

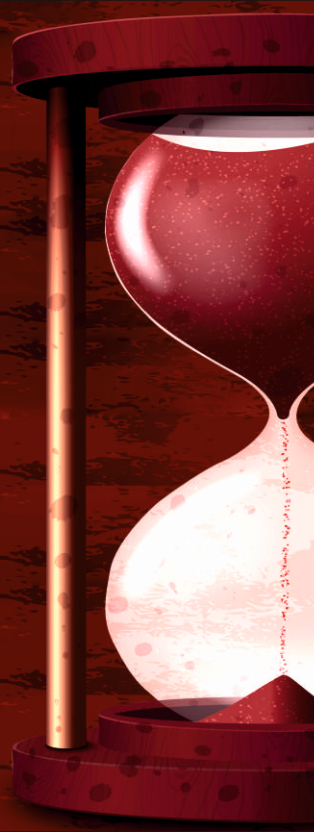
# ALTOS

*Health is Life*

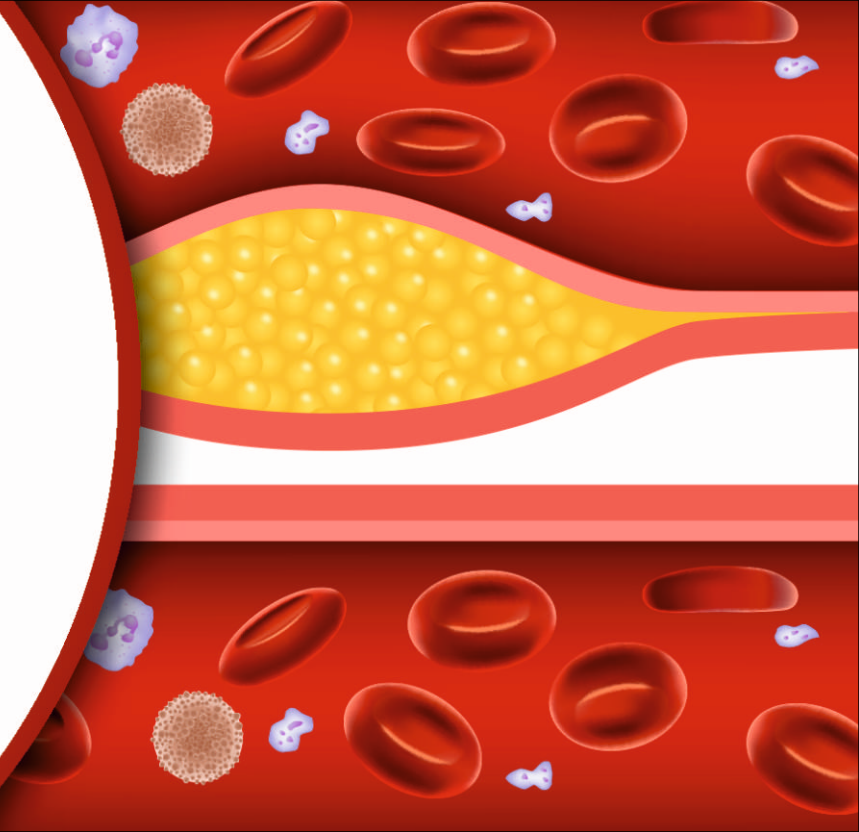
*Protect you & your Family*

**Better Care  
of Health**

*"Each Family Healthy Family"*



# Blood Platelets

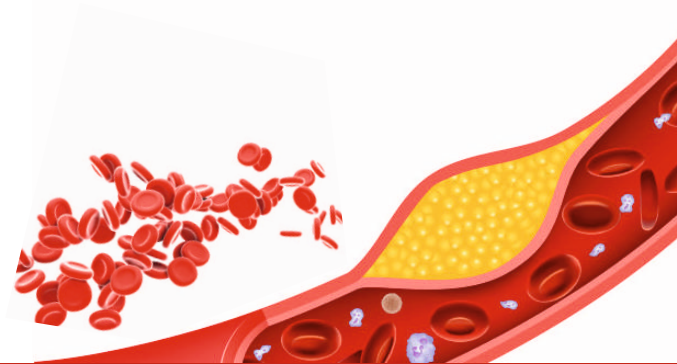


# BLOOD PLATELETS

also k/a Thrombocytes. These are colorless fragments located in bone marrow. These platelets form blood clots & prevent Bleeding.

## Factors that can cause decreased platelet production are:

1. Leukemia or Lymphoma
2. Anaemia
3. Viral infections



# Ashwagandha Capsule



# ASHWAGANDHA CAPSULE

**ALTOS**  
*Health is Life*

## WHAT IS ASHWAGANDHA CAPSULE?

It is made by pure Ashwagandha. It is also known as Withania somnifera. Ashwagandha helps to increase blood haemoglobin level in body.

