





ASHWAGANDHA

Ashwagandha is a medicinal herb that has several health and medical benefits. It balances all the doshas (body elements) and creates stability in the body.

BENEFITS OF ASHWAGANDHA

- ▶ It reduces the symptoms of anxiety and depression.
- ▶ It increases energy levels
- ▶ It improves concentration by boosting brain function.
- ▶ It reduces body fat and improves body composition.
- ▶ It detoxifies the body and prevents signs of aging.
- ▶ It maintains all hormones level in our body

Re:fresh

—AYURVEDIC—

400 mg - 120 Tablets

M.R.P - ₹246/-



SUDARSHAN

Sudarshan is made of 'sudarsana churna' which is a combination of many medicinal herbs. It is one of the most comprehensive and widely used Ayurvedic medicines.

BENEFITS OF SUDARSHAN

- ▶ It is a popular remedy for fever as it can easily bring down the body temperature.
- ▶ It is beneficial home remedy for treating cough, cold, headache and indigestion.
- ▶ It boosts immunity to fight illness and maintain normal body function.
- ▶ It can ease body aches and fights with fatigue.
- ▶ It is helpful to treat respiratory infections and reduce the symptoms of tuberculosis.
- ▶ Its anti-microbial property fights with harmful bacteria and prevents infection.

Re:fresh

—AYURVEDIC—

400 mg - 120 Tablets

M.R.P - ₹252/-



GALO (GILOY)

Giloy tablet is made from Giloy herb that is used in Ayurvedic remedies since ages. The herb's benefits have been approved by FDA (Food and Drug Administration).

BENEFITS OF GILOY

- ▶ It can cure chronic fever and reduce the symptoms of diseases like malaria and dengue.
- ▶ It helps you calm down and eases anxiety.
- ▶ It has anti-arthritic properties and can ease the pain of patients suffering from arthritis.
- ▶ It reduces asthmatic symptoms.
- ▶ It improves metabolism and helps with weight loss
- ▶ It prevents liver diseases by lowering total cholesterol level in liver.

Re:refresh

—AYURVEDIC—

400 mg - 120 Tablets

M.R.P - ₹208/-



Ayush Kwath

Ayush kwath is a formulation of four miraculous ingredients: Tulsi, Dalchini, Sunthi & Krishna Marich

BENEFITS OF Ayush Kwath

- ▶ It boosts immunity and provides protection from seasonal flu/fever.
- ▶ It has antiviral and antibacterial properties that fight with harmful bacteria.
- ▶ It is the ultimate remedy for cough and cold.
- ▶ It removes the toxins from the body and promotes regular functioning.
- ▶ It prevents throat infections and other throat-related diseases.
- ▶ It improves digestion and regulates bowel movements.

Re:refresh

—AYURVEDIC—

500 mg - 120 Tablets

M.R.P - ₹306/-



AMLA

Amla is referred as a “super food” because of its extensive nutritional properties and many health benefits. Amla tablets/capsules are an easy way to gain benefits of Amla.

BENEFITS OF AMLA

- ▶ It prevents cataract problem and improves overall health of eyes.
- ▶ It has anti-inflammatory properties and can provide relief to any kind of pain.
- ▶ Amla has laxative properties. It is very beneficial for digestive system.
- ▶ It is very effective in treating acidity and inflammation.
- ▶ It is a great source of vitamin C which is an important intake of diet.
- ▶ It beautifies hair and improves skin.
- ▶ Regular consumption can reduce the risk of heart disease.
- ▶ It's antibacterial & astringent properties builds immunity.

Re: fresh
—AYURVEDIC—



HARDE

Harde is popular for its effect on indigestion. It is widely used in Ayurvedic practices.

BENEFITS OF HARDE

- ▶ It consists of nutrients that provides nourishment to the scalp and prevents hair loss.
- ▶ It acts as a mild laxative and promotes bowel movement.
- ▶ It helps to boost immune system and prevent cough, fever, cold etc.
- ▶ It inhibits the growth of cancer cells and viruses.
- ▶ It prevents wound infections and promotes wound healing.
- ▶ It prevents skin infections and helps to manage skin diseases.
- ▶ It helps manage weight by improving the metabolism.

Re:refresh
—AYURVEDIC—



JAMBUBIJ

Jambu Tablets are made from the seeds of Jamun fruit. Jamun is a great source of vitamin C and rich in plant compounds.

