



Medisils

EVIDENCE-BASED WELLNESS FORMULATIONS

GENERAL HEALTH & WELLNESS

*Holistic care for a
healthier, happier you*



Balance
Naturally



Immunity
Support



Stress
Relief



Thrive
Everyday



ABOUT

MEDILAB HEALTHCARE is a research-focus formulation firm established in Pune, India to produce complex generics of the highest quality. Our efforts are specially focused on Ayurvedic, Nutraceuticals.

We consider superior manufacturing to be truly critical for success. We strive to meet and exceed regulatory standards to deliver products that are consistently of higher quality. We build lasting partnerships on a foundation of reliability, integrity, transparency and responsiveness.

We strongly value long-term relationships and strive to build lasting partnerships based on reliability, transparency, responsiveness, and mutual growth. By combining scientific expertise with ethical business practices, MEDILAB HEALTHCARE aims to contribute towards better health and wellness while becoming a trusted name in the healthcare and nutraceutical industry.

OUR STRENGTHS



RESEARCH FOCUSED

Driven by science.
focused on innovation.



QUALITY ASSURED

Stringent standards.
Consistent excellence.



TRUSTED PARTNERSHIPS

Built on reliability,
integrity and transparency.



BETTER HEALTH

Delivering better
healthcare solutions.

OUR CERTIFICATIONS



Why Herbal Medicine *Works*

For thousands of years, herbal medicine has been the cornerstone of healing traditions across every culture on Earth — from Ayurveda in India to Traditional Chinese Medicine, from African ethnobotany to European phytotherapy. Today, modern science is validating what ancient healers always knew: plants contain extraordinarily complex bioactive compounds that interact with human biology in ways no single synthetic molecule can replicate.

Unlike pharmaceutical drugs that target isolated pathways, herbal formulations offer multi target, multi-pathway action— gently nudging the body's own regulatory systems back into balance. Adaptogens like Ashwagandha reduce cortisol and support the HPA axis. Phytoestrogens in Red Clover and Shatavari bind selectively to estragon receptors to ease menopausal transitions. Curcumin downregulates NF- κ B and COX-2 inflammatory pathways naturally. This is not folklore—these are mechanisms demonstrated in peer-reviewed, double-blind, placebo-controlled clinical trials published in leading medical journals.

The global shift toward herbal and integrative medicine reflects a growing recognition that sustainable wellness requires working with the body, not against it. When herbs are standardised, clinically dosed, and formulated with scientific precision, they deliver the best of both worlds: nature's wisdom and pharmaceutical-grade efficacy.



Multi-Target Action

Botanical compounds act on multiple pathways simultaneously, addressing root causes rather than suppressing symptoms.



Hormonal Harmony

Adaptogen herbs gently modulate the endocrine system, restoring natural balance without harsh hormonal disruption



Clinical Validation

gradient in this portfolio is backed by randomised controlled trials and systematic reviews



Sustainable Wellness

Herbal approaches support the body's own regulatory systems, promoting lasting wellness rather than dependency



Favourable Safety Profile

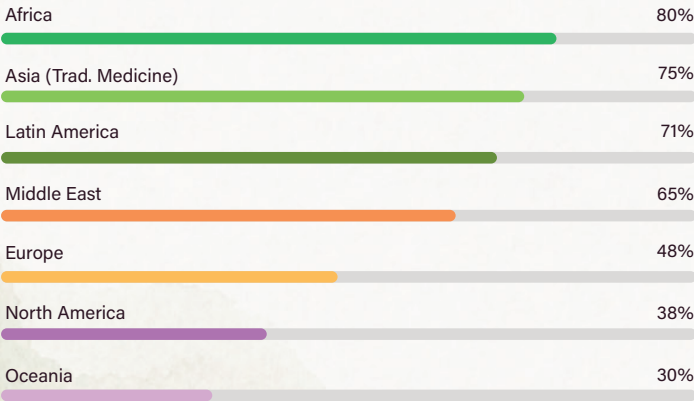
Centuries of traditional use, combined with modern safety data, confirm herbal medicines are well-tolerated long-term



The World Is Returning To Herbal Medicine

According to the World Health Organization, approximately 80% of the global population uses herbal medicine as part of their primary healthcare. Adoption is accelerating worldwide, driven by growing distrust of synthetic pharmaceuticals, rising costs of conventional healthcare, and a surge in clinical evidence supporting botanical therapies.

