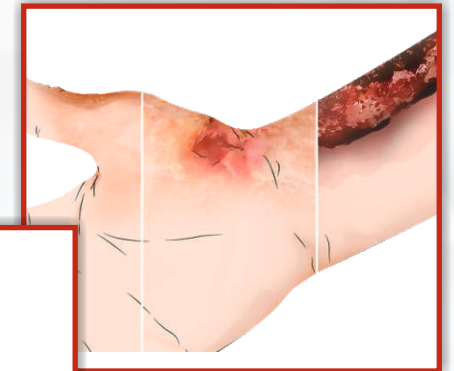
- \* It is 100% non toxic with no negative effects
- \* It helps to balance & enhance immune system
- \* It helps to promote & accelerates the tissues healing process
- \* It is beneficial for dry skin, helps to hydrate skin & gives a glowing effect
- \* Helps to remove toxins
- \* Helps to improve digestion
- \* Helps to improve blood circulation

## DOSAGE

**ALOEPURE CAPSULE** : Take 1 capsule morning & evening everyday or as directed by the physician

**OREGEL (ADULTS)**: Take 20 ml morning & evening twice a day or as directed by the physician

**OREGEL (CHILDREN, 5 years+above)**: 5ml morning & evening twice a day or as directed by the physician



# ABHINOL, NUTRO DIA & OREGEL DIAB

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## DEFINE

**ABHINOL CAPSULE:** Contains Gurmar, Jamun Guthli, Karela, Guduchi, Tundikeri-kunduru, Bijasar & Shilajeet.

**NUTRODIA POWDER:** Gurmar, Karela, Jamun Guthli, Neem, Bijasar, Amla, Haritrki & Shilajeet

**OREGEL DIAB:** Powerful combination of 5 ayurvedic herbs : Alovera, Giloe, Amla, Karela & Jamun seeds.

Every 1 person out of 5 is suffering from Diabetes. These products are used in the treatment of Diabetes. It helps to lower down blood sugar level in the body. These help to improve metabolism.

## WHAT IS DIABETES?

It is a diseases when blood sugar level in the body is too high. It is a diseases in which body's ability to produce or respond to the hormone insulin is impaired.

## TYPES OF DIABETES

**Type 1:** It is a condition when your body does not make insulin. Your immune system attacks & destroys the cells in your pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age.

**Type 2:** It is a condition when your body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood. This type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes.

**Gestational Diabetes:** This type develops in some women when they are pregnant.



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# ABHINOL, NUTRO DIA & OREGEL DIAB

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## HOW THESE PRODUCT HELPS TO TREAT DIABETES

The natural ingredients present in Oregel Diab, Nutro Dia Powder & Abhinol helps in the production of insulin & these ingredients also stimulate the proper use of insulin in the body.

### DOSAGE

According to Diabetes level:

- ✓ If your blood sugar level is less than 200 : Take Oregel Diab.
- ✓ If your blood sugar level is 200-250 : Take Oregel Diab & Abhinol Capsule.
- ✓ If your blood sugar level is 250-300 : Take Oregel Diab & Nutro Dia Powder.
- ✓ If your blood sugar level is more than 300 : Take Oregel Diab, Abhinol Capsule & Nutro Dia Powder.
- ✓ Please check your diabetes level regularly.

### MEASURES

- ✓ Avoid sugar & other sweeteners,
- ✓ use Sugar free tablet.
- ✓ Maintain proper weight.
- ✓ Take Rich & Healthy Diet.
- ✓ Avoid intake of preserved foods.
- ✓ Exercise regularly.
- ✓ Use fresh fruits & green vegetables.
- ✓ Regularly perform Yoga & Meditation



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# GLUCOSAMINE CAPSULE

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## WHAT IS HERBAL NUTROGLUCOSAMINE CAPSULE

Nutroglucosamine Capsule contains glucosamine HCL.

These days, pain in joints is very common & we often neglect that pain. These pain then later create major problems such as stiffness in Joints, Swelling in joints & osteoarthritis related pain.

## HOW GLUCOSAMINE HELPS TO TREAT THESE PROBLEMS LINKED TO JOINTS ?

Glucosamine is vital for building cartilage. It is a connective tissue found in different parts of the body. It helps in smooth functioning of the joints & also helps to reduce inflammation around the joints.

