



VESTIGE PRIME



IMMUNITY BOOST



PRO HEART



FITNESS & DIET



JOINTS & BONES HEALTH



GLYCEMIC HEALTH



DETOX & REJUVENATION



WOMEN'S HEALTH



AYUSANTE

HEALTH GUIDE

The ultimate manual for a healthy lifestyle



C O N T E N T S



VESTIGE PRIME

Combiotics, Krill Oil,
Sea Buckthorn, Metamind

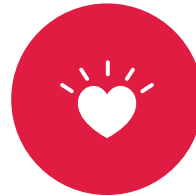
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AYUSANTE

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CELLULAR NOURISHMENT THERAPY

The human body is made up of over 63 trillion cells. Nutrition or nourishment is needed for the cells to remain healthy so that we can lead a healthy life. Eating well means eating a variety of foods. No single food contains all the nutrients that our bodies need. This results in many nutritional deficiencies that go unnoticed. It has been proven that nutritional deficiency may lead to a number of ailments and disorders of a human body.

In order to prevent such deficiencies, Vestige believes in spreading the benefits of Cellular Nourishment Therapy. It is a holistic approach, which includes world class products that are rich in all the essential vitamins, minerals, fibre, fatty acids, amino acids and various other nutrients. These products supply the body with the right amount of nutrition and also make up for the lack of nourishment.

NEED FOR GOOD HEALTH

The human body works as a machine and it needs a constant supply of nutrients to carry out its day-to-day activities. If the body's engine does not get enough nutrition then it is bound to be sluggish and low on energy, thereby leading to improper functioning of the body and can even make it prone to diseases. The body, therefore, tends to under perform due to the following reasons:

Lifestyle disorders

With an increase in the number of comforts being offered to mankind, a lot of people have fallen prey to sedentary lifestyles. It is because of this lifestyle that they tend to ignore their health, which leads to under-nourishment even though they think they are eating well. They skip on the essential nutrients while consuming all the wrong ones.



Food choices

The human tongue is spoiled by taste rather than what is good for the body. So we eat what tastes good but might not essentially be nutritious, which eventually leads to nutritional imbalance.



Low consumption of fruits and vegetables

Fruits and vegetables provide the body with fibre along with other essential vitamins and minerals. They aid in proper digestion and are good for improving overall health. But people tend to ignore these benefits and do not consume even the minimum amount of servings of fruits and vegetables required by the body.



Busy schedules

As more and more people get busy with their work and have hectic schedules to follow, their health takes a backseat. They eat whatever they get and whenever they are able to. It leads to a huge deficiency of nutrients in the body.

Following fad diets

A lot of people blindly follow diets that they think would make them lose weight but in turn deprive the body of nutrients required to be healthy. One should try and strike a balance between eating the right food and exercise.



NUTRITIONAL SUPPLEMENTS & GOOD HEALTH

To overcome the deficiency in one's diet, intake of nutritional supplements is safe across all age groups and is beneficial to each in the following ways:

Children

They require essential nutrients for their growth and development. Nutritional supplements help in improving memory and provides energy as children have to study for long hours and also play a lot of outdoor games. Nutritional supplements build immunity and provide essential nutrients for their healthy growth and development.



Youth

They require energy and strength to cope with the high stress levels. Nutritional supplements help them combat physical and mental changes/stress that they go through.

Working class

Busy schedules, work and family obligations, stress and competition keep them on their toes all the while and exhaust the body's ability to lead a normal healthy life. Nutritional supplements help them beat stress and be healthy.



Middle age

With age, the body's level of energy to carry out day-to-day activities starts to decline, coupled with sedentary lifestyle it becomes even more essential for one to get a daily dose of supplements to revitalise the body. Nutritional supplements make up for the lack of essential vitamins and minerals.

Old age

As one reaches a mature age, the body's systems, especially the digestive system, becomes sluggish. Also as a number of nutrients get depleted, it makes one depend on others for simple tasks. Nutritional supplements help the body to regain its vigour and induce independence to lead a healthy life.



Pregnant and lactating women

Pregnant as well as lactating women need an extra supply of nutrients to provide both for themselves and their young ones. Nutritional supplements during these times are a must since the body's need for calcium, vitamins, iron and other nutrients is on the rise.




VESTIGE PRIME

VESTIGE PRIME

In its endeavour to provide the best quality of wellness products to consumers, Vestige introduces the premium healthcare category called Vestige Prime. The products under this category are truly outstanding and are specifically designed to provide optimum nutrition and wellness to the consumers and enable them to achieve a qualitatively superior health.

■ IMPORTANCE OF NUTRIENTS

For a healthy body and mind good nutrition is quite essential. The nutrients present in our food help to support a healthy working of our body, contributing to our quality of life. Proper nutrition provides the body with energy and all those substances that regulate the body. Nutrients can be called the building blocks for growth and repair of the body. Lack of proper nutrition leads to nutritional deficiency and it may cause:



- Two times higher risk of long-term mortality.
- Higher costs of hospital care.
- Three times longer hospitalisation.
- Greater likelihood of hospital readmission after discharge.
- Three times higher risk of infection.
- Greater dependence in Activities of Daily Living (ADLs).

The World Health Organization (WHO) estimates that malnutrition will affect one among six people throughout the world in the days to come. Under-nutrition puts people at a greater risk of dying from common infections, increases the frequency and severity of such infections, and delays recovery.

■ SYMPTOMS OF NUTRITIONAL DEFICIENCIES

| REGION OF BODY | SYMPTOMS | POSSIBLE VITAMIN/MINERAL DEFICIENCY |
|--------------------|---|--|
| SKIN | Pallor skin Dermatitis Bruising | Iron, Folic acid, Vitamin B12, Biotin B-Complex Vitamins, Vitamin A, Zinc Vitamin K, Vitamin C, Zinc |
| NAILS | Pallor or white coloured, spoon shape, curved nail ends, excessive dryness | Iron, Vitamin B12, Protein |
| HEAD/HAIR | Dull/Lacklustre, Alopecia, grey hairs, flaky scalp | Protein, Biotin, Copper, essential fatty acids |
| EYES | Poor vision, dryness, itching, inflammation | Vitamin A, Niacin, Riboflavin |
| MOUTH | Corners of the mouth are swollen (angular stomatitis) & vertical cracks of the lips (cheilosis) Bleeding gums and poor dentition | B-Complex Vitamins Vitamin C |
| NECK/CHEST | Distended neck veins, enlarged Thyroid gland | Fluid overload, Iodine |
| HORMONAL IMBALANCE | Irritability, irregular cycles, skin problems | Magnesium, Manganese, Zinc |
| LOWER EXTREMITIES | Rickets, Osteoporosis, joint & muscle pain | Vitamin D, Calcium, Magnesium |

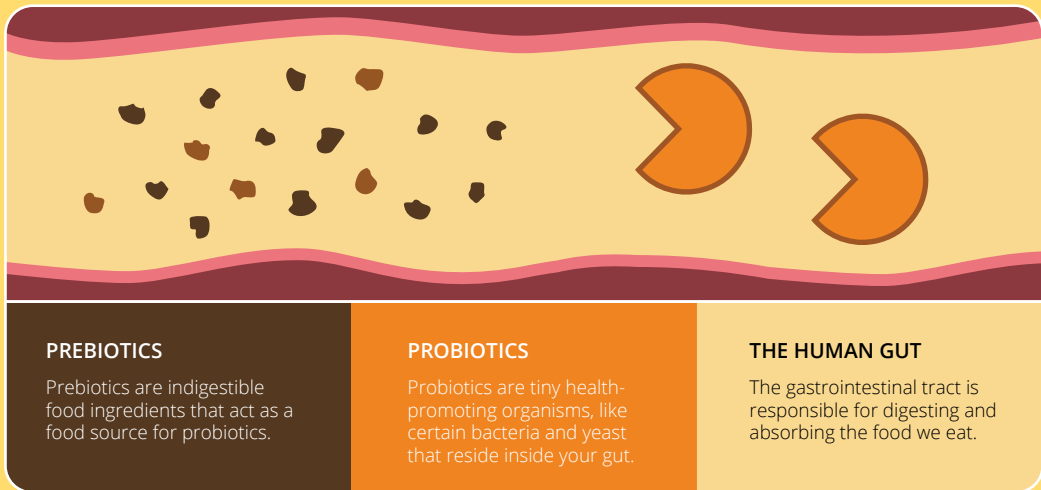
MULTIVITAMINS AND MULTI-MINERALS

Multivitamins and multi-minerals are used to provide the body with micronutrients that are not supplied by the diet. Multivitamins and multi-minerals are also used to treat vitamin or mineral deficiencies caused by:

- Illness
- Pregnancy
- Poor nutrition
- Digestive disorders
- Certain medications, and many other conditions



PREBIOTICS AND PROBIOTICS



| Probiotics | Prebiotics |
|--|--|
| Live good bacteria found in certain foods & supplements. | Specialised plant fibre that acts as a fertiliser for the good bacteria that is already present in the digestive system. |
| Promotes healthy digestive tract & immune system. | Supports healthy digestion and immune function. |
| Sensitive to heat. | Not affected by heat. |
| May support the treatment of diarrhoea, irritable bowel syndrome and reduce the severity of colds and flu. | Aid digestion and may support the treatment of several chronic digestive disorders. |

VESTIGE PRIME COMBIOTICS*

MULTI-VITAMIN, MULTI-MINERAL
WITH PROBIOTICS CAPSULES



Vestige Prime Combiotics is a unique product in a capsule-in-capsule form, which is itself a revolutionary technology, with a mixture of multivitamins and minerals along with prebiotics and probiotics. This powerful combo helps to fulfil your body's essential nutrition requirements, helps in maintaining a good digestive order and provides optimum cognitive health. This path-breaking product is your companion to bid goodbye to nutrition deficiency and boosts the overall health of the body, mind and soul.

Recommended Usage:

One capsule a day after meal



The revolutionary **capsule-in-capsule** technology

Combiotics can be taken by:

- Children with poor appetite
- Older people with weak digestive systems
- People with compromised immunity
- People with poor eating habit
- People with malabsorption problem
- People who are under stress
- Women who are planning to conceive
- People who are fitness enthusiasts and want to stay healthy

The active ingredients in Combiotics can be beneficial in:

- Maintaining every day well being
- Improving vitality
- Enhancing immune system



KRILL OIL*

SOURCE OF PHOSPHOLIPID,
OMEGA – 3 WITH ASTAXANTHIN

Krill oil is a rich source of phospholipid-bound omega-3 fatty acids. The health benefits of omega-3 fatty acids are immense and they have been proven effective in the treatment and prevention of hundreds of medical conditions. Krill oil provides Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA), which are mostly promoted for their protective effects on our heart.

Antarctic Krill, which is the source of Krill Oil, is comprised of three major components - omega-3 fatty acids, primarily EPA and DHA attached to phospholipids and Astaxanthin. Most of the omega-3 fatty acids in Krill oil are attached to phospholipids, making them more bioavailable to the body, and providing nutrition to organs like heart, brain and liver, where they exert their beneficial effects.

Vestige Prime Krill Oil is extracted by a proprietary technology, called Multi Stage Oil extraction (MSO®) process, which assures high quality oil that has superior stability, quality and organoleptic properties.



Recommended Usage:

Take 1 to 2 softgels daily with food



SEA BUCKTHORN*

HIPPOPHAE RHAMNOIDES

Sea buckthorn (*Hippophae Rhamnoides*) is a berry-filled bush that has been used since a long time in traditional medicine for restoring health. Also known as *Wonder berry* or *Leh berry*, it has been in use for medicinal purposes and other health benefits since time immemorial. Sea buckthorn is widespread in Asia, Europe and Russia and was recently discovered in Canada. Sea buckthorn contains over 190 bioactive compounds, including carotenoids, tocopherols, flavonoids, lipids and ascorbic acid. It is also the richest source of omega-7 fatty acids (palmitoleic acid).



BENEFITS OF ACTIVE INGREDIENTS

- Vitamins help to reduce common symptoms of fatigue such as low energy and muscle tension and help in getting sound sleep. Vitamin C and other nutrients help to reduce headache, dizziness and increase mental attention.
- Vitamin A, Vitamin E and omega-7 fatty acids are considered essential nutrients for skin and they promote tissue and collagen regeneration, reduce skin wrinkles and slow premature skin ageing.
- Sea buckthorn is believed to normalise gastric acid production. It protects the mucus membrane from irritation by gastric juices and is helpful in relieving symptoms of GERD (Gastroesophageal Reflux Disease), including heartburn.