POPULATION USING HERBAL MEDICINE BY REGION



Source: WHO Traditional Medicine Strategy 2019–2025 & Global Wellness Institute, 2023

+15%

Annual growth rate of herbal supplement market globally
(2023–2026)

80%

Global population relying on herbal medicine as primary
or complementary care

\$210B

Projected global herbal supplement market value by 2026

GLOBAL HERBAL SUPPLEMENT MARKET SHARE



- General Wellness- 38%
- Women's Health- 22%
- Men's Health- 18%
- Immune Support- 14%
- Other- 8%

General Health & Wellness

- **Heart Care:** Supports Heart & Circulation



Supports heart function and strengthens cardiac muscles while promoting healthy circulation. Helps maintain balanced blood pressure and cholesterol levels, enhances blood vessel health, and supports cellular energy production in heart cells—contributing to overall cardiovascular wellness and improved blood flow.

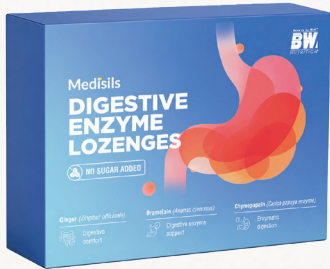
KEY BENEFITS

 Heart Strength	 Healthy Circulation	 Blood Pressure Balance
 Cholesterol Control	 Smooth Blood Flow	 Cardio Support

Scientific Reviews and Literatures (References)

1. **Hawthorn** (*Crataegus spp.*) in the treatment of cardiovascular disease Mary C Tassell 1, Rosari Kingston 1, Deirdre Gilroy 2, Mary Lehané 3, Ambrose Furey 1
2. Effect of **Garlic** on cardiovascular disorders: a review Sanjay K Banerjee 1, Subir K Maulik 1,
3. Revisiting Terminalia **Arjuna** – An Ancient Cardiovascular Drug Shridhar Dwivedi 1, Deepti Chopra 2
4. **Coenzyme Q10** in Cardiovascular and Metabolic Diseases: Current State of the Problem Vladlena I Zozina 1,*, Serghei Covantev 2, Olga A Goroshko 3, Liudmila M Krasnykh 3, Vladimir G Kukes 1
5. The effects of **Olive leaf extract** on cardiovascular risk factors in the general adult population: a systematic review and meta-analysis of randomized controlled trials Elham Razmpoosh 1, Shima Abdollahi 2, Mahdieh Mousavirad 3, Cain C T Clark 4, Sepideh Soltani 3,
6. **Nattokinase**: A Promising Alternative in Prevention and Treatment of Cardiovascular Diseases Hongjie Chen 1, Eileen M McGowan 2, Nina Ren 3, Sara Lal 2, NajahNassif 2, Fatima Shad-Kaneez 2, Xianqin Qu 2, Yiguang Lin 2,

• **Digestive Enzyme:** Digestion Support



Supports efficient protein digestion by breaking proteins into amino acids, helping the body absorb nutrients more effectively. It helps reduce bloating, gas, and digestive discomfort commonly experienced after meals. By promoting smoother digestion, it supports a lighter and more comfortable feeling. Overall, it contributes to better digestive health and gut comfort.

KEY BENEFITS

	Protein Breakdown		Reduce Bloating		Eases Gas & Discomfort
	Supports Digestion		Gut Comfort		Light, Easy Digestion

Scientific Reviews and Literatures (References)

1. **Papaya** preparation (Caricol®) in digestive disorders
Claus Muss 1, Wilhelm Mosgoeller, Thomas Endler
2. **Chymopapain**
3. **Bromelain**, a Group of Pineapple Proteolytic Complex Enzymes (Ananas comosus) and Their Possible Therapeutic and Clinical Effects. A Summary
Carolina Varilla 1,*, Massimo Marcone 1, Lisete Paiva 2, Jose Baptista 2
4. **Glycyrrhiza glabra (Licorice):** A Comprehensive Review on Its Phytochemistry, Biological Activities, Clinical Evidence and Toxicology
Shadma Wahab 1,*, Sivakumar Annadurai 1, Shahabe Saquib Abullais 2, Gotam Das 3, Wasim Ahmad 4, Md Faruque Ahmad 5, Geetha Kandasamy 6, Rajalakshimi Vasudevan 7, Md Sajid Ali 8, Mohd Amir 9
5. The effect of a **fennel seed** extract on the STAT signaling and intestinal barrier function
Barun Das 1,#, John Rabalais 1,#, Philip Kozan 1,#, Tina Lu 1, Nassim Durali 1, Kevin Okamoto 1, Matthew D McGeough 1, Beom Jae Lee 2,3, Kim E Barrett 2,4, Ronald Marchelletta 2, Mamata Sivagnanam 1,5,*