## BENEFITS

- \* Helps to reduce joint burning and pain.
- \* Helps to remove inflammation from the joints.
- \* Helps to normalize the mobilization of the joints.
- \* Helps to stimulate the repair of cartilage.
- \* Highly beneficial in maintaining the health of joints.

**DOSAGE :** Take 1 capsule morning & evening everyday or as directed by the physician



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# AROPLEX +

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## WHAT IS AROPLEX PLUS CAPSULE?

Herbal Aroplex Plus capsule contains mulsi, Ashwagandha, Shatawari, Bahera, Draksha, Amla, Gulab phool, Shilajeet & Saffron

### BENEFITS

- \* Helps to improve physical & mental health
- \* Helps to boost extra immune power
- \* Helps to boost extra energy & endurance
- \* Contain large amounts of minerals & vitamins
- \* Helps to Increase your attention span
- \* Excellent remedy for fatigue
- \* Helps to produce stress-resistant energy which body was meant to produce

### DOSAGE:-

Take 1 capsule morning & evening everyday or as directed by the physician.



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# PAINDON OIL, PAINDON + CAPSULE & PAINDON OINTMENT

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## DEFINE

**PAINDON PLUS CAPSULE:** It contains Triphla, Sunthi, Kali Mirch, Kal magha, Nirgundi, Guggul & Gudduchi.

**PAINDON OIL:** It contains Gandhpura, Tarpin, Neelgiri, Satpudina, Mushkapoor & Til oil.

**PAINDON OINTMENT:** It contains Natural ingredients namely Mahanarayan Tel, Mahavishagar tel, Mahamesh tel, Satpudina, Satajwain, kapoor & Vaseline.

The ingredients present in these products helps to get relief from pain of joints & other major problems such as Arthritis.

## WHAT ARE ORTHO RELATED PROBLEMS ?

Ortho is a branch of science which deals with Bones & Muscles. Nowadays, every second person is suffering from joint pains & problems related to bones such as Arthritis, Inflammation, muscle pain, torn cartilage & organ dislocation. These problems make your muscles weak.

## DANGERS

If these problems will not be treated properly on time, then bones will become weak & chances of major injuries becomes high. Then person may have to opt for surgeries & even replacement of joints.





# PAINDON OIL, PAINDON CAPSULE & PAINDON OINTMENT

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## HOW PAINDON PLUS CAPSULE, PAINDON OIL & PAINDON OINTMENT HELPS TO TREAT ORTHO RELATED PROBLEMS ?

The natural ingredients present in Paindon plus capsule & Paindon oil have anti-inflammatory properties. Oil helps to improve blood circulation throughout the body thereby reducing the swelling & ache in the body.

If you have sudden pain, inflammation, stiffness after injury, apply paindon ointment on affected area & wait for some time to get results.

### BENEFITS

- ✓ Powerful ayurvedic remedy & is free of any side effects.
- ✓ Experts in quick relief action.
- ✓ Helps to remove joint pain & inflammation.
- ✓ Corrects muscular pain.
- ✓ Helps to give relief from throat pain & swelling.
- ✓ Helpful in providing nutrition to muscles & keeps them healthy.
- ✓ Powerful ayurvedic remedy & is free of any side effects.
- ✓ It is herbal formula which relieves pain naturally.
- ✓ Relieve minor pain of sprains.

### DOSAGE

**CAPSULE :** Take 1-1 capsule thrice daily after meal with water or directed by a physician

**Ointment :** Take some quantity of Paindon Ointment and rub gently over affected area or as recommended by the physician.

**Paindon Oil :** Take 8-10 drops of Paindon Oil and rub gently over affected area & cover with cotton cloth or directed by a physician



# CONSOFT POWDER

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## WHAT IS CONSOFT POWDER?

Herbal Consoft Powder contains Sannaya, Isobgol & Saunf. Saunf added in it acts as a laxative

## WHAT IS CONSTIPATION?

Constipation refers to infrequent bowel movements that are hard to pass.