BENEFITS OF JAMBUBIJ

- ▶ It is highly recommended for treating the symptoms related to heart diseases.
- ▶ It boosts immunity and fights with harmful bacteria and viruses.
- ▶ It is rich in fiber which makes it beneficial for digestive system and aid weight loss.
- ▶ It increases insulin sensitivity and controls blood sugar.
- ▶ It reduces swelling in stomach and pancreas.
- ▶ It helps to regulate blood pressure.

Re:refresh
—AYURVEDIC—



JETHIMADH

Jethimadh (Mulethi) or licorice is the ultimate home remedy. It is used in Ayurveda since ages.

BENEFITS OF JETHIMADH

- ▶ It boosts immune system in our body.
- ▶ It reduces the symptoms of respiratory diseases like chronic asthma, cold, cough.
- ▶ It is rich in antioxidants that help to prevent infections and allergies.
- ▶ It is regarded as a mild laxative and improves bowel movements.
- ▶ It is a great remedy for cough and sore throat.
- ▶ It reduces the level of bad cholesterol in the body.
- ▶ It treats various skin infections like eczema, boils, pimples and acne.
- ▶ It eases menopausal symptoms.

Re: fresh
—AYURVEDIC—



KARELA

Karela aka the bitter gourd is a great source of many vitamins and minerals. It is not easy to eat because of its bitter taste. The tablet form is an easy way to attain its nutrients.

BENEFITS OF KARELA

- ▶ It boosts immune system in our body.
- ▶ It has anti-diabetic properties and is mostly recommended to diabetic patients.
- ▶ It aids in weight loss and prevents obesity.
- ▶ It has anti-tumour properties & reduces the risk of several types of cancer. It lowers bad cholesterol levels.
- ▶ It is healthy for eyes and strengthens eyesight.
- ▶ It keeps the heart healthy and prevents stroke.
- ▶ It detoxifies and improves functioning of the liver.

Re:refresh
—AYURVEDIC—



MORINGA

Moringa has anti-viral, anti-fungal and anti-inflammatory properties, widely used in medical application and also as a home remedy.

BENEFITS OF MORINGA

- ▶ It prevents damage and improves functioning of the liver.
- ▶ It is a great source of calcium and helps to make bones strong.
- ▶ It is a traditional remedy for bacterial and viral infections.
- ▶ Its plant compounds help to reduce inflammation in brain and treats mood disorders.
- ▶ It helps to manage constipation, bloating, gas etc.
- ▶ It is rich in antioxidants and hence improves skin/hair health.
- ▶ It is useful in preventing and treating cancer. is very useful for glowing skin and lustrous hair.

Re:refresh
—AYURVEDIC—



NEEM

Neem is a wonder tree. Every part of it is miraculous and used in medicinal applications. Neem is used in Ayurvedic practise since years.

BENEFITS OF NEEM

- ▶ It has anti-bacterial and anti-fungal properties.
- ▶ It can regulate blood sugar in diabetic patients.
- ▶ It strengthens the immune system and detoxifies the body.
- ▶ It cures stomach and intestine ulcers.
- ▶ It helps to clean the respiratory tract and cures respiratory diseases like bronchitis.
- ▶ It helps to reduce the symptoms of leprosy and other skin diseases.
- ▶ It is very useful for dental and oral health.

Re:fresh
—AYURVEDIC—



SHATAVARI

Shatavari is known as “the plant of hundred roots.” It has numerous medicinal properties and is used in many Ayurvedic formulations.

BENEFITS OF SHATAVARI

- ▶ It has antioxidant properties so it helps to prevent free radical cell damage.
- ▶ It has anti inflammatory properties.
- ▶ It is popularly known for relieving physical and emotional stress.
- ▶ It reduces indigestion and helps in better absorption of nutrients.
- ▶ It reduces the symptoms of anxiety and depression.
- ▶ It boosts brain function and sharpens memory.
- ▶ It helps to prevent diseases like diarrhoea.
- ▶ It prevents ailments like kidney stones.
- ▶ It may help to boost immune system.

Re: fresh
—AYURVEDIC—



TRIPHALA

Triphala is an Ayurvedic herbal remedy made with three plants that are native to India-Haritaki, Baheda & Amla. One of its speciality is that it benefits all three doshas (body elements) – Vata, Pitta and Kapha.