Vestige Prime Sea Buckthorn can be helpful in:

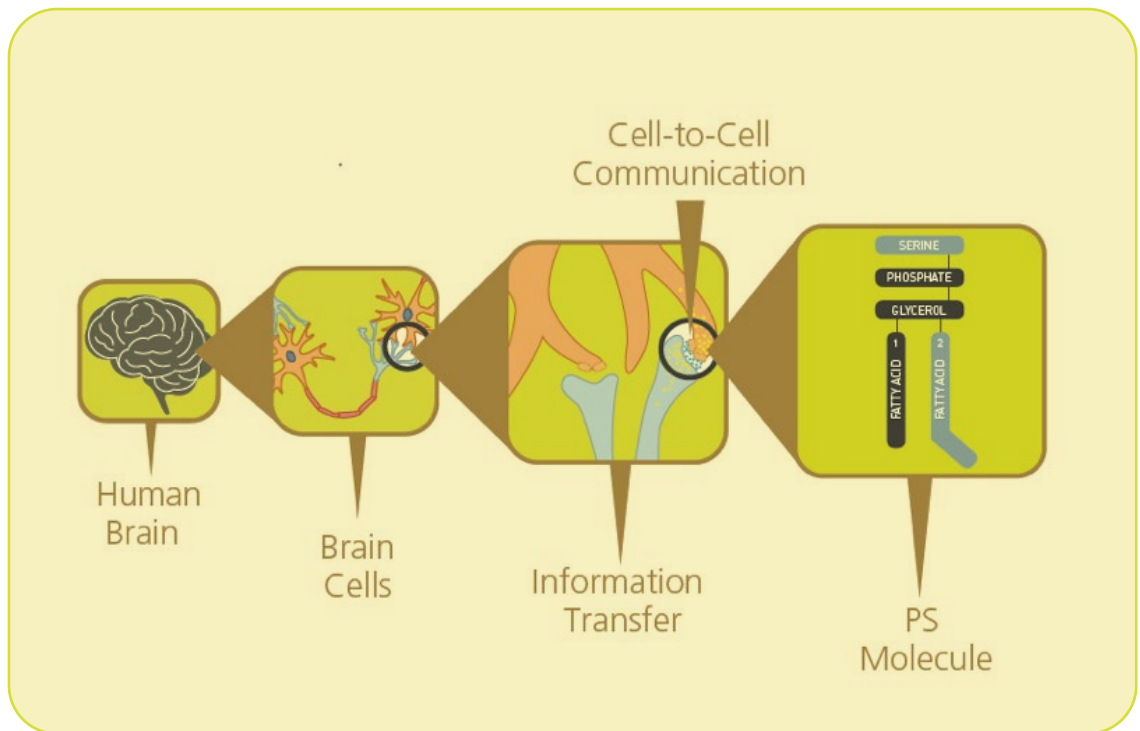
- Maintaining high energy levels
- Building stamina
- Improving the immune system
- Reducing wrinkles
- Combating premature skin ageing

Recommended Dosage:

One capsule twice a day after meals

What is Phosphatidylserine?

Up to 60% of the human brain's dry weight is made up of lipids, primarily phospholipids. Lipids are essential for proper brain function, as they impact the brain's structure and signalling systems. Phosphatidylserine (PS) is a phospholipid which is a component of the cell membrane and has a crucial contribution to the structure and function of nerve cells. It plays a key role in cell-to-cell communication, information transfer, signalling, etc. PS is a natural nutrient which can be found abundantly in the internal organs of animals and some types of fish and exists in mother's milk. However, the modern diet contains low levels of PS. Clinical studies demonstrate beneficial effects when supplementing one's daily diet with 100 mg/day of this nutrient.



PRESENCE OF PHOSPHATIDYLSERINE IN THE BRAIN



BENEFITS OF ACTIVE INGREDIENTS

- Improves concentration, memory, attention span, focus and learning in people, from children to adults to seniors
- May help to reduce the risk of cognitive dysfunction and dementia in the elderly
- May be beneficial in combating age-related mental decline
- Iron is an important parameter for proper brain functionality

Recommended Usage:

One chewable tablet a day. Chew the tablet before swallowing.

Not recommended for children below 12 years of age.





IMMUNITY BOOST

IMMUNITY BOOST

Immunity is the human body's ability to protect itself from infections. A healthy immune system is vital for a healthy body to defend against diseases. It also helps to flush out harmful toxins from the body. Immunity starts at birth, when the mother's first milk, enriched with colostrum, is fed to the children. The immune system is a complex and intricate network of cells, proteins, tissues and organs that work together to protect the body from infectious micro-organisms like bacteria, viruses and various other harmful foreign substances.

Immune system disorders happen when it's either over-active or under-active. In the case of an under-active immune system, the body has a reduced ability to fight diseases and becomes vulnerable to infections.

Frequent infections including viral, fungal and bacterial infections, cold, chronic fever, allergic reactions, constant fatigue, tiredness, lethargy and chronic diarrhoea are some of the common symptoms of a weak immune system.



Vestige offers a wide range of immunity boosting ayurvedic proprietary medicines that help build a strong immune system and supply the body with adequate nutrients.

5 WAYS TO BOOST IMMUNITY



Eat a balanced diet

Give your body the proper nutrition it needs to work effectively. Poor diet contributes to a compromised immune system and hinders the body's ability to ward off illness.



Regular physical activity

Working out each day for half an hour is recommended. Simple activities like walking, jogging or yoga can be done without any special equipment.



Detox at regular intervals

Regularly expelling the accumulated toxins will keep your body systems running properly. Drinking the recommended eight glasses of water a day is the easiest detoxification method.



Get adequate sleep

Getting less than adequate sleep on a regular basis can impair your senses and impact the body functions negatively. Start getting a good night's rest every night for at least six hours.



Practice stress management

Undue stress has physical effects on the body and practicing stress management works wonders for your well-being.



VESTIGE SPIRULINA[^]

What is Spirulina?

Spirulina is a unique single-celled form of blue-green algae. More importantly, Spirulina is 55-60% protein, with all essential amino acids in perfect balance; it has twice more protein than soybean and four times more than red meat. Spirulina is known to be the most digestible protein. For the past 20 years, millions of people have benefitted from its use. Spirulina also provides high concentrations of many other nutrients like amino acids, minerals, vitamins, phyto-nutrients and trace elements.



BENEFITS OF ACTIVE INGREDIENTS



- Spirulina is a rich source of beta carotene, protein and antioxidants. These compounds improve overall well-being and help to maintain good health.
- The protein content of Spirulina makes it ideal for muscle building.
- The nutrients in Spirulina help strengthen the body's immunity.

Dosage: One or two capsules twice a day. To be used under medical supervision only



*Ayurvedic Proprietary
Medicine*

Indication: Used in obesity, arthritis, builds immunity against infection and as Rasayan.

Warning: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6 years of age. In case of accidental overdose, call a health practitioner. **Keep this product out of reach of children.**

VESTIGE ALOE VERA[^]

What is Aloe Vera?

Aloe Vera, botanically known as *Aloe barbadensis*, is a species of a succulent plant that originated in Northern Africa. The specie is frequently used in herbal medicines due to its many health benefits. Aloe Vera is also known as "the miracle plant", and contains 75 potentially active constituents: vitamins, enzymes, minerals, sugars, salicylic acids and amino acids. It is reported that Aloe Vera extracts may be useful in the treatment of wound and burn healing, diabetes and elevated blood lipids in humans. These positive effects are due to the presence of compounds such as polysaccharides, mannans, anthraquinones and lectins.



BENEFITS OF ACTIVE INGREDIENTS



- Aloe Vera has cooling and soothing properties. It contains more than 20 amino acids that promote healthy hair and skin.
- It acts as a demulcent to the digestive system and aids in proper digestion. It may also be useful in the cases of constipation, acidity, and liver weakness.
- Aloe Vera boosts the body's defences at the cellular level, stimulating the immune system.

Dosage:

One to two capsules twice a day or as directed by a physician



*Ayurvedic Proprietary
Medicine*

Indication:

Useful in liver ailments, skin diseases, digestion, constipation, dyspepsia and Rasayan.

VESTIGE AMLA^

What is Amla?

Amla – also known as Indian gooseberry or *Amalaki* in Sanskrit – has been known for its medicinal benefits for more than 3,000 years in Ayurveda and it is respected as a symbol of good health. Amla is a good source of Vitamin C and antioxidants, tannins, polyphenols and minerals like calcium, phosphorous and Iron.



BENEFITS OF ACTIVE INGREDIENTS



- Amla (*Emblica officinalis*) is a source of natural Vitamin C. It helps in improving body's immune system as it acts as a potent antioxidant.
- Vitamin C is essential for the synthesis of collagen. Collagen helps to keep the cells of the body together, improves the condition of hair, nails and skin and renews cell growth.
- Amla is good for digestion as well as it helps the body to absorb and assimilate nutrients, especially Iron, from the foods we eat.
- It also helps reduce hyperacidity and strengthens the liver and helps to flush out toxins from the body.

Dosage:

One to two capsules twice a day or as directed by a physician



*Ayurvedic Proprietary
Medicine*

Indication:

Useful in Vitamin C deficiency, immune booster, Laxative and Rasayan.

VESTIGE NONI[^]

What is Noni?

Morinda citrifolia or Noni is a tropical fruit found primarily in the South Pacific. About the size of a potato, Noni can vary in colour from white to yellow to green. Tahitians have used Noni for centuries because of its health benefits.

Noni contains Xeronine, which is found in the healthy cells of micro-organisms, plants, animals and humans. Xeronine is vital for the proper functioning of all body cells and enlarges the pores in the walls of human cells to enable nutrients to enter the cells easily for increased absorption.



BENEFITS OF ACTIVE INGREDIENTS



- Immune system: Supports the immune system's natural ability to fight diseases and infections.
- Circulatory system, tissues, and cells: *Morinda citrifolia* is a superior antioxidant that helps the body to get rid of harmful free radicals. It also increases energy level of the body.
- Respiratory system: Beneficial in conditions like respiratory infections and helps to reduce their occurrence significantly.

Dosage:

One to two capsules twice a day or as directed by a physician



*Ayurvedic Proprietary
Medicine*

Indication:

Useful as Rasayan, immunity booster, improves metabolism and revitalises the cells.

Warning:

As Noni is a rich source of potassium, it is contraindicated in case of chronic renal insufficiency. **Keep this product out of reach of children.**

VESTIGE COLOSTRUM[^]

What is Colostrum?

Colostrum is literally '*nature's first food*'. It is the pre-milk fluid that all female mammals give to their newborns in the first few days following the birth. It is a mixture of vital immune and growth factors required by the baby for protection against diseases. Colostrum also assists with the development of the newborn into a strong and healthy adult.

Bovine Colostrum (*Gau Piyush*) is the initial lacteal secretion produced by the mammary gland of a mother cow before the production of milk. Only Colostrum collected within 0-6 hours after the birth of a calf maintains a balance between immunological and body regulating active proteins and is known as Bovine Colostrum.

It contains many beneficial substances. The most important of these substances are: immunoglobins, lactoferrin, proline-rich polypeptide, cytokines and vitamins. Bovine Colostrum is very similar to whey protein's efficiency ratio. Furthermore, it is low in fat. Bovine Colostrum has been known for its role in improving strength and power outputs in case of athletes and fitness enthusiasts. It is also known for its naturally high levels of insulin like growth factors, specifically IGF-1 (insulin growth factor-1).

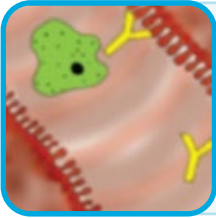


BENEFITS OF ACTIVE INGREDIENTS



- Bovine Colostrum helps in the maintenance of cellular tissues and strengthens the immune system.
- It provides energy to the body and might help in restoration of skin elasticity.
- Bovine Colostrum promotes good health and longevity.

COLOSTRUM **IN ACTION**



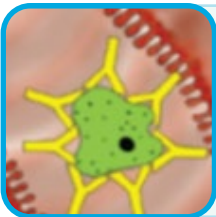
Germs enter the body and make their way to the gut wall.



Once attached to the gut wall, germs begin to multiply freely, causing illness and disease.



The antibodies in Colostrum remain in the gut, increasing your natural antibody levels. When a germ invades they attach themselves to it.



Once the antibodies are attached, the germ cannot stick to the gut wall, and passes harmlessly through your system.