- **Alcohol Recovery:** Supports Detox & Post-Drink Recovery



Supports liver recovery and natural detoxification after alcohol consumption while helping the body metabolize alcohol more efficiently to reduce hangover discomfort. It aids digestion, easing heaviness and uneasiness often experienced after drinking, while also helping restore energy levels and support overall nervous system balance. Additionally, it replenishes essential minerals and promotes hydration, helping the body recover faster and feel revitalized.

KEY BENEFITS



Liver Detox
& Recovery



Hangover Relief
Support



Better
Metabolism



Hydration
Boost



Faster
Recovery



Liver
Support

Scientific Reviews and Literatures (References)

1. **Milk thistle** for alcoholic and/or hepatitis B or C virus liver diseases
Andrea Rambaldi 1, , Bradly P Jacobs 2, Christian Gluud 1
2. **Dihydromyricetin** As a Novel Anti-Alcohol Intoxication Medication
Yi Shen 1, A Kerstin Lindemeyer 1, Claudia Gonzalez 1, Xuesi M Shao 2, Igor Spigelman 3, Richard W Olsen 1, Jing Liang 1,
3. **Ginger** Treatment Ameliorates Alcohol-induced Myocardial Damage by Suppression of Hyperlipidemia and Cardiac Biomarkers in Rats
Ganjikunta Venkata Subbaiah 1, Korivi Mallikarjuna 1, Bhasha Shanmugam 1, Sahukari Ravi 1, Patan Usnan Taj 1, Kesireddy Sathyavelu Reddy 1,
4. The Treatment of Alcoholism with **Vitamin B3**
Jonathan E. Prousky, ND, MSc1,2
5. Protective Effect of **Emblica officinalis (electrolyte)** Against Alcohol-Induced Hepatic Injury by Ameliorating Oxidative Stress in Rats
V Damodara Reddy 1, P Padmavathi 1, S Gopi 2, M Paramahamsa 3, N Ch Varadacharyulu 1,

- **Collagen Glow:** Supports Skin Firmness & Radiance



Supports collagen formation and improves skin elasticity, helping enhance firmness, hydration, and overall skin strength. Enriched with silica, it aids in skin repair and promotes a healthy, youthful glow while supporting visible anti-aging benefits.

KEY BENEFITS

	Collagen Support		Firmness & Elasticity		Hydration & Glow
	Skin Repair & Strength		Deep Hydration		Youthful Glow

Scientific Reviews and Literatures (References)

1. **Centella asiatica** in cosmetology
Wiesława Byłka 1, , Paulina Znajdek-Awiżeń 1, Elżbieta Studzińska-Sroka 1, Małgorzata Brzezińska 1
2. **Horsetail (Equisetum hyemale)** Extract Accelerates Wound Healing in Diabetic Rats by Modulating IL-10 and MCP-1 Release and Collagen Synthesis
Hilda Aguayo-Morales 1, Crystel A Sierra-Rivera 1, Jesús A Claudio-Rizo 1*, Luis E Cobos-Puc 1,*
3. The Role of Sesbania grandiflora-Derived Biotin and **Bambusa arundinacea-Derived Silica Extracts** in Promoting Hair, Skin, and Nail Health: A Randomized, Double-Blind, Placebo-Controlled Clinical Study
Maheshvari N Patel 1,2, , Jit Maheshvari 3, Nayan Patel 1
4. **Astaxanthin** in Skin Health, Repair, and Disease: A Comprehensive Review
Sergio Davinelli 1*, Michael E Nielsen 2, Giovanni Scapagnini 1

• **Electrol Balance:** Hydration & Electrolyte Balance



Electrolyte Balance supports optimal hydration and physical performance by replenishing essential minerals lost through sweat. It helps maintain proper muscle contraction, nerve function, and fluid balance, reducing the risk of cramps and fatigue. Enriched with key electrolytes, it aids in restoring energy levels, supporting recovery, and promoting overall muscle and bone strength for an active lifestyle.

