



VESTIGE WOMEN'S HEALTH

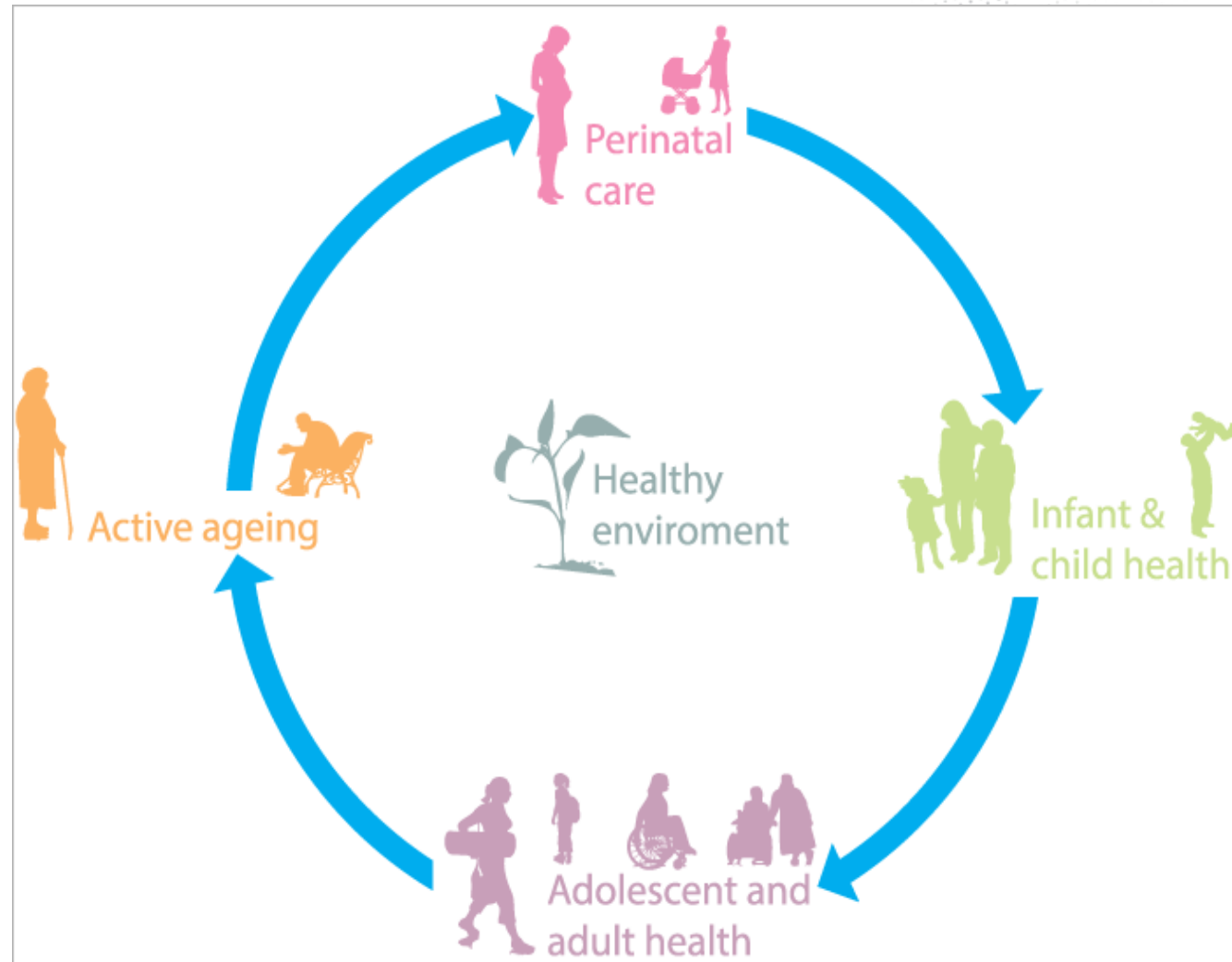
3rd October, 2018



WOMAN Life Cycle

Major life transitions such as pregnancy, motherhood and menopause can create physical and emotional stress in women