Dosage:

Two capsules twice daily



*Ayurvedic Proprietary
Medicine*

Indication:

Balvardak



PRO HEART



PRO HEART

The heart is a vital organ of the human body. It is a muscular organ about the size of a fist. It is like a pump that supplies blood with oxygen and nutrients to all the parts of the body. Blood vessels are the body's highways that allow blood to flow quickly and efficiently from the heart to every organ of the body and back again. There are three major types of blood vessels: arteries, capillaries and veins.

When plaque (fatty material, calcium or scar tissue) builds up in the arteries, the walls become narrow which restricts adequate blood from reaching the heart. The process of building up of plaque on the walls of the arteries is known as atherosclerosis.

If a blood clot forms, the plaque can completely restrict the blood flow which can result in serious conditions like heart attack or stroke.

A pressing or squeezing pain, usually in the chest under the breast bone but sometimes in the shoulders, arms, neck, jaws, back or upper abdomen can be confused with indigestion or heartburn.

Stress, age, gender, hypertension or high blood pressure, high cholesterol levels, smoking, excessive alcohol consumption, family history, obesity, diabetes and air pollution are some of the major contributing risk factors of heart disease.

SOME OF THE MOST COMMON SYMPTOMS OF HEART DISEASE ARE:

- Shortness of breath
- Palpitations (irregular heartbeat)
- Rapid heartbeat
- Weakness or dizziness
- Nausea and sweating
- Extreme weakness and anxiety

According to World Health Organization's reports, cardiovascular diseases (CVDs) are the most common cause of death in the world. In 2016, almost 31% of all global deaths were caused by CVDs. From 1990 to 2016, the death rate due to CVDs in India has risen by 34% while in the same period; this death rate in the US has declined by 41%.

7 TIPS TO LOWER THE RISK OF HEART DISEASES



Live smoke-free
If you smoke, quit.



Monitor your blood pressure
Keep your numbers around 120/80 mm Hg.



Maintain a healthy weight
Target a body mass index (BMI) of less than 25.



Control your blood sugar
Aim for a fasting blood glucose less than 100 mg/dL.



Watch your cholesterol
Strive for a total cholesterol less than 200 mg/dL.



Get moving
Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous intense activity).



Eat a heart-healthy diet
Eat vegetables, fruits, whole grains and fish. Limit sodium, saturated fat and added sugar.

HEALTHY FOOD FOR A HEALTHY HEART

Making healthy food choices doesn't have to be overwhelming. These tips will get you on your way:

- Cook at home more often to avoid processed foods.
- How you eat is as important as what you eat. Enjoy your meals without multitasking.
- Listen to your body - eat when you're hungry and stop when you're satisfied.
- Follow a fixed dining schedule.
- Plan healthy snacks.
- Eat a variety of vegetables and fruits during each meal.
- Eat whole grains more often.
- Eat fish at least twice a week.
- Include legumes like beans, chickpeas, lentils, nuts and seeds more often in your meals.
- Don't be afraid of fat. But use unsaturated fat.



VESTIGE COENZYME Q10*



What is Coenzyme Q10?

Coenzyme Q10 (CoQ10) is an antioxidant that is necessary for cells to function properly. Cells use CoQ10 to make the energy that they need to grow and stay healthy. CoQ10 can be found in highest amounts in the heart, liver, kidneys, and pancreas. The level of CoQ10 decreases as we grow old. Coenzyme Q10's wide-ranging cellular properties implicate it for the potential treatment of numerous conditions that may improve with mitochondrial and antioxidant support.

Additionally, Coenzyme Q10 has demonstrated activity in preventing lipid peroxidation as an antioxidant scavenger and an indirect stabiliser of calcium channels to decrease calcium overload.



BENEFITS OF ACTIVE INGREDIENTS

- Supplementation with CoQ10 has shown significant benefits in cardiovascular diseases, particularly heart failure.
- CoQ10 has at least three functions of relevance to the cardiovascular system, namely its role in cellular energy production, its role as an antioxidant, and its role in gene expression. These functions, in turn, provide the basis for the plausibility of action of CoQ10 in the management of CHF, atherosclerosis and hypertension.
- The results are overwhelmingly positive, indicating Coenzyme Q10's efficacy in improving cardiovascular health in individuals with cardiomyopathy.
- Combined with a low-fat diet and moderate exercise, Coenzyme Q10 supplementation can help reduce blood pressure and maintain or regain optimal cardiovascular function, without the risk of dangerous side effects.

Recommended Usage: One capsule after food

VESTIGE FLAX OIL[^]

What is Flax Oil?

Flax oil or linseed oil (*Linum usitatissimum*) *Alsi ka tel*, as it is known in India, is the richest vegetable source of Omega-3 fatty acids. Flax contains a mixture of fatty acids. It is rich in polyunsaturated fatty acids, particularly ALA, the essential Omega-3 fatty acid, and linolenic acid (LA), the essential Omega-6 fatty acid. These two polyunsaturated fatty acids are essential for human body. The ALA from Flax seed exerts a positive effect on blood lipids. They are "good" fats that have been shown to have heart-healthy effects.

Flax seed oil is also a rich source of Vitamin E, which is a powerful antioxidant required for maintaining the integrity of cell membranes by protecting it from harmful oxidative free-radicals. Flax seed oil has a high quantity of magnesium and potassium which plays a key role in regulating blood pressure naturally and is beneficial to the cardiovascular system.



BENEFITS OF ACTIVE INGREDIENTS



- Flax seed (Linseed oil) is a rich source of Omega-3 and Omega-6 that have cholesterol lowering and blood pressure lowering properties. These ingredients help in the prevention of clots in the arteries. The Alpha Linolenic Acid and lignans present in it help decrease inflammation and promote healthy functioning of the immune system.
- It is good for women of all ages as it might help in normalising the menstrual cycle and easing menopause.
- Flax seed is also helpful in improving eyesight and helps shorten recovery time for fatigued muscles after exertion.

Dosage: One capsule thrice a day after meals



Ayurvedic Proprietary Medicine

Caution: If pregnant or under medication, consult your physician before using this product.

VESTIGE L-ARGININE*

What is L-Arginine?

L-Arginine is an amino acid that helps the body in a number of essential functions like removal of ammonia, healing of wounds and production of protein. In the body, this amino acid gets converted into a chemical called Nitric Oxide. Nitric Oxide is also called the 'miracle molecule' because of its numerous health benefits, especially for its ability in improving heart's health. It helps in the regulation of blood pressure and improves blood circulation in the body by relaxing the blood vessels.



L-Arginine is known to be helpful in boosting immunity, lowering cholesterol, relieving chronic pain, preserving bone density, weight management and detoxification of liver. It is also helpful in managing of blood sugar levels. It is also known to have anti-ageing properties and improves the energy level of the body.

BENEFITS OF ACTIVE INGREDIENTS

- This formulation is a combination of ingredients like vitamins, Lycopene, Folic Acid and Resveratrol that helps to improve cardiovascular health in a number of ways.
- These components are known to help in lowering blood cholesterol levels, reducing stress on the heart, regulating blood pressure and relaxing the blood vessels, thereby increasing blood circulation to the entire body.
- Apart from its heart-related health benefits, L-Arginine might be beneficial for diabetics. It might also help in faster wound healing, increasing lean muscle mass, improving the body's waste removal mechanism, preserving bone density and relieving chronic pains.
- It also contains antioxidants that help slow down the ageing process and strengthen the body's natural defence.

Recommended Usage: One sachet to be dissolved in 200 ml water or juice

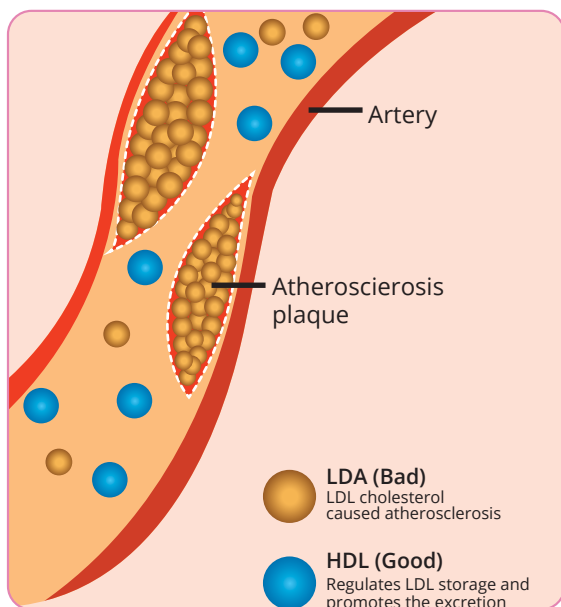
Caution: This supplement should be avoided by people with asthma and herpes virus. Pregnant, nursing women and people with a history of cardiac attack should consult their physician before consuming this product.

VESTIGE COCONUT OIL[^]

What is Coconut Oil?

The most nutrient-dense part of a coconut is coconut oil. It is high in healthy saturated fats, which have different effects when compared to most other fats in the diet. These fats can boost fat burning and provide the body and brain with quick energy. They also raise the good HDL cholesterol in the blood, which is linked to reduced heart disease risk. Virgin coconut oil is extracted from the kernel of mature coconuts without the application of heat. This ensures that the natural goodness of this oil is preserved.

Most fats in the diet are called long-chain triglycerides, but the fats in coconut oil are known as Medium Chain Triglycerides (MCTs). These fatty acids are shorter than most other fats. MCTs have the ability to be absorbed rapidly by the body, thus they are used in the treatment of a variety of malabsorption ailments. MCTs in coconut oil can increase energy expenditure compared to the same amount of calories from longer chain fats.



Dosage: Two capsules twice daily with meals or as directed by a physician

Warning: Use cautiously in high doses over a long period of time.

BENEFITS OF ACTIVE INGREDIENTS

- Virgin coconut oil is rich in alpha-lipoic acid and medium chain fatty acids that may help to reduce cholesterol levels.
- It is rich in MCTs and these are considered good for the liver, brain and heart.
- It helps to support cardiovascular health by maintaining healthy cholesterol levels.
- It is rich in essential fatty acids.
- It is rich in Vitamin E and lauric acid. These support healthy hair and skin, are good for dry, flaky skin and have antioxidant and antimicrobial effects.
- Virgin coconut oil aids in digestion, weight management and controls appetite.



Ayurvedic Proprietary Medicine



FITNESS & DIET

FITNESS & DIET

With a change in lifestyle that comprises mostly of unhealthy diet patterns, it becomes very important for one to take care of their well-being. A major health concern these days is obesity that has long and adverse effects on the body. A person with excessive body fat is known as an obese person. Among the number of possible reasons for obesity, the common causes are certain physical and mental illnesses. Illnesses that increase obesity risk include hypothyroidism, Cushing's syndrome, growth hormone deficiency and eating disorders like binge eating and night eating.



MAJOR CAUSES OF OBESITY



Sedentary lifestyles

Busy and stressful schedules don't leave much time for healthy eating or healthy living, leading to obesity and other health problems.



Poor eating habits

Coupled with busy lifestyles, people usually eat whatever is most convenient or at hand, which mostly consist of junk or fried foods that are high in fat and have low nutritional value.



Genetics

Obesity can also be a result of genetics and other environmental factors. It has been found that 80% of the offspring of two obese parents are obese.

BODY MASS INDEX (BMI)

BMI is a measurement of an individual's body weight (in kgs) divided by the square of his or her height (in metres). With BMI it becomes easier to calculate one's fitness on the basis of the measurement.

Example, if the body weight = 75 kg and height = 1.62 m (162 cm), the BMI would be 28.6.

BMI Categories

Underweight = <18.5

Normal weight = 18.5 – 24.9

Overweight = 25 – 29.9

Obese = BMI of 30 or greater

So anyone with a BMI of 25 or above is considered overweight and a BMI of 30 or above as obese. Cardiovascular diseases, hypertension, high cholesterol, arthritis, immobility, infertility, reduced life expectancy, depression and diabetes are some of the complications that can occur as a result of obesity.

FACTS ON OBESITY

Obesity has nearly tripled between 1975 and 2016 throughout the world.

In 2016, more than 1.9 billion adults were overweight and over 650 million were obese.

41 million children under the age of 5 were overweight or obese in 2016.

Worldwide, at least **2.8 million people die each year** as a result of being overweight or obese.

Importance of Weight Management

- Losing weight as part of weight management is important because overweight or obesity always rings the eerie and vexing alarm of health hazards.
- Being overweight increases a person's risk of health conditions such as heart problems, high blood pressure, type 2 diabetes, osteoarthritis, sleep problems, respiratory problems and more.
- The best way to lose weight is to eat fewer calories (units of energy that the body gets from food) and regular exercises.
- With every kilo of weight lost, the risk of health problems gets reduced significantly.