## SYMPTOMS INCLUDES:-

- \* Abdominal Pain
- \* Cramps in stomach
- \* Bloating
- \* Loosing appetite

## DANGERS ASSOCIATED WITH CHRONIC CONSTIPATION?

If constipation persist for longer duration, it will create major problems such as :-

- \* Hemorrhoids
- \* Anal fissures
- \* Fecal Impaction - Stool that can not be spelled



# CONSOFT POWDER

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## HOW HERBAL CONSOFT POWDER IS USED TO TREAT CHRONIC CONSTIPATION?

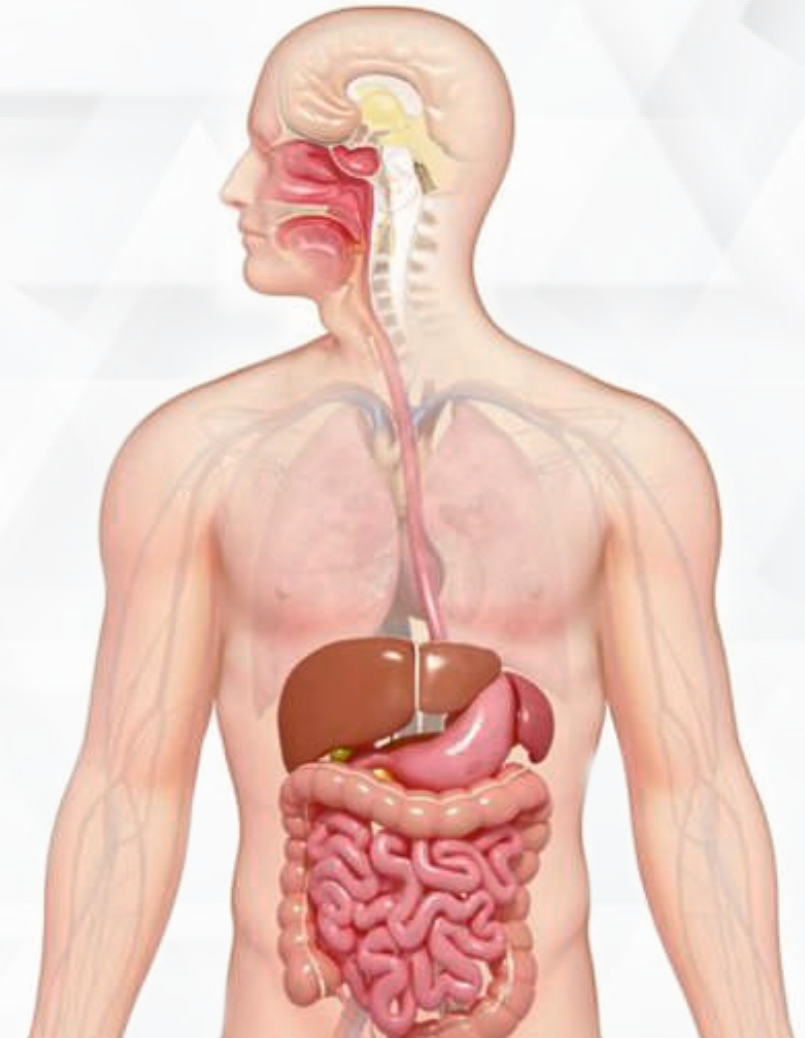
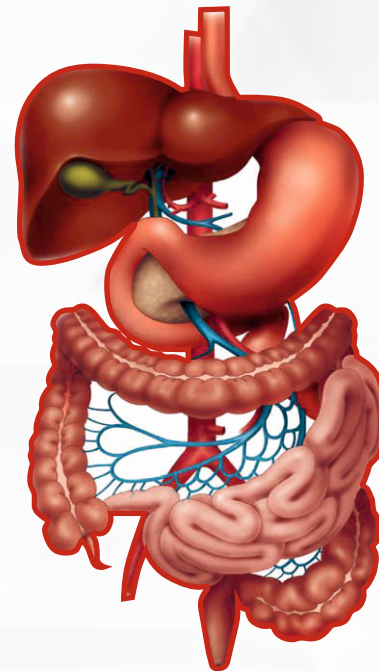
The main natural ingredients present in Consoft Powder helps to increase bowel movements in body & helps preventing constipation.

### BENEFITS

- \* Helps to give relief from constipation.
- \* Helps to protect gastro-intestinal infections.
- \* Helps in relieving from pain aroused due to flatulence, bloating & gas.
- \* Enriched with numbers of minerals to sooth the intestinal walls.
- \* Helps to provide anti-oxidants to remove toxic substances from the intestine.
- \* Helps to promote digestive fire within the body to speed up the digestion process.