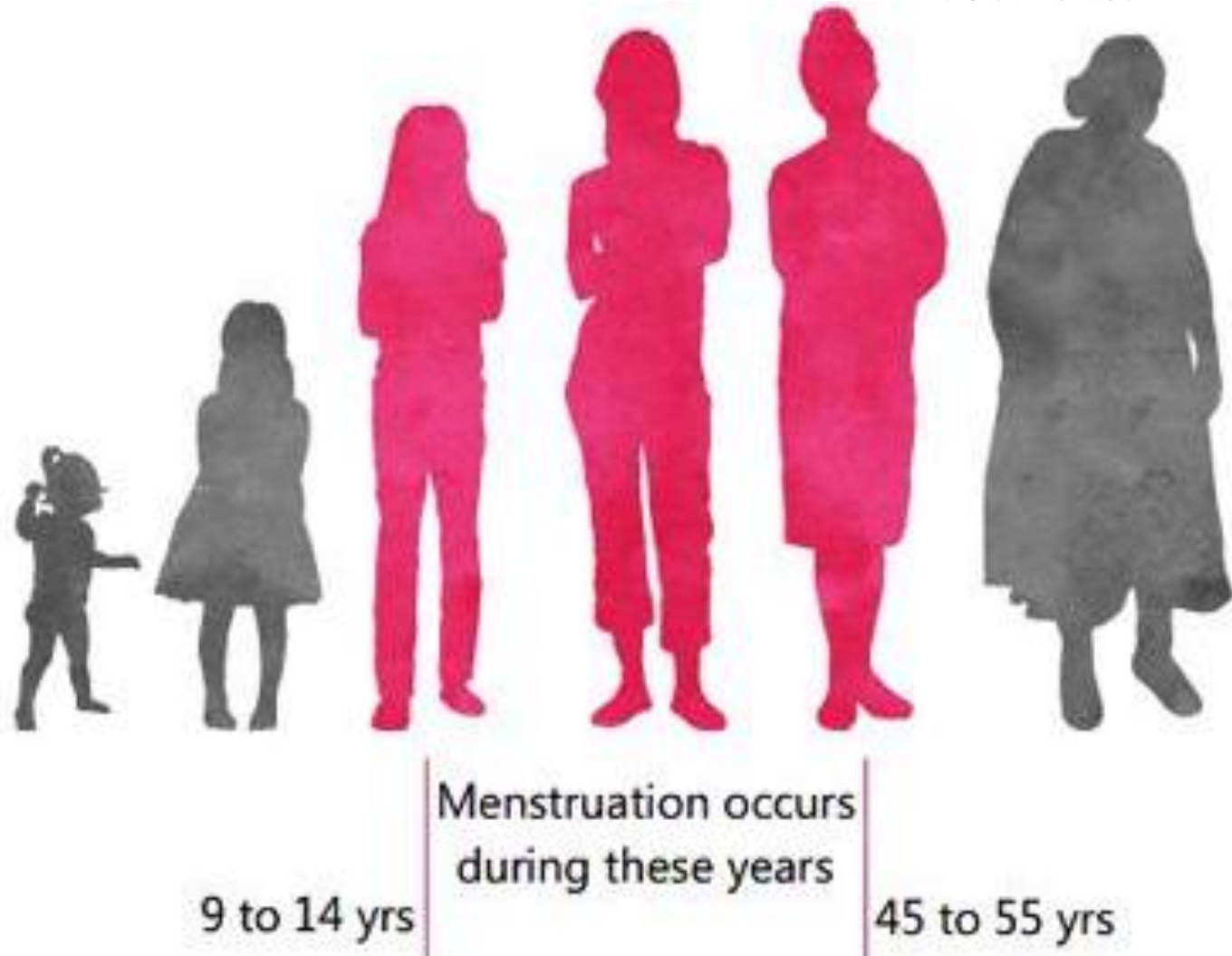
Negative life experiences – infertility and perinatal loss, poverty, discrimination, violence, unemployment and isolation – also impact on women's mental health and wellbeing



PHASES of Women's Life



- Menstrual cycle is part of the women body's way of preparing itself for a possible pregnancy each month
- Women usually have periods between the age group of 13-50 years (approx.) & the body undergoes through many physiological & psychological changes during this phase
- Recent studies suggest that the age of menarche is often slightly reduced in girls who are subject to emotional stress & so is the case with the menopause