VESTIGE VESLIM RANGE

While losing weight is important, losing weight in a gradual and healthy manner is the key to keeping the weight off for good. The Veslim range is specially designed for weight management and to support you to feel lighter, healthier and better than ever. It gives you a way to manage healthy body weight and lead a healthier life by means of balanced nutrition.

VESTIGE VESLIM CAPSULES**

Vestige Veslim Capsules is a combination of four powerful herbal ingredients – Opuntia vulgaris, Garcinia cambogia, Coleus forskohlii and Piperine. These ingredients work towards suppressing the appetite without compromising on nutritional values to provide ample nourishment to the body. Vestige Veslim Capsules help to enhance metabolism and to increase stamina and endurance while also helping burn calories.



BENEFITS OF ACTIVE INGREDIENTS



- Help to improve metabolism.
- Help in burning calories while increasing energy levels.
- Suppress the appetite, naturally.
- Increase stamina and endurance.
- Strengthen immunity.
- Aid in weight management.

Recommended Usage:

One or two capsules on an empty stomach

VESTIGE VESLIM SHAKE

The simple science behind weight loss is to control calorie consumption and improve calorie burning. Veslim Shake helps to manage calorie intake in a healthy and nutritious way by providing you complete nutrition of a balanced meal, without overloading with unnecessary fats and calories. It is ideal for people trying to lose or maintain weight in a simple and healthy way.

Composition of Veslim Shake

It is specially formulated with a unique blend of high-quality protein and fibre sources, which keeps you full and reduces junk cravings without curbing your natural appetite. It has a delicious mango flavour and works as a low-calorie meal replacement.

1 glass of prepared Veslim Shake (per 30 g serving) provides:

- **Energy: 104 Kcal**
- **Protein: 9.78 g**
- **Fibre: 4 g**
- **22 essential vitamins and minerals**



BENEFITS OF ACTIVE INGREDIENTS

- Help in maintaining healthy body weight.
- Gradually absorb the glucose in the body.
- Help in keeping you fuller for a longer time.
- Help in maintaining healthy gut flora.
- Provide a good amount of proteins.
- Provide essential vitamins and minerals which are good for the maintenance of a healthy body.

Recommended Usage:

Mix one level scoop (30 g approx.) in 200 ml cold water or milk.
To be consumed by adults twice a day

VESTIGE VESLIM TEA*

Veslim Tea is a low-calorie drink which is a suggested healthier alternative to tea, coffee, aerated or sweetened beverages. It is enriched with green tea, green coffee beans and Garcinia cambogia extracts with a delicious honey lemon flavour that refreshes and revitalises the body instantly. The ingredients help in weight management by boosting metabolism, blocking enzymes responsible for fat synthesis, promoting fat burning and blocking fat production. Veslim Tea taken in conjunction with a balanced diet is great for individuals looking for a healthy way to manage their weight.



BENEFITS OF ACTIVE INGREDIENTS



- Help in improving metabolism.
- A healthy alternative against carbonated and other aerated beverages.
- Help in the burning of fat.
- Help to keep the body energetic.
- Aid in weight management.

Recommended Usage



Take 1 teaspoon of
Veslim Tea (5 g approx.)



Mix in a cup of hot
or cold water (180 ml)



Add honey or
Stevia if required



Stir well and sip
the goodness

Caution:

Restrict caffeine intake to 150 mg per day.

■ WHY IS PROTEIN SIGNIFICANT?

Protein is an essential intake for your everyday diet. Getting enough protein is vital for good health. Therefore, the Recommended Daily Intake (RDI) for protein is 60 grams per day. However, researchers are continuously arguing over fixing a standard intake quantity. While one section of them is of the opinion that the RDI is correct, the other holds the view that protein intake should vary according to a person's age, health, physical state, daily activities, etc thus they advocate that protein should be taken according to each individual's bespoke requirement. The intake quantity of protein might differ but definitely, everybody needs optimum protein in their daily diet. Protein provides energy and supports mood and cognitive function in the human body. While protein is consumed by us every day in some or other format, due to several factors the adequate amount of it is not taken and hence it causes protein deficiency in our bodies.

■ THE HEALTH BENEFITS OF PROTEIN

- It helps your immune system function properly, maintains heart health and respiratory system, and it speeds up the revival of energy after a workout.
- It is vital to the growth and development of children and for maintaining good health in the golden years of life.
- It helps reduce the risk of diabetes and cardiovascular diseases.
- It improves mood and boosts the resistance to stress, depression and anxiety.
- It helps the body to maintain a healthy weight by curbing appetite, making you feel full longer, and fuelling you with extra energy for exercising and physical activities.



VESTIGE PROTEIN POWDER*



What is Vestige Protein Powder?

Protein is a vital source of nourishment for the body for its optimum functioning and improving overall well-being. It is made up of amino acids that form the building blocks for growth, energy and healthier life.

Protein constitutes about 16% of our total body weight. Muscle, hair, skin, and connective tissue are mainly made up of protein. Protein plays a major role in the development of the cells and most of the fluids in our body. In addition, many of our body parts, important chemicals– enzyme, hormones, neurotransmitters, and even our DNA – are, at least, partially made up of protein. Although our bodies are good at “recycling” protein, our protein reserves get consumed constantly, so it is important to continually replace it. Our bodies cannot manufacture nine amino acids, so it is important to include all these amino acids in our diets.



BENEFITS OF ACTIVE INGREDIENTS

Vestige Protein Powder is ideal for the entire family and provides the body with all essential amino acids. It is a healthy mixture of whey protein and soy protein, which has high protein content. Soy protein is made from soy meal by removing most of the fats and carbohydrates, yielding a product with 90% protein.

It is a soluble, easy to digest protein powder and is quickly absorbed into the body. It is beneficial especially for general wellness, bone health and in sports nutrition. Adding Vestige Protein Powder to one’s diet supports the health and overall strength of the body and can help prevent various health complications.

Recommended Usage:

Add one tablespoon (Approx 10 g) of Vestige Protein Powder in a glass of milk, juice, soup or water. Add sugar, sweetener or other flavours as per your taste. Shake well in a jar or container. For better taste, add fresh or frozen fruits. Can be added to flour, gravies, etc. as well. Consume twice a day.



JOINTS & BONES HEALTH

JOINTS & BONES HEALTH

Bone and joint conditions are the most common cause of severe long-term pain and physical disability affecting millions of people worldwide. Among ageing Indians, major problems that affect joints and bone health are arthritis, osteoporosis and back pain. Arthritis develops gradually over several years. Its main symptoms are redness and inflammation of joints. There are many forms of arthritis. The most common type of arthritis is, Osteoarthritis – associated with wear and tear of cartilage.



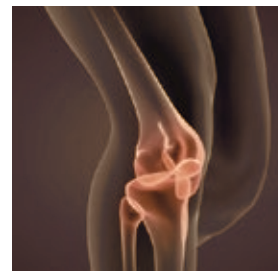
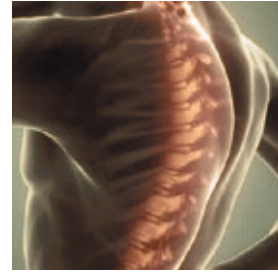
WHO IS AT RISK?

It can affect anyone regardless of their age, gender or race.

Women are affected more than men. They usually develop osteoarthritis after the age of 40. Major causes of these bone and joint related conditions are hereditary factors, infections (bacterial and viral) and lack of joint fluid. With age, the structure of bone changes and results in loss of bone tissue, that weakens bones and increases the risk of fractures from a sudden bump or fall.

AGE RELATED CHANGES IN BONES AND JOINTS

- An inactive lifestyle causes bone wastage.
- Menopause and hormonal changes in women triggers the loss of minerals in bone tissue. In men, the gradual decline in certain hormones leads to the later development of osteoporosis.
- Bones lose calcium and other minerals with age.
- Bones are cushioned by cartilage that lines the joints. A lubricating fluid inside the joint (synovial fluid) allows joints to move freely.
- With age, joint movement becomes stiffer and less flexible because the lubricating fluid inside the joints decreases and the cartilage becomes thinner due to excessive wear and tear.
- Ligaments also shorten and lose flexibility, making joints feel stiff. Many of these age-related changes in bones and joints are caused by lack of exercise. Movement of the joint helps keep the fluid moving. Nutritional supplements also help to relieve symptoms of arthritis, osteoporosis and the pain associated with it. In addition to supplements, intake of adequate milk, fruits and vegetables also promotes healthy bone formation.



7 TIPS FOR HEALTHY BONES



RECOVER DURING SLEEP

Your mattress should provide enough comfort and stability to rest your spine, not stress it.



WORK IT OUT

Perform low impact exercises like yoga or swimming to strengthen the muscles around your joints.



STRETCH

Be sure you have enough room to move around. Hold stretches for 20-30 seconds.



STOP SMOKING

Tobacco restricts blood flow to the tissues around your spine.



GET YOUR VITAMIN C

Vitamin C is essential to help your body generate collagen that keeps cartilage strong. Try papayas, bell peppers, cauliflower as well as oranges.



INVEST IN GOOD SHOES

Look for shoes with cushion or inserts to distribute your weight evenly across your whole foot.



SEE YOUR DOCTOR

An orthopaedic specialist will be able to work with you to create a better lifestyle and provide relief.

PREVALENCE OF JOINT PROBLEMS IN INDIA

- According to the World Health Organization (WHO), 1 in 6 people suffer from arthritis in India.
- Osteoarthritis is the second most common joint problem and it is the most frequent joint disease with a prevalence of 22% to 39% in India.
- Osteoarthritis is more common in women than men.
- 80% of those with osteoarthritis have limitations in movement and 25% cannot perform their major daily activities of life.



VESTIGE COLLAGEN*



What is Collagen?

Collagen is the major structural protein in healthy joints and the most abundant protein found in the human body. It maintains strength and flexibility throughout the body. It is the main building protein in bones, cartilage, skin and other connective tissues. Different cells in our body tissues are responsible for production of collagen and they use specific amino acids and peptides as the base to produce the large collagen helix structure. As we age, collagen production slows down in the body which can lead to wrinkles on skin, brittle bones and accelerates the degeneration of joint cartilage.



What are Collagen Peptides?

Collagen peptides are a highly bioavailable form of collagen. They act as building blocks and help in renewing tissues, such as skin, bones and joints. Numerous scientific studies have demonstrated collagen peptides' health benefits. Key areas of benefit include healthy ageing, joint and bone health, sports nutrition and skin beauty. Collagen peptides are cold water-soluble and highly bioavailable and bioactive. This makes them a better option for people looking to supplement their diet with collagen.

| INGREDIENTS | FUNCTIONS |
|------------------|---|
| Collagen Peptide | Collagen peptides used in the formulation is easily absorbed by the body and makes itself rapidly available to the connective tissues. It helps in reduction of inflammation. It also helps to ease pain in people with stiff and immobile joints, especially to those suffering from conditions like osteoarthritis. |
| Rosehip Extract | Rosehip extract eases joint pain and also improves joint health by reducing stiffness. |
| Vitamin C | Vitamin C is an essential nutrient required for supporting natural collagen synthesis in body. |

BENEFITS OF ACTIVE INGREDIENTS

- Helps in maintaining healthy tissues.
- Helps in supporting joint health.
- Helps in improving the flexibility of the joints.
- Helps in reducing the inflammation.
- Helps to ease pain in people with stiff and immobile joints.
- Supports natural collagen synthesis in body.
- Helps in maintaining muscle health.

Recommended Usage: One sachet to be dissolved in 100 ml water. Use twice a day.

VESTIGE GLUCOSAMINE*



What is Glucosamine?

Glucosamine is the main building block for semi-fluids that lubricate the joints. Glucosamine is Glucosaminoglycan (GAG), a component of all human tissues, especially high in concentration in the cartilages. GAGs are a long chain of amino acids that are found in high concentration in sea shells. It is naturally synthesised by addition of an amino group to glucose, followed by acetylation. Its main contents are glucose, glutamine and sulphur. Glucosamine is an essential component for the body's synthesis of lubricants and shock absorbing mechanisms necessary to maintain and restore healthy joint performance.



What is Chondroitin?

Chondroitin is a molecule that occurs naturally in the body. It is a major component of cartilage, the tough connective tissue that cushions the joints. Chondroitin helps to keep cartilage healthy by absorbing fluid (particularly water) into the connective tissue. It may also block enzymes that break down cartilage, and it provides the building blocks for the body to produce new cartilage. Glucosamine is often combined with Chondroitin, a molecule naturally present in cartilage, together they stimulate the creation of proteoglycans that lubricate and nourish joints. Chondroitin gives cartilage elasticity and is believed to prevent the destruction of cartilage by enzymes. Glucosamine and Chondroitin, combined together, are proven to act and help beneficially in case of osteoarthritis because of their ability to aid and repair the cartilage and prevent further damage.