## WHAT IS BLOOD

Blood is a fluid in human body that delivers necessary substances such as Nutrients, Amino acids & Oxygen to the cells & it transports metabolic waste products.

## TYPES OF BLOOD

RBCs (Red blood cells) - Erythrocytes

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Platelets - Thrombocytes

## PROBLEMS RELATED TO BLOOD:-

Leukemia, Lymphoma, Blood Pressure, Cholesterol : High Density lipid & Low density Lipids, Anaemia etc.



# ASHWAGANDHA CAPSULE

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## HOW ASHWAGANDHA IS HELPFUL TO TREAT BLOOD RELATED ISSUES?

- It helps to boost Haemoglobin level
- It helps to maintain blood sugar level.
- It helps to in lowering down blood pressure level.
- It helps to lower down cholesterol level
- It helps to prevent heart problems
- It helps to reduce cortisol level



## DOSAGE:-

Take 1-1 capsule twice a day or as directed by the physician



**NONI  
CAPSULE**

# NONI CAPSULE

**ALTOS**  
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Noni is a fruit & is known as Morinda Citrifolia.

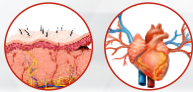
## Benefits

### *For Skin:-*

- \* Noni the curb negative effects of free radicals which are known to damage skin cells in the long term. It builds a healthy cell membrane within the skin & aid in flushing out excess toxins.

### *For Heart*

Noni also contains Niacin. Niacin effects blood levels by reducing LDL & elevent HDL levels. Niacin helps to reduce harmful choletrol level in the blood stream. Scopoletin found in Noni juice are known to reduce blood pressure have anti-inflammatory activity.

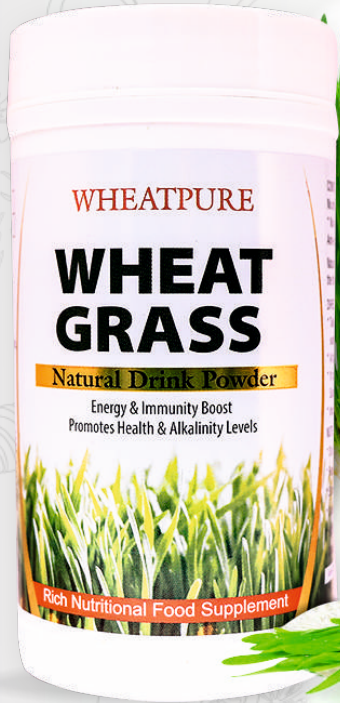


## Dosage for Use

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







**WHEAT  
GRASS**

# WHEATGRASS POWDER

**ALTOS**  
*Health is Life*

## 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.





**ALTOS**  
**CURCUM PLUS**  
**CAPSULE**

Advance Anti Oxidant & Anti Inflammatory  
Enhanced with black pepper extract  
Unique proprietary blend for superior  
Bio-availability & Absorption  
Intense formula with higher effectiveness  
Made with Organic Natural Herbs  
**IMMUNITY WELLNESS**

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**IMMUNITY WELLNESS**



**CURCUM**  
**PLUS**  
*Capsule*

# CURCUM PLUS

**ALTOS**  
*Health is Life*

## WHAT IS CURCUM PLUS ?

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

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

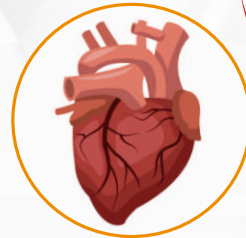
The addition of black pepper in curcum + increases its **absorption to 5 times more .**

## 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.



Turmeric  
contains  
only 2% of  
Curcumin .

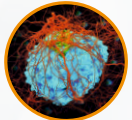
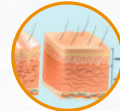


# CURCUM PLUS

**ALTOS**  
*Health is Life*

- \* 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 heathy.
- \* 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 lipoygenase & 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.





*Thyroid*

# THYROID

Is an organ located in front of Neck. Thyroid organ makes hormone that controls vital functions of the body.

**If hormones secreted is more it leads to 2 conditions:**

- Hyperthyroidism
- Hypothyroidism

**Hyperthyroidism:** Heart beat fast, weight loss, Feeling of Nervousness

**Hypothyroidism:** Tiredness, Weight gain, unable to tolerate cold temperature.

***Both the conditions are serious & need to be treated on urgent basis***

# ***CAUSES OF THYROID***

1. Iodine deficiency (Hypothyroidism)
2. Auto immune diseases
3. Non functioning thyroid gland
4. Excessive iodine Secretion (Hyperthyroidism)

## ***Conditions :-***

Goitre, Cancer





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# **SPIRULINA** *Tablet*

# SPIRULINA

**ALTOS**  
*Health is Life*

## WHAT IS SPIRULINA TABLET?

It is a multivitamin tablet.