KEY BENEFITS

	Hydration Support		Supports Muscles		Reduces Cramps
	Bone Strength		Electrolyte Balance		Faster Recovery

Scientific Reviews and Literatures (References)

1. **Magnesium:** The Forgotten Electrolyte—A Review on Hypomagnesemia
Faheemuddin Ahmed 1*, Abdul Mohammed 2
2. **Sodium** Homeostasis, a Balance Necessary for Life
Antonio Bernal 1, María A Zafra 1, María J Simón 1, Javier Mahía 1,*
3. **Electrolytes (Calcium)**
Isha Shrimanker; Sandeep Bhattarai.
4. **Potassium** Modulates Electrolyte Balance and Blood Pressure through Effects on Distal Cell Voltage and Chloride
Andrew S Terker 1, Chong Zhang 1,2, James A McCormick 1, Rebecca A Lazelle 1, Chengbiao Zhang 3, Nicholas P Meermeier 1, Dominic A Siler 4, Hae J Park 1, Yi Fu 1, David M Cohen 1,5, Alan M Weinstein 6, Wen-Hui Wang 3, Chao-Ling Yang 1,3, David H Ellison 1,5,*
5. A Pinch of the Peaks: The Physiological and Cellular Impact of Himalayan **Pink Salt** in Electrolyte Balance and Fasting States

• **Memory Booster:** Memory & Cognitive Function



Enhances cognitive performance by supporting memory retention, focus, and mental clarity while helping reduce mental fatigue and stress. Promotes healthy brain circulation and supports neuron function, contributing to improved learning, concentration, and overall cognitive well-being.

KEY BENEFITS

 Memory & Retention	 Focus & Clarity	 Mental Alertness
 Brain Support	 Stress Relief	 Better Learning

Scientific Reviews and Literatures (References)

- Bacopa monnieri**
Eric A. Walker; Mark V. Pellegrini
- Role of **Shankhpushpi** (*Convolvulus pluricaulis*) in neurological disorders: An umbrella review covering evidence from ethnopharmacology to clinical studies
Ruchi Sharma a 1, Rajeev.K. Singla b c 1, Subhadip Banerjee d, Baivab Sinha b e, Bairong Shen b 2, Rohit Sharma a 3
- Evaluating the Efficacy of **Gotu Kola** (*Centella asiatica*) Extract in Enhancing Cognitive Function and Reducing Brain Fog in Individuals with Mild Cognitive Impairment
Panchal HA1, Basavaraj H2, Tiwari R3, Tiwari G3*
- Ginkgo biloba** extract improves cognitive function and increases neurogenesis by reducing A β pathology in 5xFAD mice
Wei Ge 1,2*, Chao Ren 3*, Lei Xing 4*, Lina Guan 5, Caiyi Zhang 6, Xuwen Sun 3, Guoping Wang 7, Haichen Niu 4, Sen Qun 7
- Lion's Mane Mushroom** (*Hericium erinaceus*): A Neuroprotective Fungus with Antioxidant, Anti-Inflammatory, and Antimicrobial Potential—A Narrative Review
Alex Graça Contato 1,2,3,4*, Carlos Adam Conte-Junior 1,2,3,4,5,6,7
- Curcumin** and Cognitive Function: A Systematic Review of the Effects of Curcumin on Adults With and Without Neurocognitive Disorders
Aida J Francis 1, Chithra Sreenivasan 1, Aneri Parikh 1, Osamah AlQassab 1, Tatchaya Kanthajan 1, Manorama Pandey 1, Marcellina Nwosu 2
- From Mood to Memory: Unlocking **Saffron's** Potential in Brain Health
Tarlan Kehtari 1, Diego Cardenas Tovar 1, Dustin Epstein 1, Patricia Junquera 2

• **Sinus Relief:** Clear Breathing and Sinus Comfort



Supports respiratory comfort and helps open sinus passages for easier breathing while reducing congestion and inflammation. Traditionally used to promote sinus drainage and soothe throat irritation, it also supports overall respiratory wellness and seasonal allergy relief, helping maintain clear and comfortable breathing.