GLUCOSAMINE HYDROCHLORIDE

As we age, the body's ability to produce glucosamine can decrease and this causes joint cartilage to lose its water holding capacity. The cartilage breaks and becomes less effective as a shock absorber, leading to joint stiffness. Supplementing the body's natural glucosamine production can help to repair and rebuild worn or damaged cartilage. As the condition of the joint cartilage improves, pain is reduced and mobility is increased.

BENEFITS OF ACTIVE INGREDIENTS

- Glucosamine may be helpful in the building of new cartilage and the protection and maintenance of existing cartilage.
- It is also known to stimulate synovial fluid production and assists in lubrication of joints.
- It may help in the easing of pain and inflammation.

Recommended Usage:

Two tablets twice daily after meals

VESTIGE CALCIUM**

What is Calcium?

Calcium is the most abundant mineral in human body. It is essential for the development and maintenance of strong bones and teeth, where about 99% of the body's calcium is found. The remaining 1% of calcium circulates in the bloodstream, where it performs a variety of important functions. It helps to contract muscles and helps regulate the contractions of the heart. It plays a vital role in the transmission of nerve impulses and in blood clotting. Calcium helps in the stimulation of contractions of the uterus during childbirth and in milk production. It also regulates the secretion of various hormones and aids in the functioning of various enzymes within the body.

When we take Calcium, it is absorbed in the small intestine and passes into the bloodstream and ultimately into the bones. Calcium deficiency can lead to rickets and poor blood clotting.



What is Vitamin D3?

Vitamin D3 is a fat-soluble vitamin that is naturally present in very few foods, added to others, and available as a dietary supplement. It is also produced endogenously when ultraviolet rays from sunlight strike the skin and trigger Vitamin D synthesis.

Vitamin D3 helps to prevent rickets, bone loss, post-menopausal osteoporosis and protects against muscle weakness. It helps prevent falls and fractures in those at risk for osteoporosis, corticosteroid-induced osteoporosis, and osteomalacia. The vitamin also helps in case of hypoglycemia, bone disorders, psoriasis, squamous cell cancers, vitiligo, and scleroderma.

BENEFITS OF ACTIVE INGREDIENTS

- Calcium Carbonate along with Vitamin D3 help in the maintenance and development of healthy bones and teeth.
- They improve overall well-being and promote longevity.
- The combination might be useful in increasing bone density and reducing the chances of fracture in older women and men.
- Calcium Carbonate and Vitamin D3 may be helpful in treating Osteoporosis.

Recommended Usage: Two tablets per day after meals

10 CALCIUM-RICH FOODS

The recommended daily calcium intake for the average person is 600 mg.



Yoghurt

An excellent choice, with one cup containing about 300 mg of calcium.



Almonds

A 30 g serving contains 75 mg of calcium.



Milk

200 ml of milk contains about 240 mg of calcium, making this a great option.



Chickpeas

200 g of cooked chickpeas have a calcium content of 99 mg.



Fresh Cottage Cheese

200 g of cottage cheese contains 138 mg of calcium.



Rhubarb

A solid choice 348 mg of calcium in a single cup.



Dried Figs

13 mg of calcium per each individual fig.



Spinach

Greens are good for you! 1/2 cup of cooked spinach contains 122 mg of calcium.



Dates

A tasty treat! Each date contains around 15 mg of calcium.



Sardines

Not only does 60 g of this fish provide you with 240 mg of calcium, it also gives the body high-quality protein and omega-3 fatty acids.





GLYCEMIC HEALTH



GLYCEMIC HEALTH

Glycemic Health refers to healthy level of blood sugar. Continuous high levels of blood sugar cause diabetes. Studies show that cases of pre-diabetes and diabetes are continuously increasing in India. India had 69.2 million diabetics in 2015, according to the WHO, and the forecast is that there will be 98 million diabetics by 2030, as per a research published in the Lancet Diabetes & Endocrinology Journal on 21 November 2018. This rise in unhealthy sugar levels coincides with several other risk factors like:

- Obesity
- Hypertension or high blood pressure
- High levels of cholesterol
- Cardiovascular disorders

Diabetes, often referred by doctors as diabetes mellitus, describes a group of metabolic diseases in which an individual has high blood glucose (blood sugar) either because insulin production is inadequate or because the body's cells do not respond properly to insulin, or both. Patients with high blood sugar will typically experience polyuria (frequent urination); they will become increasingly thirsty (polydipsia) and hungry.

Diabetes is one of the primary reasons for adult blindness, end-stage renal disease (ESRD), gangrene and amputations. Obesity, sedentary lifestyles, stress, tension, lack of exercise and family history increase the possibility of diabetes. Diabetes might also lead to kidney failure, cardiovascular problems and neurological disorders.

5 TIPS FOR DIABETIC CARE



Do more physical activities

Regular physical activities, eg, exercise, jogging, walking or swimming, can help you lose weight, lower your blood sugar and boost your sensitivity to insulin - which helps keep your blood sugar within a normal range.



Get plenty of fibre

Foods high in fibre such as fruits, vegetables, beans, whole grains, nuts and seeds help to reduce the risk of diabetes by improving blood sugar levels and lowering the risk of heart disease.



Go for whole grains

Whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains.



Lose extra weight

If you are overweight, diabetes prevention may hinge on weight loss. Every kilo you lose can improve your health, and you will eventually feel lighter and happier.



Eat small, frequent meals

Break the traditional three square meals up into smaller meals, taken with a shorter gap in between. Doing so will help manage your blood sugar levels while cutting down on the calories you consume and imbuing the body with energy.

VESTIGE NEEM[^]

What is Neem?

Neem or *Azadirachta indica* is a tree in the mahogany family *Meliaceae*. In East Africa, it is also known as *Muarubaini* in Swahili, which means the tree of the 40, as it is said to treat 40 different diseases. In India, the tree is variously known as "Divine Tree," "Heal All," "Nature's Drugstore" or "Sarvaroghari" for all diseases. In Arabic it is called *neeb*.

Products made from Neem have proven medicinal properties, being antiparasitic, antifungal, anti-diabetic, anti-bacterial and anti-viral as well as being helpful for blood circulation. It is also helpful in reducing the requirement for insulin by 60-70%, however, the glucose levels remain intact. Oral doses of neem oil significantly reduce insulin requirements for insulin dependent diabetes and have also been scientifically proven to be effective in treating and preventing diabetes.



BENEFITS OF ACTIVE INGREDIENTS



- Neem aids in the detoxification of blood. It helps in the maintenance of healthy skin and aids in the prevention of skin disorder.
- Neem oil is antifungal and insecticidal in nature.
- In India, it has been used in traditional medicine for skin infections and allergies. Neem flowers are also used in Indian cooking as they improve digestion.
- Traditionally, tooth cleaning was done by chewing of slender neem branches. Neem leaf paste is applied to the skin to treat acne.

Dosage:

One to two capsules daily or as directed by a physician



**Ayurvedic Proprietary
Medicine**

Caution:

Take the advice of health practitioner before using these products during or after pregnancy.

VESTIGE STEVIA

What is Stevia?

A South American native sweetener plant of sunflower family, *Stevia rebaudiana*, commonly known as sweet leaf, sugar leaf, or simply stevia, is the only natural sweetener. Stevia's taste slowly sets in and stays longer than the taste of sugar. It is the only natural sweetener which does not have any side effects. Stevia extracts are usually 300 times sweeter than sugar and are preferred as a very low-calorie substitute to sugar. Opposed to sucrose, which is what normal table sugar consists of, stevia sweetens food in a similar way as sugar, but it contains rebaudioside, which is a non-carbohydrate glycoside compound. When rebaudioside breaks down, the glycoside-containing particles are absorbed by the bacteria in the colon, rather than being absorbed into the bloodstream and affecting glucose levels in the body. It is believed to reduce the calories from the food which makes it a suitable option for the calorie-conscious as well as diabetics.



BENEFITS OF ACTIVE INGREDIENTS



Rebaudioside in stevia is a 100% natural sugar substitute. Unlike other artificial sweeteners, it does not have a bitter after-taste. The alkaloids in stevia extracts are helpful to diabetics and the weight-conscious.

Suggested Usage:

Stevia can be used as a replacement of sugar. Vestige Stevia is a preferred choice over stevia extracts as it does not have a bitter after-taste.

Advisory:

This product is a natural sweetener. Not recommended for children.



DETOX &
REJUVENATION

DETOX & REJUVENATION

Detoxification is the process of removal of toxins or other harmful substances from the body. Our body is constantly working towards eliminating metabolic waste and toxins with the help of the liver, kidneys, lungs, skin and intestines. The circulatory, digestive and lymphatic systems assist the body in this task. But with the change in living conditions and habits over the years, the amount of external toxins that enter our body has increased considerably. Consumption of junk food, medicines, food additives, pesticides, use of cosmetics and exposure to environmental and chemical pollutants increases the workload on the body's detox system and leads to accumulation of harmful toxins in the body. Sluggish metabolism, chronic constipation, bloating, irritability, fatigue, bad breath, body pains, insomnia, uneven skin and premature ageing are some of the signs of toxin build-up in the body.



7 DETOX TIPS DAILY



Drink lemon water in the morning on an empty stomach.



Drink fruit infused water throughout the day.



Drink herbal teas throughout the day.



Eat whole foods rich in fibre, antioxidants and healthy fats.



Get moving and sweat out those toxins.



Spend some time outdoors and breathe in the fresh air.

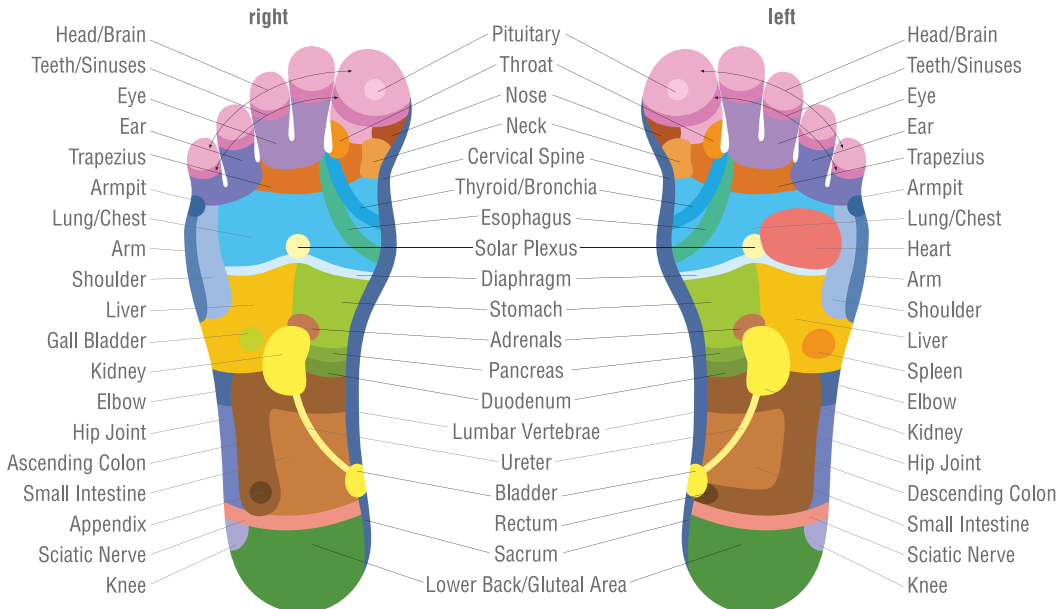


Take an Epsom salt detox bath before bed.

FOOT REFLEXOLOGY

Foot Reflexology encourages the body to work naturally to restore its own healthy balance. A high build-up of toxins means that the body simply cannot maintain the normal cleansing performance required to maintain optimal health. Over time, if these toxins are not removed, they may lead to various debilitating and chronic health conditions.

However, once the various body components that may have been adversely affected by the toxins are cleansed, the body makes its natural adjustments to return to its original state of health. Also, as the body releases these toxins, the negative health symptoms that may have been caused by the toxic overload usually start to recede and may even disappear altogether.



FOOT REFLEXOLOGY CHART

VESTIGE DETOX FOOT PATCHES

What is Detox Foot Patch?