### DOSAGE

Take 1 tsp morning & evening a day or as directed by the physician



# WHEATGRASS POWDER

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## WHAT IS HERBAL WHEATGRASS POWDER ?

Wheatgrass contains pure & natural wheatgrass. It helps to impart energy to the body as well as helps to boost Immune System

## NUTRITIONAL FACTS OF HERBAL WHEATGRASS

Wheatgrass powder contains Iron, Calcium, Chlorophyll, Enzyme, Magnesium, Phytonutrients, 17 amino acids, Vitamins like A,C,E, K & Vitamin B- complex, chlorophyll & other major proteins. Wheatgrass is rich in nutrients & Anti oxidants.

### WHEATGRASS POWDER HELPS TO INCREASE HEAMOGLOBIN LEVEL IN THE BODY.

It helps in generation of new cells.  
It helps to remove toxins from the body & keeps the body fit

## HOW HERBAL WHEATGRASS HELPS TO INCREASE HAEMOGLOBIN LEVEL IN THE BODY?

The chemical composition of chlorophyll is similar to that of haemoglobin. Hence, body is able to freely convert chlorophyll into haemoglobin, resulting in an increase in the count of blood cells.



# WHEATGRASS

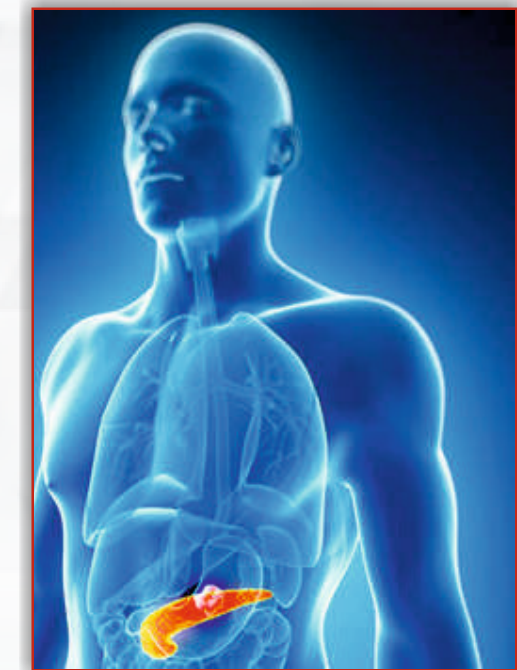
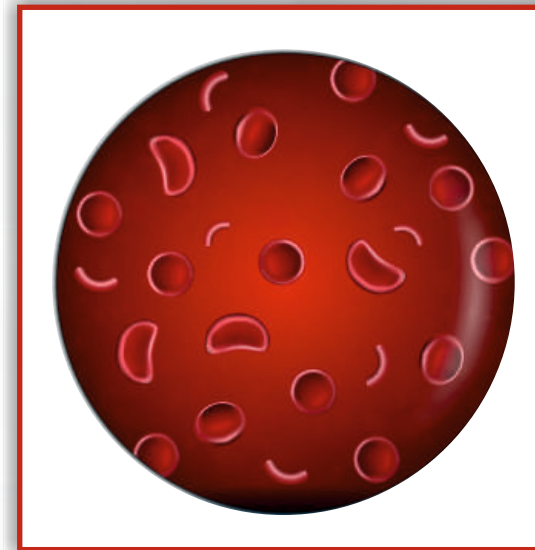
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## BENEFITS

- Helps to improve immunity
- Helps to stimulate circulation
- Helps to improve digestion
- Helps to reduce fatigue
- Helps to neutralize infections
- Helps to slower down ageing

## DOSAGE

Take 1 tsp morning & evening everyday in hot water or as directed by the physician.



# ABHILIV SYRUP

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## WHAT IS ABHILIV SYRUP ?

Abhiliv syrup contains Sarfooka, Makoi, Katuka, Kasni, Vidang, Pippli & Bhringraj. It is used to treat liver related problems.

## WHAT IS LIVER ?

Liver is the largest organ of the body which helps to filter the blood in the body & it helps to flush out toxins from the body. If these toxins will not be removed from the body, it will lead to other major infections in the body.