COMMON Diseases among Women



Anemia

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

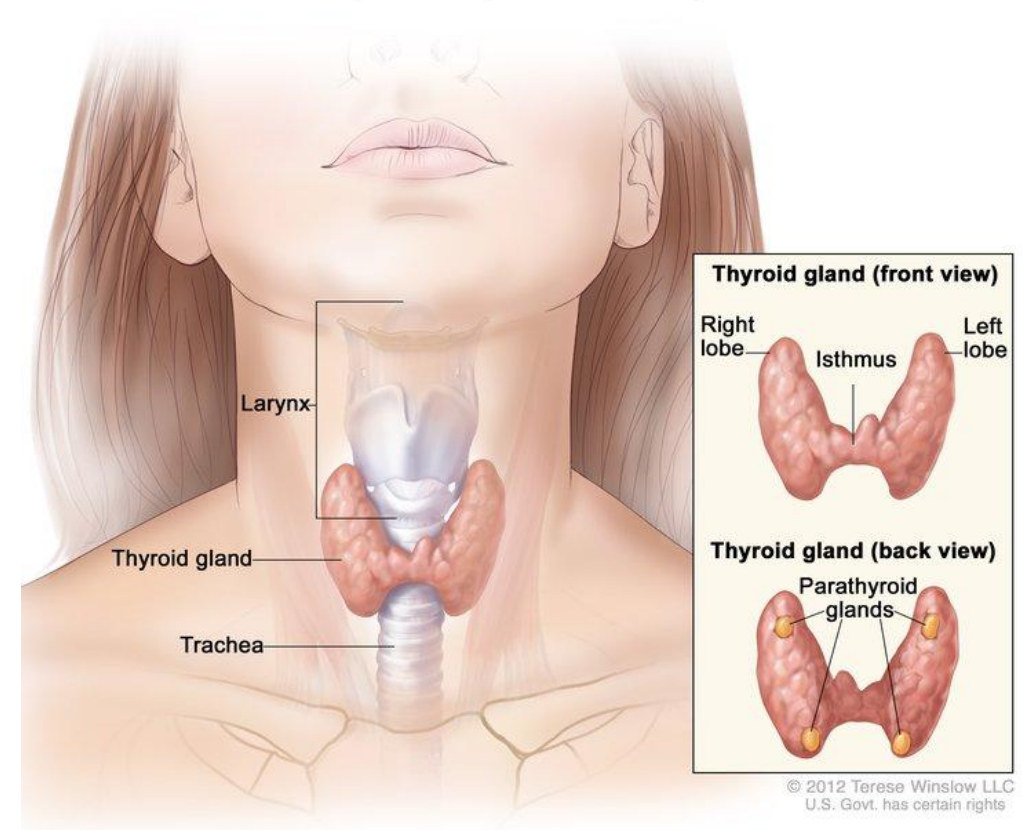
Thyroid

- 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

Symptoms

Fatigue, hair loss, excess weight gain/loss, muscle weakness, dry/thinning of hair, joint pain, puffy face, hoarse voice etc.

Anatomy of the Thyroid and Parathyroid Glands



COMMON Diseases among Women



Cardiovascular Diseases

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

Symptoms:

- Chest pain, shoulder pain, nausea, shortness of breath, Severe headache, fatigue, vision problems, difficulty breathing, blood in the urine and pounding in the chest.

Breast cancer

- Breast cancer is the most common cancer in women
- It begins in the tissues of the breasts. The cancer cells may form a tumor.
(*Note: Not all tumors 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.



COMMON Diseases among Women



PCOD

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

Symptoms

Excessive hair on body and face, weight gain, abnormal periods, Pain and bleeding during periods, Despondency and anxiety, Problems pertaining to fertility and pregnancy.

Osteoporosis

- It is a condition in which bone density decreases
- It is a major health concern for women especially after menopause
- One of every 2 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.