Detox Foot Patches help to absorb toxins from the body while sleeping. Every day approximately 400 toxins invade our body in the form of food, water, air, alcohol, medicines and tobacco, etc.

It took Japanese scientists over 24 years of research to develop this technology. Vestige Detox Foot Patches is a product that helps to remove heavy metals, metabolic wastes, toxins, microscopic parasites, mucus, chemicals and much more from the body in a natural way.



According to Chinese medical knowledge, our body has over 360 acupuncture points, with more than 60 acupuncture points found on the soles of the feet. It is known as the “second heart” on account of pumping action that occurs whenever a person walks, which lifts the blood up again to the heart by applying pressure. If you neglect taking care of the soles of your feet, then the toxins get deposited and build up in the body. Exposure to toxins also results in sickness, susceptibility to allergies, frequent mood swings, stress, tension, lowered immunity and weight gain.

BENEFITS OF ACTIVE INGREDIENTS

- They work on the principles of foot reflexology.
- They help in removing toxins from the body.
- Improve our immune system.
- Promote better health & longevity.

Suggested Usage:

- Simply apply a Detox Foot Patch to the soles of your feet, before going to bed.
- You will see a change in the smell and colour of the patch in the morning.
- This is a patch for external use only. Not for medicinal use.
- Drink plenty of water to assist complete detoxification.

VESTIGE GANODERMA[^]

What is Ganoderma?

Ganoderma lucidum, *reishi* or *lingzhi*, is a type of mushroom used to promote health and longevity in traditional Chinese medicine. It is also known as the “King of Herbs” and the “Miracle Mushroom” because of its miraculous health benefits. Its usage extends to almost every system of the body. Not only is it believed to heal physical ailments, it is said to bring about a peaceful state of mind as well. It contains effective antioxidants, which help in strengthening the immune system and detoxifying the body. It has stress-relieving properties that refresh the body and calm the nerves. It also promotes stamina and endurance to fight fatigue and illness. It enhances overall wellness of the body as it is a rich source of essential vitamins and nutrients.



KNOWN GANODERMA FACTS

- The Ganoderma mushroom is one of the world's best natural marvels. It has been used for medicinal purposes in China for around 2,000 years, making it one of the oldest mushrooms to be used this way.
- Ganoderma lucidum is also known as the *reishi* and *lingzhi* mushroom.
- *Reishi* is a Japanese word that translates as “supernatural mushroom.”
- Ganoderma is the genus of a group of closely related species of fungi that are known to have beneficial properties.
- Because Ganoderma lucidum respire just like humans - oxygen in and carbon dioxide out - it helps add a quality source of oxygen to the body.

GANODERMA IS BASED ON FOUR ESSENTIAL PILLARS

1. Prevention: Aims at building up and strengthening the immune system.
2. Detoxification: Aims at controlling or reducing the damage caused by toxins and free radicals.
3. Normalisation: Seeks to restore the metabolic balance of the body and also fight stress.
4. Supplementation: Aims at providing proper nutrition to the body.

BENEFITS OF ACTIVE INGREDIENTS

- Polysaccharides, peptidoglycans, and triterpenoids are the main bioactive components in Ganoderma that revitalise the body cells.
- Ganoderma lucidum helps in the revitalisation of the cells by removing free radicals.
- Ganoderma has natural polysaccharides that act as a cleanser for our body.

Dosage: One capsule thrice daily, or as directed by a physician



Ayurvedic Proprietary Medicine

Indication: Useful as immune booster, Rasayan.

Caution: Take the advice of health practitioner before using these products during or after pregnancy.

VESTIGE FIBRE*



What is Fibre?

Fibre, also known as roughage or bulk, includes all parts of plant foods that your body can't digest or absorb. Unlike other food components, such as fats, proteins or carbohydrates - which your body breaks down and absorbs - fibre isn't digested by your body. Instead, it passes relatively intact through the stomach, small intestine, colon and out of the body. It is a blend of three natural soluble fibres - Chicory root extract, Maltodextrin and Guar Gum. Soluble fibres attract water and form a gel, which slows down digestion. It also adds bulk to your diet and makes you feel full faster, helping in weight management.



BENEFITS OF ACTIVE INGREDIENTS



- Fibre is a low calorie yet high fibre product that adds to the daily requirement of fibre and helps to maintain a healthy digestive system.
- Helps support in controlling weight.
- Soluble fibre may help lower total blood cholesterol levels by lowering "bad" cholesterol levels.
- Soluble fibre may also help to slow the absorption of sugar and help improve blood sugar levels.

Recommended Usage:

Dissolve and mix properly 1 teaspoon (6 g Approx) in 250 to 300 ml fresh water or juice and mix for 30 to 60 seconds. For adults and children 6 years and above, take 1 teaspoon twice a day.

Caution:

Not recommended for infants and children below the age of 5 years and for pregnant or lactating women.

5 TIPS for increasing fibre intake

- Eat whole fruits instead of drinking fruit juices.
- Replace white rice, bread and pasta with brown rice and whole grain products.
- For breakfast, choose cereals that have a whole grain as their first ingredient.
- Snack on raw vegetables instead of chips, crackers, or chocolate bars.
- Use beans or lentils as the main protein source for dinner once or twice a week.

VESTIGE CURCUMIN PLUS[^]

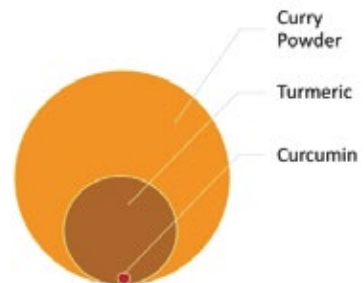
What is Curcumin?

Curcumin is a naturally occurring chemical compound found in turmeric. It has been used extensively in Ayurvedic medicine for centuries, as it is non-toxic and has been shown to have a wide variety of therapeutic effects, ranging from anti-inflammatory, chemopreventive and antiproliferative. Curcumin is now being recognised and used worldwide in many different forms for multiple potential health benefits. It is used in cosmetics, food flavouring and as a food colouring ingredient. Curcumin's potent antioxidant properties play an important role in the initial stages of carcinogenesis and it makes chemotherapy more effective while protecting healthy cells from damage.



DIFFERENCE BETWEEN TURMERIC & CURCUMIN

Turmeric root is harvested, cleaned, dried, and powdered to be used as a spice and as a medicine. But, turmeric root contains about 2-5% curcumin on average, so taking an unstandardised, powdered turmeric root product means that very large amounts would be required to get a beneficial amount of curcumin. While turmeric is excellent when used as a spice, a curcumin extract is a better choice for specific health benefits.



BENEFITS OF ACTIVE INGREDIENTS



- **Curcumin:** A potent antioxidant, anti-inflammatory and analgesic. Supports respiratory function, cardiovascular function, joint health and flexibility. Prevents abnormal cell growth.
- **Amla tannins:** Potent antioxidant and anti-ageing ingredient.
- **Piprine:** Helps in increasing the bio-availability of the nutrients. It has anti-inflammatory properties and improves metabolism.

Dosage: One capsule thrice daily or as advised by a physician



Ayurvedic Proprietary Medicine

Indication: Sheet Pita (Urticaria), Tvag Roga

VESTIGE EYE SUPPORT*



Importance of Eye Support

Just as it is important to keep our body healthy, we also need to keep our eyes healthy. Eyes play a major role in mobility, function and enjoyment of life. When it comes to common vision problems, some people don't realise that they have eye problems. Many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration often have no warning signs.



COMMON EYE ISSUES INCLUDE:

- Eyestrain
- Red Eyes
- Blurred Vision
- Eye Irritation
- Dry Eyes
- Excessive Tearing
- Conjunctivitis
- Corneal Diseases
- Eye Allergies

Factors Affecting Eye Health



TASKS

- Lack of skill required in performance of task
- Infrequency of breaks
- Number of hours in front of the computer per day
- Time pressure
- Need to alternate viewing of display with viewing of documents

PERSON

Improper Corrective Lenses

- Poor correction
- Tinting
- Bifocals

Age

- Older workers are less affected by flicker

ENVIRONMENT

- Overly strong peripheral lighting
- Lack of contrast in display
- Undue amount of flicker in display
- Incorrect distance between eyes and display

BENEFITS OF ACTIVE INGREDIENTS

- **Marigold Flower:** Marigold contains the antioxidants lutein and zeaxanthin, both of which are located in the eye but body does not naturally produce them. They neutralise free radicals associated with oxidative stress & retinal damage and help protect eyes from harmful light waves like UV rays in sunlight. Studies suggest that a high level of lutein & zeaxanthin in eye tissue is linked with better vision, especially in dim lighting.
- **Bilberry Fruit:** It is rich in antioxidants and also helps in improving eyesight. It helps in preventing against eye conditions like age-related macular degeneration.



Recommended Usage: Two capsules daily with meals





WOMEN'S HEALTH

WOMEN'S HEALTH

Modern lifestyle poses a major burden on women's health. Empowering them with knowledge of health is the key to women empowerment. Women's health is of great importance because a healthy woman nurtures a healthy family. Apart from their regular jobs and business, women are often occupied with daily household chores and they don't get time to take care of their health. Understanding about various health conditions affecting them and their prevention are important to stay healthy.

Women, as the main agents of primary health care, play an essential role in maintaining family and community health. They are the nurturers and caretakers of the young, the old, and the sick and they exert an important influence on health habits in the family. Taking good care of their health through a well-balanced diet and adequate nutrition is, therefore, important for the society as a whole.

Common health conditions affecting women usually relate to their reproductive organs, hormonal fluctuations during menstruation, pregnancy, lactation and menopause, and conditions relating to the bones and joints. Sufficient bone density is needed to prevent osteoporosis. Women are at greater risk of developing osteoporosis than men, particularly after menopause. Adequate store of folic acid is essential for fertility and foetal development. Iron deficiency is a major cause of low haemoglobin levels and anaemia in women. A healthy waistline lowers the risk of cardiovascular disease and other chronic diseases. Women must also load up on the nutrients that are essential to prevent chronic diseases in the future.

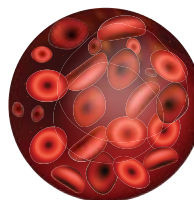
WOMEN'S HEALTH WISDOM

- Get enough sleep, which is usually about 7-8 hours.
- Plan your daily menu around fruits and vegetables, whole grains and lean protein.
- Lose weight sensibly with a balanced diet and regular exercise, not fad diets.
- Take time for personal, intellectual or creative pursuits that you find relaxing.
- Be aware of your personal habits that increase your chances for illness and injury.
- Get at least 30 minutes of heart-pumping exercise most days of the week.
- Work with your health care provider to get the check-ups and screenings right for your age and health issues.
- Watch out for depression; if emotions are keeping you down, get help.
- Increase self-awareness about your body to notice changes that might warrant a call to your health care provider.
- Protect your skin from the sun's harmful rays.

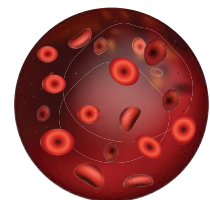
COMMON DISEASES AMONG WOMEN

Anaemia

Anaemia is a condition that develops when your blood lacks enough healthy red blood cells or haemoglobin. Women in the childbearing years are particularly susceptible to iron-deficient anaemia because of the blood loss from menstruation and the increased blood supply demands during pregnancy.



NORMAL



ANAEMIA

Thyroid Disease

Thyroid is a small butterfly-shaped gland found at the base of your neck, just below your Adam's apple. The thyroid hormone controls body's metabolism and other important functions. A malfunctioning thyroid gland impacts a woman's health adversely.

Symptoms:

- Fatigue
- Hair loss
- Excess weight gain/loss
- Muscle weakness
- Dryness/thinning of hair
- Joint pain
- Puffy face
- Hoarse voice

Cardiovascular Diseases

Heart disease is the most common cause of death for both women and men. One challenge in detecting heart disease in women is that some symptoms may be different from those in men.

Symptoms:

- Chest pain
- Shoulder pain
- Nausea
- Shortness of breath
- Severe headaches
- Fatigue
- Vision problems
- Breathing difficulties
- Blood in urine
- Pounding in the chest

Breast Cancer

This is the most common form of cancer in women. It begins in the tissues of the breasts, where the cancer cells may form a tumour. It is important to note that not all tumours are cancerous.

Symptoms:

- A lump in or near a breast or in your arm.
- Thick or firm tissue in or near your breast or under your arm.
- A change in size or shape of your breast.

PCOD

PCOD or PCOS (Polycystic Ovarian Disease or Syndrome) is a medical problem in which the hormonal levels of oestrogen and progesterone get disturbed. This induces growth of small cysts in the ovaries.