## NUTRITIONAL VALUE :-

It contains many important protein & it is a good source of anti-oxidants, B-vitamins & other nutrients.

## CONTAINS:-

- 4 gm
  - Protein
  - 11% of RDA
  - Vitamin B<sub>1</sub> (Thiamin)
  - 15% of RDA
  - Vitamin B<sub>12</sub> (Riboflavin)
  - 4% of RDA
  - Vitamin B<sub>3</sub> (Niacin)
  - 21%
  - Copper
  - 11% of RDA
  - Iron
- It also contains magnesium, potassium & manganese & small amount of almost every other nutrient you need.
- Also, gives you other essential Amino acids.



# SPIRULINA

**ALTOS**  
*Health is Life*

**2 TABLET OF  
SPIRULINA IS  
EQUIVALENT TO :-**

PRODUCT	QUANTITY
Milk	300 ml
Carrot	25 gm
Green Pea	1/4 kg (250 gm)
Rice	15 gm
Banana	1/2
Tomato	150 gm
Strawberry	1/2
Cabbage	2 kg
Lemon	1
Capsicum	1/2
Grapes	100gm
Egg	1
Chicken	300 gm
Fish	30 gm



## Benefits

- \* It helps to boost energy level.
- \* It helps to suppress appetite naturally
- \* Help to strengthen Immune system
- \* It is a excellent complete nutritional profile
- \* It is good for athletes & body builders

We have to spend rs 100-150 to get this quantity of nutrition, but just by having 2 tablets of Spirulina everyday, you can have same amount of nutrition in just rs 7-10

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



**VIGVIT**  
**CAPSULE**  
*Capsule*

# VIGVIT CAPSULE

**ALTOS**  
*Health is Life*

## WHAT IS VIGVIT CAPSULE ?

Vigvit Capsule contains Lata Kasturi, Ashwaganda, Gokhru, Mundi, Konch, Shatavari, Safed Musli, Laung, Tulsi, Tal Makhana, Malkangni, Sonthi, Pippali, Vidarikand, Jaiphal, Shankpushpi, Kesar, Nardostachys Jatamansi, Akarkara, Pipplamool, dalchini & Javitri.

## BENEFITS

- \* Provides strength and energy to weak body.
- \* Removes the weakness from heart and makes it strong.
- \* Highly beneficial for liver.
- \* Gives strength to brain and removes insomnia.
- \* Gives strength to stomach tissues.
- \* Regulates and balances body circulatory system
- \* Highly beneficial for urinary system.
- \* Highly beneficial for proper functioning of lungs.
- \* Corrects mental weakness and enhances memory.
- \* Removes toxins from blood.
- \* Prevents falling and premature graying of hair.
- \* Highly beneficial in chest disorders.
- \* Corrects impaired digestion.
- \* Nutrition and gives power to males.
- \* Beneficial in brain disorders.
- \* Highly beneficial for teeth.
- \* Valuable for soft and healthy skin.

**DOSAGE:** 1 Capsule twice a day after food







# TULSI POWER *Capsule*

# TULSI POWER

**ALTOS**  
*Health is Life*

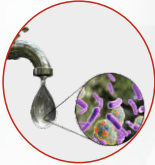
## BENEFITS



Diabetes



Fever



Cholera



Stress & Anxiety



Insect Bite



Malaria



Tuberculosis



Blood Pressure



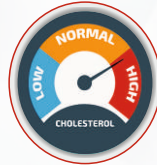
Blood Purifier



Typhoid



Cold & Cough



Cholesterol



Constipation



UTI

# TULSI POWER

**ALTOS**  
*Health is Life*

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.





# Brahmi

*Capsule*

# BRAHMI CAPSULE

**ALTOS**  
*Health is Life*

## WHAT IS BRAHMI CAPSULE ?

Herbal Brahmi Capsule contains Brahmi.

## BENEFITS

- \* Helps to keep your mind alert
- \* Contain Antioxidants
- \* Helps to boost cognition
- \* Helps to improve blur focus
- \* Helps to recover foggy memory
- \* Helps to keep you full day active & fresh
- \* Helps to boost Immunity

## DOSAGE

1-1 capsule morning & evening or as directed by the physician



# Thank You

## **ALTOS ENTERPRISES LTD.**

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