KEY BENEFITS

	Clear Breathing & Comfort		Congestion Relief		Respiratory Support
	Soothes Throat & Sinuses		Natural Decongestant		Easy Breathing

Scientific Reviews and Literatures (References)

1. **Peppermint**
2. Therapeutic applications of **eucalyptus** essential oils
Riham A El Shiekh 1, , Ahmed M Atwa 2,3, Ali M Elgindy 2, Aya M Mustafa 2, Mohamed Magdy Senna 2, Mahmoud Abdelrahman Alkabbani 2, Kawther Magdy Ibrahim 2
3. **Sambucus nigra** (black elder) as alternative treatment for cold and flu
Mohaddese Mahboubi
4. **Ginger extract** versus Loratadine in the treatment of allergic rhinitis: a randomized controlled trial
Rodsarin Yamprasert 1, Waipoj Chanvimalueng 2, Nichamon Mukkasombut 1, Arunporn Itharat 1,
5. **Urtica dioica**-Derived Phytochemicals for Pharmacological and Therapeutic Applications
Yasaman Taheri 1, Cristina Quispe 2, Jesús Herrera-Bravo 3,4, Javad Sharifi-Rad 1,5, Shahira M Ezzat 6,7, , Rana M Merghany 8, Shabnum Shaheen 9, Lubna Azmi 10, Abhay Prakash Mishra 11, Bilge Sener 12, Mehtap Kılıç 13, Surjit Sen 14,15, Krishnendu Acharya 14, Azadeh Nasiri 16, Natália Cruz-Martins 17,18,19,20, Patrick Valere Tsouh Fokou 21, , Alibek Ydyrys 22, Zhandos Bassygarayev 23, Sevgi Durna Daştan 24,25, Mohammed M Alshehri 26, Daniela Calina 27, William C Cho 28

- **Sport Energy Booster:** Boosts energy, endurance & recovery



Supports sustained energy, stamina, and physical performance during intense activity. Helps reduce fatigue and muscle soreness while promoting faster recovery. Enhances endurance, mental focus, and overall vitality for peak athletic performance.

KEY BENEFITS

	Boosts Energy & Stamina		Reduces Fatigue		Improves Endurance
	Supports Recovery		Enhances Focus		Endurance Boost

Scientific Reviews and Literatures (References)

1. **Vitamin** Supplementation in Sports: A Decade of Evidence-Based Insights
Magdalena Wiacek 1*, Emilia Nowak 1, Piotr Lipka 1, Remigiusz Denda 1, Igor Z Zubrzycki 1
2. **Ocimum sanctum**
3. **Guduchi**
4. Effects of **Ashwagandha** (*Withania somnifera*) on Physical Performance: Systematic Review and Bayesian Meta-Analysis
Diego A Bonilla 1,2,3,4*, Yurany Moreno 1,2, Camila Gho 1, Jorge L Petro 1,3, Adrián Odriozola-Martínez 4,5,6, Richard B Kreider 7
5. Effects of **Rhodiola Rosea** Supplementation on Exercise and Sport: A Systematic Review
Yao Lu 1, Bin Deng 2, Luhua Xu 2, Hanjiao Liu 3, Yinzhi Song 2, Fengxia Lin 2,*
6. Effects of **Beetroot** Juice Supplementation on Cardiorespiratory Endurance in Athletes. A Systematic Review
Raúl Domínguez 1, Eduardo Cuenca 2, José Luis Maté-Muñoz 1, Pablo García-Fernández 1, Noemí Serra-Paya 2, María Carmen Lozano Estevan 1, Pablo Veiga Herreros 1, Manuel Vicente Garnacho-Castaño 2,*
7. Effect of **Ginseng** Intake on Muscle Damage Induced by Exercise in Healthy Adults
Borja Muñoz-Castellanos 1, Patricia Martínez-López 2*, Rafael Bailón-Moreno 2, Laura Esquius 1
8. **Curcumin**: A dietary phytochemical for boosting exercise performance and recovery
Mohammad Nosrati-Oskouie 1,2, Nazanin Sadat Aghili-Moghaddam 3, Omid Mohammad Tavakoli-Rouzbehani 4, Tannaz Jamialahmadi 5, Thomas P Johnston 6, Amirhossein Sahebkar 7,8,9,10,
9. Ten days of supplementation with a standardized **Boswellia serrata** extract attenuates soreness and accelerates recovery after repeated bouts of downhill running in recreationally active men
Dawna Salter 1, Himana Yalamanchi 2, Aiswarya Yalamanchi 2, Amulya Yalamanchi 2

- **Throat Relief:** Soothes throat & relieves irritation



Soothes throat irritation and dryness while supporting respiratory comfort and immune defense. Helps reduce inflammation, ease cough, and protect the throat with a gentle coating effect for lasting relief.