## CAUSES OF LIVER DAMAGE

Infection, Immune system abnormality, pollution & harmful toxins, chronic alcohol abuse.

## THERE ARE THREE CONDITIONS OF LIVER

- 1 Fatty liver : Fat Droplets - Deposit - Liver - working of Liver – Hamper.
- 2 Hepatitis : Liver- Inflammation / Swelling
- 3 Cirrhosis : Bad / Worst Condition – Liver tissues – damage

If these liver problems will not be treated properly on time, then it may leads to the death of the person.



# ABHILIV SYRUP

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## HOW ABHILIV HELPS TO TREAT DAMAGED LIVER?

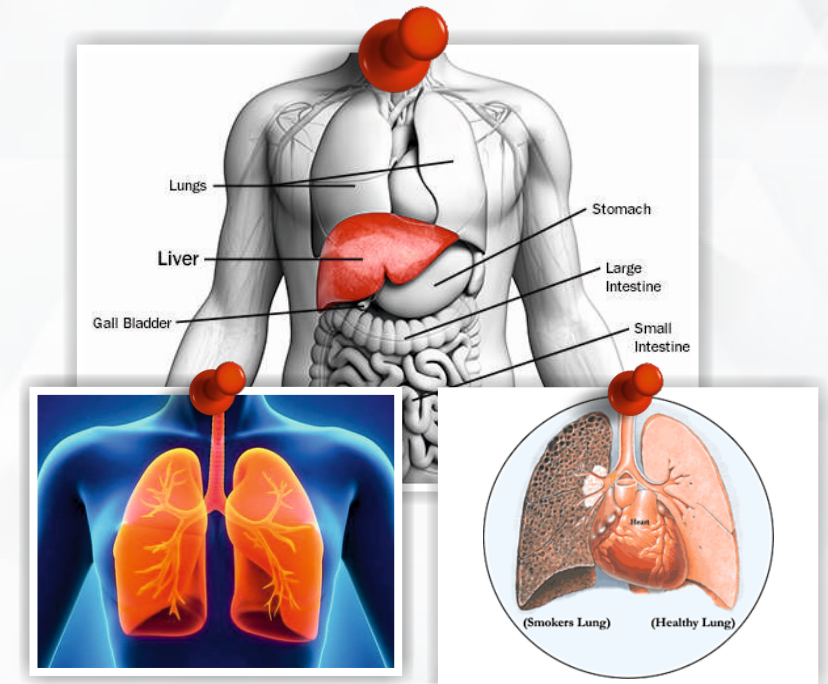
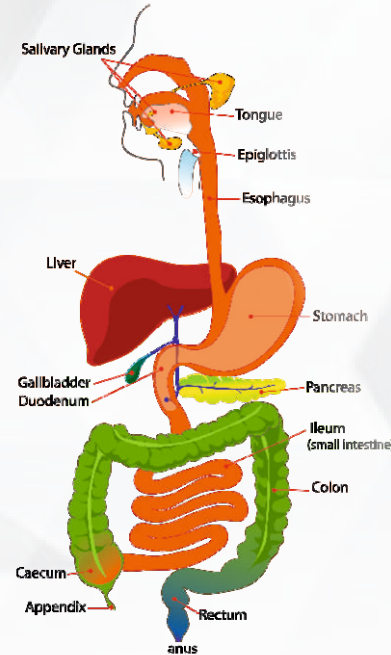
The natural ingredients present in abhiliv protect the liver from harmful chemicals that damage LIVER. Bhringraj present in abhiliv contains two compounds namely di-methyl wedelolactone & wedelo lactone.. these perform anti toxic activities & helps in regeneration of Liver cells.

### BENEFITS

- ✓ It helps to heal Alcoholic liver problems.
- ✓ It is used in Pre-cirrhotic conditions & early cirrhosis.
- ✓ It helps to protect from Liver damage.
- ✓ It helps to get relief from Acidity.
- ✓ It helps to enhance hunger.
- ✓ It acts as an adjuvant during prolonged illness & recovery.
- ✓ It is beneficial in viral.

### DOSAGE

**Adults:** 1 to 2 Tsp in Lukewarm water three times a day. **Children:** 1/2 Tsp in Lukewarm water three times a day or as directed by the physician.





Thank You