BENEFITS OF TRIPHALA

- ▶ It is rich in vitamin A,C and has various other antioxidants, anti-inflammatory properties that reduce the risk of many chronic diseases.
- ▶ It helps in digestion and absorption of nutrients.
- ▶ It detoxifies the body.
- ▶ It promotes proper functioning of respiratory and cardiovascular system.
- ▶ It is recommended for numerous ailments like gastric distress, pneumonia and fatigue.
- ▶ It cures inflammation and reduces the pain in arthritis and gout.
- ▶ It helps to control blood sugar and cholesterol level in diabetic patients.

Re: fresh
—AYURVEDIC—



TULSI

Tulsi is a medicinal herb that belongs to the mint family. In India, it possesses high religious value and has numerous medicinal properties.

BENEFITS OF TULSI

- ▶ Tulsi is rich in vitamin c and zinc. It thus acts as a natural immunity booster.
- ▶ It has antioxidant property which help in mitigating stress and conditions like diabetes, high blood pressure .
- ▶ It strengthens digestive system and aids in weight loss.
- ▶ It soothes the eyes and reduces strain on them.
- ▶ It purifies the blood and kills the stomach worms and helps to quit smoking.
- ▶ It helps in treating respiratory diseases like asthma, allergies, cold, cough, sneezing etc.
- ▶ It is very beneficial in rheumatism, tumor, haemorrhoids (piles) disease.

Re:fresh
—AYURVEDIC—

IMPROVE YOUR HOLISTIC HEALTH

We are constantly exposed to the viruses and bacteria which can have an adverse effect on our health, it's our prime responsibility to keep our immunity strong. Refresh immunity kit contains various herbs and medicated plants which will help boost our immune system.

RE:FRESH MY HEALTH KIT

Improve your holistic health and enhance your immunity level



HEALTH KIT BOX CONTAINS:

- ▶ 2 Bottle of Galo (Giloy) Ghan Tablet
- ▶ 2 Bottle of Ashwagandha Ghan Tablet
- ▶ 1 Bottle of Sudarshan Ghan Tablet
- ▶ 1 Bottle of Ayush Kwath Tablet

Re:fresh
—AYURVEDIC—

120 TAB X 6 PCS
M.R.P - ₹1,466/-



ANTI HAIR FALL HAIR OIL

Refresh Anti Hair Fall Ayurvedic Hair Oil is made from herbal ingredients and has qualities to strengthen, smoothen the hair and stops hair fall. Packed with antioxidants it prevent hair loss & dryness, maintains thickness, nourishes hair & removes scalp problems.

BENEFITS:

- ▶ Strengthens hair roots and nourishes hair-shafts
- ▶ Promotes hair growth, softens and conditions hair
- ▶ Protects hair from harsh effects of sun and pollution
- ▶ Massaging regularly enhances blood circulation in the head region

INGREDIENTS :

Bhringaraaja, Amla, Brahmi, Banyan, Dudhi, Kamalphool, Jatamasi, Jasud, Galo, Jethimadh & Lodhar.

Provides lustre - Shine to the hair, Boost hair growth, prevents graying, controls hair fall and dandruff, rich in vitamin C, iron & calcium it acts as a hair tonic, its hydrating properties keeps scalp moisturized, promotes healthy hair, strengthens the hair follicles and improve the blood circulation in the head region.

Re:fresh
—AYURVEDIC—

100 ml
M.R.P - ₹232/-



ANTI DANDRUFF HAIR OIL

Ayurveda has many home remedy that help to fight dandruff. Refresh Anti Dandruff Ayurvedic Oil is one such remedial product. Oil has antimicrobial and anti-fungal properties that helps to reduce dandruff.

BENEFITS:

- ▶ Helps to remove irritations on the scalp
- ▶ Has Anti fungal & anti bacterial properties
- ▶ Helps remove dandruff and stop hair fall

INGREDIENTS :

Limbodi, Timbaru, Kesudo phool, Ananas seeds, Parijatak, Safed Nasotar, Gandhak.

All ingredients make this a complete oil in removing Dandruff. Research suggests its active ingredient nimbidin can help suppress inflammation which may help in treating dermatitis, psoriasis, scalp irritation, Is anti fungal & anti bacterial and its application on hair will help to get rid of scalp issues like dandruff and head lice, hydrates scalp and hair.

Re:refresh
—AYURVEDIC—

100 ml
M.R.P - ₹232/-

www.refreshyourlife.in