KEY BENEFITS

	Soothes Throat		Relieves Cough		Reduces Irritation
	Supports Immunity		Protects Throat		Supports Immune Defense

Scientific Reviews and Literatures (References)

1. A critical review of **Ginger's (*Zingiber officinale*)** antioxidant, anti-inflammatory, and immunomodulatory activities
Fitriyono Ayustaningwarno 1,2,* , Gemala Anjani 1,2, Azzahra Mutiara Ayu 1, Vincenzo Fogliano 3
2. Natural Remedies for Throat Infections: A Study on the Phytochemistry and Bioactivities of **Phyllanthus emblica** and *Adhatoda vasica*
Haritha K. H.* Abhirami A. Vijith V.
3. **Glycyrrhiza glabra (*Licorice*)**: A Comprehensive Review on Its Phytochemistry, Biological Activities, Clinical Evidence and Toxicology
Shadma Wahab 1*, Sivakumar Annadurai 1, Shahabe Saquib Abullais 2, Gotam Das 3, Wasim Ahmad 4, Md Faruque Ahmad 5, Geetha Kandasamy 6, Rajalakshimi Vasudevan 7, Md Sajid Ali 8, Mohd Amir 9
4. A Review on Indian Plant **Tulsi (*Ocimum sanctum*)** and its Medicinal Uses
Aryan Sareen*, Santoshi Shah, Shivanand Patil
5. A Comprehensive Review on the Therapeutic Potential of **Curcuma longa** Linn. in Relation to its Major Active Constituent Curcumin
Shivkanya Fuloria 1,t, Jyoti Mehta 2,t, Aditi Chandel 2, Mahendran Sekar 3,t, Nur Najihah Izzati Mat Rani 4, M Yasmin Begum 5, Vetriselvan Subramaniyan 6, Kumarappan Chidambaram 7, Lakshmi Thangavelu 8, Rusli Nordin 6, Yuan Seng Wu 9, Kathiresan V Sathasivam 10, Pei Teng Lum 3, Dhanalekshmi Unnikrishnan Meenakshi 11, Vinoth Kumarasamy 6,12, Abul Kalam Azad 1*, Neeraj Kumar Fuloria 1,8,* ,t

- **Vitamin Deficiency:** Complete daily nutrition for energy, immunity, and vitality



Delivers essential vitamins and minerals to support energy, immunity, and overall nutrition. Enhances nutrient absorption and bioavailability while providing antioxidant and anti-inflammatory support for better daily wellness.

KEY BENEFITS

	Energy Boost		Immune Support		Nutrient Refill
	Better Absorption		Antioxidant Defence		Overall Wellness

Scientific Reviews and Literatures (References)

1. **Moringa oleifera** is a Prominent Source of Nutrients with Potential Health Benefits
Zahidul Islam 1, S M Rashadul Islam 1, Faruk Hossen 1, Kazi Mahtab-ul-Islam 1, Md Rakibul Hasan 1, Rezaul Karim 1,
2. **Phyllanthus emblica**: a comprehensive review of its phytochemical composition and pharmacological properties
Arya Tjipta Prananda 1, Aminah Dalimunthe 2, Urip Harahap 2, Yogi Simanjuntak 2, Epina Peronika 2, Natasya Elsa Karosekali 2, Poppy Anjelisa Zaitun Hasibuan 2, Rony Abdi Syahputra 2*, Putri Cahaya Situmorang 3, Fahrul Nurkolis 4
3. **Tulsi (Ocimum sanctum)**: A Potent Adaptogen
Arun Kumar Srivastava 1* Vinay Kumar Singh 2
4. Nutritional Composition and Functional Properties of **A. platensis**-Derived Peptides: A Green and Sustainable Protein-Rich Supplement
by Nabila Begum 1,2,t, Fei Qi 3,t, Fang Yang 2, Qudrat Ullah Khan 4,5, Faizan 6, Qiang Fu 2, Jie Li 2, Xiu Wang 2, Xiaoxiao Wang 2, Jun Wang 2, Riwang Li 2, Dahai Lu 2,* and Wenging Zhang 1,*
5. **Piper nigrum**

- **Weak Bone:** Strengthens bones and supports faster recovery



Supports bone strength and density by enhancing calcium utilization and promoting faster bone regeneration. Helps improve skeletal resilience while reducing stress-related bone loss.

