

Supplements calendar

Men and Women

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November to February

For MEN

With General health	Immunity + Organic Chyawanprash
With Arthritis	Flexibility + Osteoseal + Immunity
With Asthma	Breathe Free + Immunity
With Constipation & IBS	Bowelcare + Triphala
Liver problems such as Fatty liver, liver enlargement (Alcoholics are much vulnerable to this)	Liver Kidney Care + Immunity
To improve Vigor/ sex life	Ashwagandha + Immunity + Organic Chyawanprash
For Diabetes control	Sugar Balance + Immunity + Ashwagandha
For healthy Heart & Cholesterol control	Lipidcare + Immunity + Ashwagandha

For WOMEN

With General health	Immunity + Organic Chyawanprash + Breathe Free
With Premenstrual syndrome	Women's Well Being + Breathe Free + Organic Chyawanprash
With Irregular periods	Women's Well Being + Organic Chyawanprash + Breathe Free + Immunity
Pre-menopausal & Menopausal	Women's Well Being + Osteoseal
With Arthritis	Flexibility + Osteoseal + Immunity
With Asthma	Breathe Free + Immunity
With constipation & IBS	Bowelcare + Triphala
For Diabetes control	Sugar Balance + Immunity + Breathe Free
For healthy Heart & Cholesterol control	Lipidcare + Immunity + Shatavari
For improved milk formation	Shatavari + Immunity + Organic Chyawanprash
To improve sex life	Shatavari + Immunity + Organic Chyawanprash

March to June

July to October

Immunity + Ashwagandha	Immunity + Herbal Antibiotic (Neem) + Ashwagandha
Flexibility + Osteoseal + Immunity	Flexibility + Osteoseal + Immunity
Breathe Free + Immunity	Breathe Free + Immunity
Bowelcare + Triphala	Bowelcare + Triphala
Liver Kidney Care + Immunity	Liver Kidney Care + Immunity
Ashwagandha + Immunity	Immunity + Herbal Antibiotic (Neem) + Ashwagandha
Sugar Balance + Immunity + Ashwagandha	Sugar Balance + Immunity + Herbal Antibiotic (Neem)
Lipidcare + Immunity + Ashwagandha	Lipidcare + Immunity + Herbal Antibiotic (Neem) + Ashwagandha

Immunity + Shatavari	Immunity + Herbal Antibiotic (Neem) + Shatavari + Brahmi
Women's Well Being + Immunity	Women's Well Being + Immunity + Herbal Antibiotic (Neem)
Women's Well Being + Immunity	Women's Well Being + Immunity + Herbal Antibiotic (Neem)
Women's Well Being + Osteoseal	Women's Well Being + Osteoseal
Flexibility + Osteoseal + Immunity	Flexibility + Osteoseal + Immunity
Breathe Free + Immunity	Breathe Free + Immunity
Bowelcare + Triphala	Bowelcare + Triphala
Sugar Balance + Immunity + Shatavari	Sugar Balance + Immunity + Shatavari
Lipidcare + Immunity + Shatavari	Lipidcare + Shatavari + Brahmi + Herbal Antibiotic (Neem)
Shatavari + Immunity	Shatavari + Immunity + Herbal Antibiotic (Neem)
Shatavari + Immunity	Shatavari + Immunity + Herbal Antibiotic (Neem)