COMMON Diseases among Women

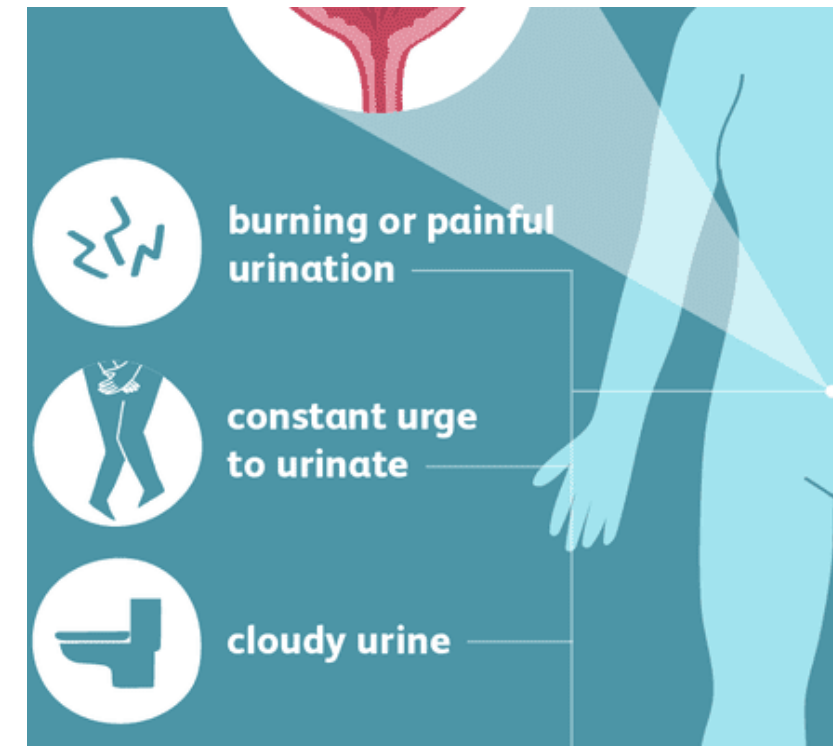


Urinary Tract Infection

- Urinary tract infections are common in women, and many women experience more than one infection during their lifetimes
- 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

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 odor
- Pelvic pain in women



HORMONAL Imbalance



- Hormones are the body's chemical messengers
- 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 too much or too little of a certain hormone
- Even tiny changes can have serious effects on the body



CAUSES of Hormonal Imbalance



- Hypothyroidism or hyperthyroidism
- Diabetes
- Stress
- Eating disorders
- Medications, like birth control pills or others
- Injury or trauma
- Menopause
- Pregnancy or breastfeeding
- PCOS / Irregular cycles
- Premature menopause
- Certain types of tumors (benign or cancerous)



SYMPTOMS of Hormonal Imbalance

- 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



INTRODUCING

VESTIGE SHATAVARI MAX



SHATAVARI






- Shatavari or *Aragus racemosus* is known as the "Queen of the Herbs" for female health
- It has been used for 1000's 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 support is not only for the young woman, but also for women in their middle and elder years, to help them gracefully transition through the natural phases of life





COMPOSITION of Vestige Shatavari Max

PICTURE	INGREDIENTS	FUNCTIONS
	Shatavari	Helps in balancing hormones, supports digestion and rejuvenates the reproductive system
	Ashoka	Found effective in menstrual cramps. It stimulates the uterus making the contractions frequent and prolonged (during the monthly cycle and childbirth). This makes it helpful in uterine hemorrhagic conditions like menorrhagia, and metrorrhagia (irregular bleeding during and after menstrual cycle). An excellent remedy for irregular menstrual cycles and bleeding disorders.
	Licorice	Licorice helps to restore regular ovulation in women who have irregular periods. It also helps support PCOS. It may help to minimize menopausal symptoms by compensating for the natural decline in estrogen levels following menopause.



BENEFITS of Vestige Shatavari Max

Vestige Shatavari Max is a powerful combination of 3 ingredients has an overall benefit on the female reproductive and hormonal system:

- Helps in maintaining a healthy female reproductive system
 - Helps to regulate menstrual cycles, manage PMS symptoms, alleviate menstrual cramps and helps to control the amount of blood lost
 - Helps with fluid retention and with the uncomfortable bloating before periods
 - It nourishes the female reproductive system from within to relieve menopause symptoms such as vaginal dryness, hot flashes and insomnia
 - It also stimulates and balances the production of happy hormones that helps to reduce mood swings, irritability and menopause induced depression
- Supports healthy levels of breast milk production during lactation
- Promotes healthy energy levels and strength
- It also acts an adaptogen that helps the body cope with physical and emotional stress
- Soothing effect on the digestive tract
- Supports the immune system