KEY BENEFITS

	Bone Strength		Density Support		Faster Healing
	Calcium Absorption		Bone Protection		Aids bone repair

Scientific Reviews and Literatures (References)

1. The effects of **Cissus quadrangularis** on bone-related biomarkers in humans: a systematic review and meta-analysis
Mingkwan Na Takuathung 1,2,#, Jakkrit Aisara 1,2,#, Suphunwadee Sawong 1,2, Nut Koonrunsesomboon 1,2
2. Study on osteopotential activity of **Terminalia arjuna** bark extract incorporated bone substitute
G Krithiga, T Hemalatha, R Deepachitra, Kausik Ghosh And T P Sastry*
3. **Withania somnifera** improves bone calcification in calcium-deficient ovariectomized rats
Prabhakara Reddy Nagareddy 1, M Lakshmana

- **All In One Ayurvedic:** Complete daily wellness support



Supports digestion, detoxification, and overall wellness while enhancing energy, immunity, and stress resilience. Promotes brain health, hormonal balance, and vitality for complete daily support

KEY BENEFITS

 Digestive Support	 Detox Support	 Immune Boost
 Energy Support	 Brain Health	 Hormone Balance

Scientific Reviews and Literatures (References)

1. Therapeutic Uses of **Triphala** in Ayurvedic Medicine
Christine Tara Peterson 1,,2, , Kate Denniston 3, Deepak Chopra 1,,2
2. **Ashwagandha (Withania somnifera)**—Current Research on the Health-Promoting Activities: A Narrative Review
Paulina Mikulska 1, Marta Malinowska 1, Miłosz Ignacyk 1, Paweł Szustowski 1, Joanna Nowak 1, Karolina Pesta 1, Monika Szeląg 1, Damian Szklanny 1, Eliza Judasz 1, Gabriela Kaczmarek 1, Ovinuchi Prince Ejiohuo 1, Magdalena Paczkowska-Walendowska 1, Anna Gościński 1, Judyta Cielecka-Piontek 1,*
3. **Bacopa monnieri**
Eric A. Walker; Mark V. Pellegrini.
4. **Tinospora cordifolia** (Willd.) Hook. f. and Thoms. (Guduchi) – validation of the Ayurvedic pharmacology through experimental and clinical studies
Avnish K Upadhyay 1, , Kaushal Kumar 1, Arvind Kumar 2, Hari S Mishra 3
5. Plant profile, phytochemistry and pharmacology of **Asparagus racemosus (Shatavari)**: A review
Shashi Alok 1*, Sanjay Kumar Jain 1, Amita Verma 2, Mayank Kumar 1, Alok Mahor 1, Monika Sabharwal

- **Body Detox:** Complete Ayurvedic Detox & Wellness Support



An Ayurvedic herbal blend traditionally used to support natural detoxification, digestive balance, liver wellness, immunity, and overall vitality.

KEY BENEFITS

	Digestive Support		Liver Wellness		Immune Support
	Gut Balance		Hormonal Harmony		Natural Detox

Scientific Reviews and Literatures (References)

1. **Triphala:** A compound detoxifying herbal preparation
2. **Tinospora cordifolia** (Giloy): An insight on the multifarious pharmacological paradigms of a most promising medicinal ayurvedic herb
Abhishek Gupta a,b, , Priyanka Gupta b, Gunjan Bajpai a
3. A broad review on **Shatavari (Asparagus Racemosus)**: queen of all herbs
Lalita Dahiya , Rajesh Sharma and Sakshi Sharma

- **Refreshing Thirst Quench:** Complete Refreshing Hydration & Vitality Support



A refreshing herbal wellness blend designed to support hydration, mouth freshness, and digestive comfort while helping soothe the throat and promote respiratory wellness. Enriched with antioxidants, natural aromatics, and essential minerals, it helps support immunity, energy metabolism, and replenishment of minerals lost through sweat, leaving the body feeling refreshed and revitalized.

KEY BENEFITS

	Hydration Support		Mouth Freshness		Digestive Comfort
	Immune Support		Respiratory Wellness		Energy Balance

Scientific Reviews and Literatures (References)

1. **Coriandrum sativum**

2. **Foeniculum Vulgare** Mill: A Review of Its Botany, Phytochemistry, Pharmacology, Contemporary Application, and Toxicology
Shamkant B Badgujar 1*, Vainav V Patel 1, Atmaram H Bandivdekar 1

3. Ethnopharmacological relevance of **Citrus Limon** (L.) Burm. f. as adjuvant therapy

4. **Rosa Damascene**

5. **Vitamin C**: A Comprehensive Review of Its Role in Health, Disease Prevention, and Therapeutic Potential
Adina Alberts 1, Elena-Theodora Moldoveanu 2, Adelina-Gabriela Niculescu 2,3, Alexandru Mihai Grumezescu 2,3,*

6. **Phyllanthus Emblica**

7. The neurobiology of thirst and **Salt** appetite
James C R Grove 1,2,3, Zachary A Knight 1,2,3,4

8. **Ocimum Sanctum**

- **Immunity Booster:** Complete daily immune support and antioxidant protection.