Symptoms:

- Excessive hair on body and face.
- Weight gain.
- Abnormal periods.
- Pain and heavy bleeding during periods.
- Despondency and anxiety.
- Problems pertaining to fertility and pregnancy.

Osteoporosis

This is a condition in which bone density decreases. Osteoporosis is a major health concern for women, especially after menopause. It is said that one of every two women over 50 suffer a fracture related to osteoporosis in their lifetime.

Symptoms:

- Back pain caused by a fractured or collapsed vertebrae.
- Loss of height over time.
- A stooped posture.
- A bone fracture that occurs much more easily than expected

Hormonal Imbalance

Hormones are the body's chemical messengers and they travel around the bloodstream telling tissues and organs what to do. They help control many of your body's major processes, including metabolism and reproduction. When you have a hormonal imbalance, you have either too much or too little of a certain hormone. Even tiny changes can have serious effects on the body.

Symptoms:

- Weight gain
- Dry skin
- Water retention
- Pain, muscle stiffness, or swelling in your joints
- Depression, nervousness, anxiety, or irritability
- Decreased sex drive
- Infertility
- Heavy or irregular periods, including missed periods
- Excessive hair on the face, chin, or other parts of the body
- Acne on the face, chest, or upper back
- Thinning hair or hair loss
- Darkening of skin, especially along neck creases
- Vaginal dryness

Urinary Tract Infection

Women have shorter urethra than men, which shortens the distance that bacteria travels to reach the bladder, therefore, the infections are more commonly found in women. Urinary tract infections are common in women, and many women experience more than one infection during their lifetimes.

Symptoms:

- Burning with urination
- Increased frequency of urination without passing much urine
- Increased urgency of urination
- Bloody urine
- Cloudy or milky urine
- Urine that has a strong odour
- Pelvic pain in women

VESTIGE CRANBERRY*

What is Cranberry?

Vestige Cranberry is a unique combination of two powerful ingredients, cranberry extract and D-Mannose that promotes maintenance of healthy urinary tract. Cranberry is a native evergreen shrub that grows throughout North America. Historically, cranberry fruits or leaves were used for bladder, stomach, and liver disorders, as well as diabetes, wounds, and other conditions. Today, cranberry is used as a dietary supplement primarily for UTIs. Their citric acid content helps to manage bladder complications. D-Mannose inhibits a certain kind of bacteria to adhere to the walls of the urinary tract, thus preventing recurrence. It also acts as a prebiotic that helps to promote 'good' bacteria in the digestive system.



BENEFITS OF ACTIVE INGREDIENTS



- Rich in flavonoids, antioxidants, anti-inflammatory agents, organic acids, and polyphenolic compounds, along with high amounts of Vitamin C and dietary fibre.
- Supports oral health.
- Has citric acid which helps in maintaining bladder complications.
- Supports heart function.
- Beneficial in Urinary Tract Infections.
- Has anti-ageing properties and supports healthy skin and hair.

Recommended Usage:

One capsule once or twice daily with meals

VESTIGE SHATAVARI MAX[^]

What is Shatavari?

Vestige Shatavari Max is a powerful combination of three ingredients that has an overall benefit on the female reproductive and hormonal system. Out of the three ingredients, Shatavari is perhaps the most potent.

Shatavari or *Aragus racemosus* is known as the "Queen of the Herbs" for female health. It has been used for thousands of years as a general female tonic and hormone balancer. Shatavari has long been used to support women reproductive health by encouraging circulation, as well as healthy nervous system and hormonal function. Shatavari's main constituents are saponins that suggest its use as an oestrogen regulator. This supports not only the young women, but also women in their middle and elder years, to help them gracefully transit through the natural phases of life.



BENEFITS OF ACTIVE INGREDIENTS

SHATAVARI: Helps in balancing hormones, supports digestion and rejuvenates the reproductive system.

ASHOKA: Found effective in menstrual cramps. It stimulates the uterus by making the contractions frequent and prolonged (during the monthly cycle and childbirth). This makes it helpful in uterine haemorrhagic conditions like menorrhagia, and metrorrhagia (irregular bleeding during and after menstrual cycle). It is an excellent remedy for irregular menstrual cycles and bleeding disorders.

LIQUORICE: Liquorice helps to restore regular ovulation in women who have irregular periods. It also supports individuals with PCOS. It may help to minimise menopausal symptoms by compensating for the natural decline in oestrogen levels following menopause.

Dosage:

One capsule thrice daily or as advised by a physician



**Ayurvedic Proprietary
Medicine**

Indication:

Poustik, Stanya Vardhak.

VESTIGE FOLIC & IRON PLUS**

Iron and folic acid deficiency is the most common nutrient deficiency found in women. Deficiency of both causes anaemia, which results in decreased number of red blood cells (RBCs) or low haemoglobin levels in the blood. The goal of providing iron-folic acid supplements is to restore normal levels of iron and to replenish haemoglobin levels in the blood. Poor dietary intake of iron, accelerated increase in requirements of iron eg, during pregnancy and lactation; adolescent females and elderly can benefit with the supplementation of iron and folic acid.



BENEFITS OF ACTIVE INGREDIENTS

IRON: An important mineral that the body needs to produce red blood cells (RBCs) and in turn improves haemoglobin levels.

FOLIC ACID: Needed to form healthy cells, especially RBCs. Women of childbearing age should maintain adequate amounts of folic acid through supplements or diet to prevent birth defects.

VITAMIN C: Improves the absorption of iron from the stomach.

VITAMIN B12: Helps in maintaining the health of the nerve cells and for the synthesis of the RBCs.

ZINC: May help prevent osteoporosis in women during menopause. It also helps to strengthen the immune system.

This combination plays an important role in overall growth and development.

Recommended Usage: One to two capsules daily for adults and children above 12 years

Dietary Advice: Iron is better absorbed on an empty stomach and should be taken before meal.

Caution: Iron supplements during or after pregnancy should be taken on healthcare practitioner's advise only.

VESTIGE HAIR, SKIN & NAIL*

Perceived age is the interpretation of age based on the visual appearance of an individual, especially on the basis of their hair, skin and nails. Factors such as pollution, smoke, dust, sun exposure, mental stress, diet and lifestyle choices can lead to a person being perceived as older than their actual age. Poor hair, pallid skin and brittle nails can variously indicate deficiencies in a person's body. Healthy hair, skin and nails are a reflection of one's inner health and, hence, it becomes imperative to maintain their health.



BENEFITS OF ACTIVE INGREDIENTS

- Helps to nourish hair, skin and nails.
- Helps to retain skin moisture and prevents skin inflammation.
- Helps in preventing skin damage caused by free radicals and delays signs of ageing.
- Helps in promoting hair growth, maintaining hair volume and delays greying of hair.
- Helps in improving the strength of nails.

| Ingredient | Function |
|-------------------|--|
| Green Tea Extract | Antioxidants in green tea stimulate the hair follicles, promote hair growth and have anti-ageing properties. |
| Borage Oil | It contains fatty acids that supports hair and nail health, keeps them shiny and helps to restore the softness and moisture of skin. It is effective in conditions like brittle nails. |
| Lysine | This amino acid can prevent hair fall, promote hair growth, strengthen nails and build collagen in the skin. It also smoothens the skin and helps to reduce wrinkles. |
| Cysteine | Cysteine plays an important role in maintaining overall hair health, creating collagen and as a revitalising agent in nail growth. |
| Vitamin E | It helps to support healthy scalp and hair and nourishing and protecting our skin from free radical damage. |
| Biotin | Also known as Vitamin B7, it is essential for building proteins like keratin, helps nourish the skin and helps to strengthen weak, brittle nails. |
| Methionine | Methionine helps the body manufacture keratin, boosts collagen production and improves strength, thickness and overall quality of nails. |

Recommended Usage

Two capsules a day



AYUSANTE

AYUSANTE

Ayurveda is a holistic system of medicine that is indigenous to and widely practised in India. The word Ayurveda is a Sanskrit term meaning science of life. Ayu means life or daily living, and Veda is knowledge. Ayurveda was first recorded in the Vedas, the world's oldest extant literature. Ayurveda - India's contribution to mankind in its quest towards human longevity and well-being has been developed through millennia of medical practice and theory by several generations of physician saints and practitioners. Ayurveda is a 5000-year-old wellness practice, much before the western world even started talking about wellness. Whatever the modern world talks about wellness today had already been envisaged thousands of years back by Ayurvedacharyas.



AYURVEDA AND HUMAN POTENTIAL

Ayurveda views health and illness in holistic terms, taking into consideration the inherent relationship between individual and cosmic spirit, individual and cosmic consciousness, energy and matter. According to the teachings of Ayurveda, every human being has four biological and spiritual instincts: religious, financial, pro-creative and the instinct toward freedom. Balanced good health is the foundation for the fulfilment of these instincts. Ayurveda helps a healthy person to maintain health, and a sick person to regain health. It is a medical-metaphysical healing life-science, the mother of all healing arts. The practice of Ayurveda is designed to promote human happiness, health and creative growth. Through studying the teachings of Ayurveda, the practical knowledge of self-healing may be acquired by anyone. By the proper balance of all energies in the body, the processes of physical deterioration and disease can be impressively reduced. This concept is basic to Ayurvedic science: the capability of the individual for self-healing.

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease.”

-Definition of health by the WHO

Ayurvedic wisdom gained over 70 years of wellness practice, providing health and wellness to more than a million people.

Ayusante is guided and inspired by a strong and deep-rooted conviction that Ayurveda could provide simple and yet effective solutions to the health needs of a variety of people. Apart from products designed after meticulous research of the various Ayurvedic scriptures for their utility and relevance, Ayusante also created a holistic approach towards healthy living.

Today, having touched the lives of millions, Vestige fully realises the potential of this wonderful (ancient and traditional) system of medicine and wants Ayusante to be the pioneer in providing sustainable solutions to rising global wellness aspirations and to take Ayurveda all over the world.



POWERED BY SCIENCE

Ayurveda is a natural way to wellness. However, Ayusante found that a rigorous scientific process addressing consumer sentiment is needed to overcome the challenges that Ayurveda faces.

We focused our energies and resources on developing products, which are built on three pillars:

EFFICACY

PURITY

SAFETY

Our achievement can be stated as *“Validation of ancient wisdom through scientific interpretation”*.

This is achieved by:

- A unique understanding of scriptures that recalibrates ancient knowledge to modern applications.
 - Investigational methodologies moulded by clinical experience to validate Ayurveda.
 - Harnessing the clinical and anecdotal experience in wellness through a structured understanding of Ayurveda.
 - The symbiosis of a natural product inspired by the *Drug Discovery Program* is delivering evidence of biological efficacy to traditional wisdom.
 - Strategic alliances with leading universities and Ayurvedic Medical Colleges to substantiate therapeutic efficacy through clinical studies.
-

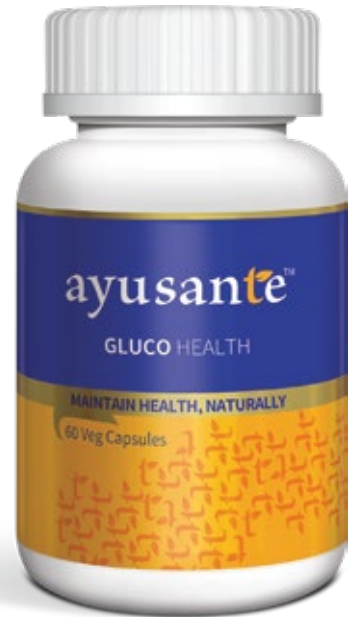
ayusante[™]

Ayusante is well-positioned to address the various challenges that Ayurvedic products face as it is powered by a pioneering entity in the world of drug research.

Renovel Discoveries Inc., based in the USA, is headed by an eminent drug discovery scientist, possessing significant expertise in drug discovery and preclinical evaluation of promising products in biological models for safety and efficacy. Evaluation methodologies adopted are widely employed by pharmaceutical companies worldwide and thus are highly credible and stand as a glowing testimony to Ayusante's commitment to delivering safe and efficacious products. Renovel Discoveries Inc., USA possess a state-of-the-art facility in California manned by some of the most brilliant minds to understand bio-mechanisms and how these natural products help maintain health and promote wellness.