DOSAGE of Vestige Shatavari Max

One capsule thrice daily or as advised by the physician

Contraindications

There are no side effects associated with Shatavari use, however it should be avoided in some instances:

- Those with allergic reactions to asparagus should not use the herb, as it is a member of the asparagus family
- Women with high prolactin levels or the endocrine disorder should also avoid using Shatavari as it may promote the production of prolactin
- Shatavari can increase Kapha, so those with excess Kapha should avoid using the herb

**Always consult with a medical practitioner to treat any serious medical condition*





Vestige Shatavari Max

90 capsules

Veg Capsules

MRP Rs. 545.00

DP Rs. 460.00

BV 276

PV 15.33



VESTIGE CRANBERRY

with D-Mannose



CRANBERRY & D-MANNOSE



- Cranberry is a native evergreen shrub that grows throughout North America
- Historically, cranberry fruits or leaves were used for bladder infections, stomach and liver disorders, wound healing and other conditions
- It is most commonly used for preventing UTI
- Cranberries owe their superpowers to the presence of flavonoids, anti-inflammatory agents, organic acids, and polyphenolic compounds, along with high amounts of vitamin C and fibre
- It contains potent antioxidants compared to other fruits and vegetables
- D-mannose is a kind of sugar that is related to glucose. It is naturally found in many fruits such as apples, oranges, peaches, blueberries and cranberries
- The combination of both Cranberry and D-Mannose helps to prevent the recurrence of UTI



BENEFITS of Vestige Cranberry



Vestige Cranberry is a unique combination of two powerful ingredients – Cranberry extract and D-Mannose

- D-mannose and proanthocyanidins in cranberries with added D-Mannose promotes maintenance of healthy urinary tract
- Cranberries have citric acid which helps in maintaining bladder complications
- D-mannose inhibits certain kind of bacteria to adhere to the walls of the urinary tract thus preventing recurrence
- D-Mannose also acts as a prebiotic that helps to promote ‘good’ bacteria in the digestive system
- It has anti-aging properties and supports healthy skin and hair too



DOSAGE of Vestige Cranberry



One capsule once or twice daily with meals

Who should take Vestige Cranberry

- People on continuous travel using public toilets often
- People with history of UTI
- People suffering from UTI (along with doctor's prescribed medicines)
- Teenagers using college/school/hostel toilets often
- Sexually active women
- Women suffering from leucorrhoea (white/yellowish discharge)
- People with less water intake



VESTIGE FOLIC & IRON PLUS



CAUSES of Iron Deficiency in Women



- **Increased requirement during**
 - Menstruation
 - Pregnancy
 - Lactation
- **Decreased intake of Iron**
 - Lack of balanced diet
 - Poor intake
- **Increased loss of Iron in**
 - Post operative patients
 - Blood loss during surgery
 - Infections
- **Decreased absorption of Iron**
 - Dietary factors - (with tea/coffee/milk/carbonated drinks)
 - Patients with kidney problems



Vestige Folic & Iron Plus



- The goal of providing iron – folic acid supplements is to restore normal levels of iron and to replenish hemoglobin levels
- Poor dietary intake of iron, accelerated increase in requirements of iron e.g. during pregnancy & lactation, adolescent females and elderly can benefit with the supplementation of iron and folic acid

COMPOSITION

- Ferrous Fumarate (iron) – 250 mg
 - Ferrous fumarate is most absorbable form of iron in the body
- Folic acid – 1 mg
- Vitamin C – 75 mg
- Vitamin B12 – 15µg
- Zinc Sulphate- 100mg (equivalent to elemental zinc- 22.7mg)



BENEFITS of Vestige Folic & Iron Plus



- Iron is an important mineral that the body needs to produce red blood cells (RBCs) and in turn improves hemoglobin levels
- Folic acid is 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

The combination plays an important role in growth & development and contribute to the reduction of tiredness and fatigue



DOSAGE of Vestige Folic & Iron Plus

- 2 capsules per day
- Keep at least 3 hours gap if taking Calcium supplement



Vestige Folic & Iron Plus



Vestige Cranberry



60 capsules

MRP Rs. 280.00

DP Rs. 240.00

BV 144

PV 8



60 capsules

MRP Rs. 1875.00

DP Rs. 1630.00

BV 978

PV 54.33



Thank you



VESTIGE