A comprehensive herbal wellness blend designed to support immune defense, antioxidant protection, and respiratory wellness. Enriched with bioactive botanicals and natural antioxidants, it helps strengthen immune response, reduce oxidative stress, support gut and circulatory health, and promote long-term resilience against seasonal challenges.

KEY BENEFITS

	Immune Defense		Antioxidant Support		Respiratory Wellness
	Gut Immunity		Seasonal Protection		Oxidative Balance

Scientific Reviews and Literatures (References)

1. **Vitamin C** and Immune Function
Anitra C Carr 1*, Silvia Maggini 2
2. Benefits of **Cardamom** (*Elettaria cardamomum* (L.) Maton) and Turmeric (*Curcuma longa* L.) Extracts for Their Applications as Natural Anti-Inflammatory Adjuvants
Gustavo R Cárdenas Garza 1, Joel H Elizondo Luévano 2, Aldo F Bazaldúa Rodríguez 2, Abelardo Chávez Montes 2, Raymundo A Pérez Hernández 1, Ameyalli J Martínez Delgado 1, Sonia M López Villarreal 1, José Rodríguez Rodríguez 3, Rosa M Sánchez Casas 4, Uziel Castillo Velázquez 4*, Osvelia E Rodríguez Luis 1*
3. **Cumin** (*Cuminum cyminum* L.): A review of its ethnopharmacology, phytochemistry
Abdulmutalib Alabeed Allaq1*, Norrizah Jaafar Sidik1, Aziyah Abdul-Aziz1, Idris Adewale Ahmed2
4. A critical review of **Ginger's** (*Zingiber officinale*) antioxidant, anti-inflammatory, and immunomodulatory activities
Fitriyono Ayustaningwarno 1,2*, Gemala Anjani 1,2, Azzahra Mutiara Ayu 1, Vincenzo Fogliano 3
5. **Berberine** hydrochloride enhances innate immunity to protect against pathogen infection via p38 MAPK pathway
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6. **Cinnamon** polyphenol extract affects immune responses by regulating anti- and proinflammatory and glucose transporter gene expression in mouse macrophages
Heping Cao 1, Joseph F Urban Jr, Richard A Anderson
7. **Hawthorn** (*Crataegus monogyna*) Phenolic Extract Modulates Lymphocyte Subsets and Humoral Immune Response in Mice
Magdalena Lis, Marianna Szczypka, Agnieszka Suszko-Pawłowska, Anna Sokół-Łętowska, Alicja Kucharska, Bożena Obmińska-Mrukowicz
8. The Immunological Benefits of **Green Tea** (*Camellia sinensis*)
Ngoc B. Huynh1

9. Benefits of Cardamom (*Elettaria cardamomum* (L.) Maton) and **Turmeric (*Curcuma longa* L.)** Extracts for Their Applications as Natural Anti-Inflammatory Adjuvants
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10. **Phyllanthus emblica**: A comprehensive review of its therapeutic benefits
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11. A Review on Therapeutic Potential of **Piper nigrum** L. (Black Pepper): The King of Spices
Zoheir A Damanhour^{1*} and Aftab Ahmad²

12. Advanced research on the antioxidant and health benefit of **Elderberry (*Sambucus nigra*)** in food – a review
panel Andrzej Sidor, Anna Gramza-Michałowska

13. **Echinacea purpurea**: Pharmacology, phytochemistry and analysis methods
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14. **Astragalus membranaceus** Extract Activates Immune Response in Macrophages via Heparanase
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15. Immunomodulatory effects of **Andrographis paniculata** extract in healthy adults – An open-label study
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16. Immunomodulatory activity of **β-glucan** polysaccharides isolated from different species of mushroom – A potential treatment for inflammatory lung conditions
Emma J Murphy a,b,1, Emanuele Rezoagli c,d,e, 1, Robert Pogue a,f, Bianca Simonassi-Paiva a, Ismin Izwani Zainol Abidin g, Gustavo Waltzer Fehrenbach a, Emer O'Neil a, Ian Major g, John G Laffey c,d, Neil Rowan a

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