AYUSANTE GLUCO HEALTH[^]

Diabetes mellitus is a common and most vulnerable disorder which paves the way to all the other chronic and life-threatening ailments like stroke, renal failure, etc. Health surveys by various organisations indicate that India is becoming the "diabetes capital of the world!" Glucohealth, a unique proprietary formulation of *Emblica officinalis*, *Curcuma longa*, *Cinnamom zeylancium*, *Pterocarpus marsupium*, *Tinospora cordifolia*, *Casearia tomentosa* and *Camellia sinesis* offers a comprehensive natural alternative for maintenance of normal glycaemic health to support and manage hyperglycaemia. The Phyto-ingredients of Glucohealth are well known for regulating appetite, lowering blood glucose levels, insulin resistance and optimising insulin secretion. The ingredients have been extensively researched and found to improve glycaemic health and also provide strength to keep the body free from chronic ailments of hyperglycaemia. In combination with a healthy diet, Glucohealth offers a comprehensive alternative for the maintenance of normal glycaemic health, naturally!



BENEFITS OF ACTIVE INGREDIENTS



- Assist the body to maintain normal glycaemic health.
- Help regulate blood glucose levels.
- Help optimise insulin secretion.
- Help reduce oxidative stress.
- Help regulate appetite.

Recommended Dosage:

Two capsules thrice daily



**Ayurvedic Proprietary
Medicine**

Indications:

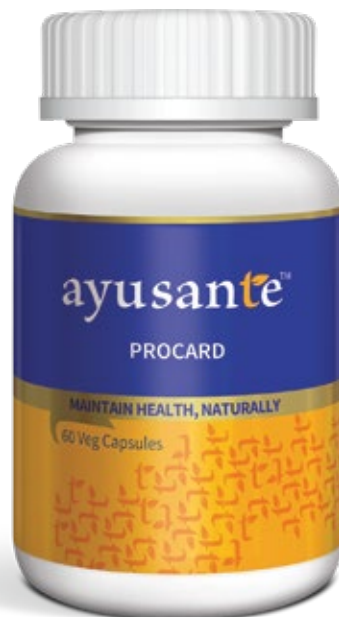
Used for Madhumeah (Diabetes)

AYUSANTE PROCARD[^]

A healthy heart is indispensable for a healthy life. Development of heart disease is an integrated function of behavioural risk factors such as smoking, unhealthy diet, physical inactivity, tobacco use and excessive consumption of alcohol.

Procard is a unique powerful formulation of Terminalia arjuna, Balsamodendron mukul, Withania somnifera, Allium sativum, Saccharum officinarum of well-known cardio-tonic and cardio-protective ingredients that offer optimal cardiovascular health. All these ingredients have been extensively researched for their beneficial effects on lipid management supporting the normalisation of lipid levels including serum cholesterol, LDL, triglycerides and HDL cholesterol and thus play a vital role in supporting cardiovascular health.

In combination with a healthy diet, Procard helps maintain cholesterol levels and may provide holistic cardio-vascular health, naturally!



BENEFITS OF ACTIVE INGREDIENTS



- Help manage lipid profile.
- Renormalise triglycerides level.
- Help reduce oxidative stress.
- Support healthy cardiovascular health, naturally!

Recommended Dosage:

One to two capsules twice daily



**Ayurvedic Proprietary
Medicine**

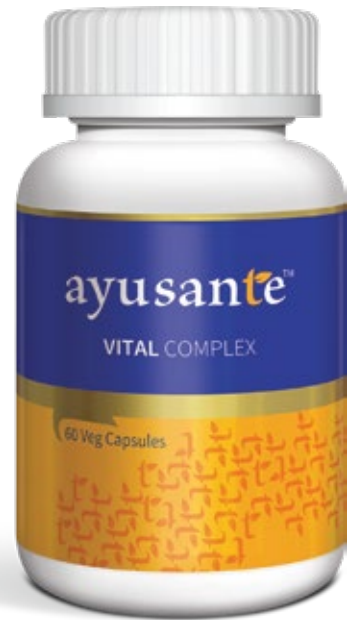
Indications:

Used for Hydrog (useful for heart related problems)

AYUSANTE VITAL COMPLEX[^]

Contaminations from air and water pollution, lack of exercise, consumption of unhealthy foods containing synthetic food additives and preservatives, smoking, excessive consumption of alcohol and stress due to environmental assaults causes oxidative stress. These are characterised by the formation of excess free radicals in the body that causes degenerative problems, like diabetes, cancer, arthritis, cardiovascular and neurological diseases.

Vital Complex is a combination of powerful natural antioxidants like *Emblica officinalis*, *Vitis vinifera*, *Camellia sinensis*, *Daucus carota*, *Yashad bhasma* (*Dus puti*), *Tagetes erecta* that act as a shield to protect from degenerative diseases and also provide strength, vigour and vitality to lead a healthy life. Power-packed with anti-oxidant rich Phyto-actives, this composition helps the body to fight against oxidative stress, tackles fatigue and nourishes body tissues. It contains those beneficial ingredients, which improve visual function and render to protect the structural and functional integrity of the cells during oxidative stress. Vital complex acts as a shield against degenerative diseases and also provides strength, vigour and vitality naturally!



BENEFITS OF ACTIVE INGREDIENTS



- Protect from the damage of oxidative stress.
- Help nourish body tissues.
- Accelerate cell regeneration processes.
- Tackle fatigue.
- Help improve visual function.
- Has anti-ageing effects.

Recommended Dosage:

One capsule twice daily



*Ayurvedic Proprietary
Medicine*

Indications:

Rasayan and Poshtik (health tonic for general wellness)

AYUSANTE TOXCLEAN^

Internal body cleansing, also known as detoxification, is an essential step in maintaining optimal health. Our body accumulates toxins over time due to polluted air, water and food, consumption of high fat, low nutrition diet, improper lifestyle regimen such as lack of exercise, obesity, smoking, etc. All these lead to a compromised health state, as our body loses the natural ability of detoxification.

ToxClean is a unique powerful formulation of natural ingredients like *Emblica officinalis*, *Terminalia bellirica*, *Terminalia chebula*, *Azadirachta indica*, *Curcuma longa*, *Swertia chirata*, *Cassia angustifolia*, *Piper nigrum* that are known to help regulate digestion, relieve constipation, flush out body toxins, cleanse the colon and purify the blood. They are well-researched for their antimicrobial, anti-allergic and laxative properties. It helps colon cleansing and thus expelling various toxins from our body. The liver plays a major role in the process of detoxification. Phyto-actives present in the formulation are well researched for their hepato-protective activity. ToxClean assists in the detoxification process and offers holistic health, naturally!



BENEFITS OF ACTIVE INGREDIENTS



- Maintain normal colon health.
- Regulates digestion and metabolism.
- Minimise acne, acute and chronic skin ailments promoting healthy skin.
- Help purify blood.
- Relieve mild constipation.

Recommended Dosage:

One capsule twice daily



*Ayurvedic Proprietary
Medicine*

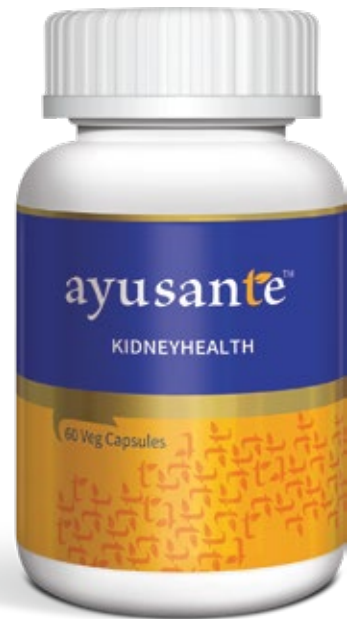
Indications:

Rakta Sodhaka (helps in purifying blood)

AYUSANTE KIDNEYHEALTH[^]

The kidneys are two bean-shaped organs, each about the size of a fist. They are important because they keep the composition of the blood stable, which lets the body function. Our kidneys filter wastes and excess fluids from the blood, which are then excreted through urine. Common kidney-related diseases which are prevalent in India are kidney stones, urinary tract infection (UTI) and others. In order to keep ourselves healthy, kidneys need absolute protection from these diseases.

A combination of *Emblica officinalis*, *Crataeva nurvala*, *Tribulus terrestris*, *Saxifraga ligulata* wall, *Tinospora cordifolia*, *Phyllanthus niruri* and *Swet parpati* is a preparation that deals with the problem of stones in the kidney. The ingredients help in providing relief from the symptomatic problems like frequent urination, urinary tract infection and also neutralises the enzyme responsible for stone formation.



BENEFITS OF ACTIVE INGREDIENTS



- Inactivate the enzymes which lead to stone formation and also reduces them.
- Work as a diuretic, which makes it a good choice for those who have tendencies of fluid retention.
- Enhance the healing process and immunity of the kidney.
- Interfere with many stages of stone formation, reducing crystals aggregation, modifying their structure and composition.

Recommended Dosage:

One capsule thrice daily



*Ayurvedic Proprietary
Medicine*

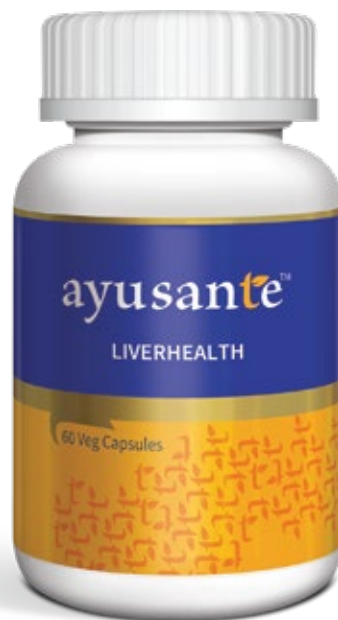
Indications:

Used for urinary diseases and renal calculi

AYUSANTE LIVERHEALTH[^]

The liver is the largest and the heaviest organ of our body which is located in the right upper quadrant of the abdomen. It makes many of the chemicals required by the body to function normally, it breaks down and detoxifies substances in the body and also acts as a storage unit. The liver forms and secretes bile that contains bile acids to aid in the digestion and intestinal absorption of fats and the fat-soluble vitamins A, D, E, and K. Diseases that may affect the liver include hepatitis (inflammation of the liver), cirrhosis, fatty liver, and liver cancer which needs to be prevented for a healthy body.

A combination of Swertia chirata, Picrorhiza kurroa, Piper longum, Vitis vinifera (Common Grape), Silybum marianum (Milk Thistle). The ingredients show anti-inflammatory action and also show effectiveness in liver regeneration. Liverhealth can be used as hepatoprotective. It has widely recommended ingredients that are synergistically combined to provide optimum health benefits.



BENEFITS OF ACTIVE INGREDIENTS



- Help in rejuvenating the damaged liver cells.
- Show anti-inflammatory action in hepatitis.
- Stimulate regeneration by restricting fibrosis
- Help in liver diseases.
- Improve the concentration of liver enzymes, which help in rejuvenation of the liver.

Recommended Dosage:

One capsule thrice daily or as advised by a physician



Ayurvedic Proprietary Medicine

Indications:

Used as hepatoprotective (for good liver health)
Not to be given in pregnancy and peptic ulcer

AYUSANTE RESPOCARE[^]

The respiratory system is made up of organs and tissues that help us to breathe. Our lungs expand and contract, supplying life-sustaining oxygen to the body. Respiratory diseases like asthma, bronchitis, and tuberculosis can be caused by many reasons like smoking, infections, air pollution, genetic factors and others. The respiratory system provides the regular supply of oxygen which needs to be maintained for the healthy functioning of the cells.

An innovative product that has a combination of powerful ingredients like Dashmool kwath, Solanum xanthocarpum, Tinospora cordifolia, Adhatoda vasica, Ocimum sanctum, Piper longum, Zingiber officinale, Piper nigrum, which have an anti-inflammatory and bronchodilatory effect.



BENEFITS OF ACTIVE INGREDIENTS



- Help reducing mucus deposition & the secretions in the airways.
- Improve immunity and reduces cold and cough.
- Tulsi heals the problems associated with throat and chest.
- Pipali is very effective in case of mucus and cold.
- Ginger helps in minimising the symptoms of the common cold and other respiratory conditions.

Recommended Dosage:

One capsule thrice daily or as advised by a physician



*Ayurvedic Proprietary
Medicine*

Indication:

Cough & cold



ADVISORIES & CAUTION

***Advisory:**

These products are nutraceuticals. Not for medicinal use. These products are not intended to diagnose, treat, cure or prevent any disease. Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming.

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These products are health supplements. Not for medicinal use. These products are not intended to diagnose, treat, cure or prevent any disease. Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming.

^Advisory:

Please consult your health practitioner or medical advisor before using these products and do not stop the intake of any medicines that you might be consuming. Take advice of health practitioner before using these products during or after pregnancy.



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