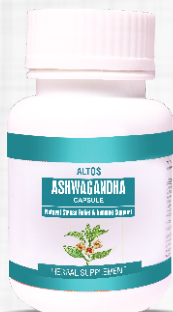


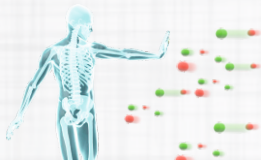
ALTOS

Health is Life



ASHWAGANDHA CAPSULE

Bone & Joint Wellness



Benefits

- ✓ Can help to reduce blood sugar levels.
- ✓ Has anti cancer properties.
- ✓ Helps to reduce cortisol levels.
- ✓ Can help to reduce stress & anxiety.
- ✓ It helps to lower down the depression level.
- ✓ Helps to boost testosterone and increase fertility in men.
- ✓ It helps in reducing swelling (inflammation).
- ✓ It helps to lower down the level of cholesterol & triglycerides.
- ✓ It helps to reduce uric acid level.
- ✓ It helps to increase hemoglobin level. Thus, helpful in treating Anemia.
- ✓ Its stimulates Thyroid gland to maintain its level.
- ✓ It helps in treatment of Bronchitis & Asthma.

Dosage

1-1 capsules Morning, Afternoon, Evening after food or as directed by the physician.

What is Ashwagandha Capsule?

It is one of the central herbs in Ayurveda. It has been used from more than 2000 years. Scientifically, it is known as Withania Somnifera. In ayurvedic medicine, It is known as powerful rejuvenating herb, which is added to increase longer life span.

Why people should eat Altos Ashwagandha Capsule?

It is used to reduce levels of fat & sugar in the body. It has the ability to help an individual to better cope up with stress. Also, it helps to boost up brain function.



Note

- * Eat fresh fruits & vegetables
- * Take more quantity of water every day

"Each Family Healthy Family"