

ALTOS

Health is Life

Protect you & your Family

**Better Care
of Health**

"Each Family Healthy Family"



Activators



LITTLE BIG-B

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WHAT IS LITTLE BIG-B CAPSULE?

B-Big capsule contains Ashwagandha, Vidarikand, Chansur, Guggal, Arjuna, Giloe, Brahmi, Shankpushpi, Yastimadhu & Vayuvidang.

For growth, Vitamins like Vitamin C, Calcium, Amino acids, minerals such as zinc are very important for the growth. But due to nutrition deficiency, we are not able to get required amount of nutrients which are required for proper growth of the body.

DAILY REQUIREMENT

ZINC : 8 - 11 mg

VITAMIN C : 60 - 90 mg

CALCIUM : 1000 -1200 mg

AMINO ACIDS : 200mg /kg of body weight

HOW B-BIG HELPS TO GIVE NUTRITION TO BODY?

B-Big capsule helps to give you proper amount of Vitamins, Minerals, Calcium which is needed for proper functioning of the body. It also helps to give mental strength to the body.



LITTLE BIG-B

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BENEFITS

- * Helps to stimulate natural process and enhances body development
- * Helps to strengthen bones of the body and assists in growth of body
- * Helps to provide nutrition to pituitary glands and helps in development of the body
- * Helps to enhance the nerve strength
- * Helps to enhance mental strength

DOSAGE

For age 10 years & below : 1 capsule a day or as directed by the physician

For 10-18 years : 1 capsule twice a day or as directed by the physician

For 18 years & above : 1 capsule thrice a day or as directed by the physician



HERBAL ENERGIZE POWDER

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WHAT IS HERBAL ENERGIZE POWDER?

Herbal Energize Powder contains Brahmi, Shankpushpi, Gokhru, Ashwagandha & Shatawari (Immune)

For doing any work, we must require energy to perform that activity. But because of lack of nutrition, we do not get sufficient amount of energy that is required by the today.

HOW HERBAL ENERGIZE POWDER HELPS TO IMPART ENERGY TO THE BODY?

The natural ingredients present in Herbal Energize Powder help to impart sufficient amount of energy to the body. Also it helps to enhance focus & Integrity to body & helps to overcome stress

BENEFITS

- * Helps to enhance Energy Level.
- * Helps to remove insomnia and stress.
- * Helps to enhance focus and integrity.
- * Helps to give strength to digestion.
- * Beneficial for both man and woman.
- * Helps to remove early morning's weakness and laziness.

DOSAGE : Take 1 tsp morning & evening or as directed by the physician



FAIRNESS CAPSULE

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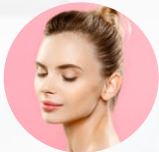
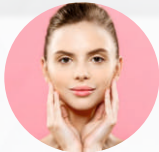
WHAT IS HERBAL FAIRNESS CAPSULE ?

Herbal Fairness Capsule contains Majith, Rubia cardifolia, Neem, Narangi & Haldi.

Fairness is considered as the most important key factor in today's world. Everyone wants to have fair & healthy skin. Fair complexion helps to give confidence to a person. It helps to build personality of a person.

HOW HERBAL FAIRNESS CAPSULE HELPS TO GIVE FAIR COMPLEXION ?

The active ingredients present in Herbal fairness Capsule helps to treat skin related issues. These act as a blood purifier. It goes inside the skin & helps to give you fair & glowing skin. These ingredients stimulates the underlying tissues of the skin.



FAIRNESS CAPSULE

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BENEFITS

- *Helps to provide natural beauty
- *Helps to fight against acne & pimples
- *Helps to enhance fairness & complexion
- *Helps to maintain youthness of skin
- *Helps to remove ageing signs
- *Helps to improve the skin complexion
- *It act as an anti bacterial agent
- *Helps to prevent skin problem

DOSAGE

Take 1 capsule morning & evening everyday or as a directed by the physician



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SPIRULINA

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WHAT IS SPIRULINA TABLET?

It is a multivitamin tablet.

NUTRITIONAL VALUE :-

It contains many important protein & it is a good source of anti-oxidants, B-vitamins & other nutrients.

CONTAINS:-

- 4 gm
 - 11% of RDA
 - 15% of RDA
 - 4% of RDA
 - 21%
 - 11% of RDA
 - Protein
 - Vitamin B₁ (Thiamin)
 - Vitamin B₁₂ (Riboflavin)
 - Vitamin B₁₂ (Niacin)
 - Copper
 - Iron
- It also contains magnesium, potassium & manganese & small amount of almost every other nutrient you need.
- Also, gives you other essential Amino acids.



SPIRULINA

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**2 TABLET OF
SPIRULINA IS
EQUIVALENT TO :-**



PRODUCT	QUANTITY
Milk	300 ml
Carrot	25 gm
Green Pea	1/4 kg (250 gm)
Rice	15 gm
Banana	1/2
Tomato	150 gm
Strawberry	1/2
Cabbage	2 kg
Lemon	1
Capsicum	1/2
Grapes	100gm
Egg	1
Chicken	300 gm
Fish	30 gm

Benefits

- * It helps to boost energy level.
- * It helps to suppress appetite naturally
- * Help to strengthen Immune system
- * It is an excellent complete nutritional profile
- * It is good for athletes & body builders

We have to spend rs 100-150 to get this quantity of nutrition, but just by having 2 tablets of Spirulina everyday, you can have the same amount of nutrition in just rs 7-10

Dosage : Take 1-1 capsule morning & evening everyday or as directed by the physician

VIG - R

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WHAT IS HERBAL VIG-R CAPSULE ?

Herbal Vig-R contains Ashok, Gawarpatha, Bans, Shatavari, Ashwagandha, Kewanch & Tulsi.

WHAT IS MENSTRUAL CYCLE ?

Menstruation is a period when blood & Tissues from uterus that comes out from the Vagina of females, The lining of the uterus breaks down & leave the body. Menstrual cycle occurs every month.

In menstrual cycle, women suffers from problems like excessive pain, Cramps in stomach, Blood Loss, Nausea, Anxiety & Mood Swings.

HOW HERBAL VIG-R HELPS TO TREAT GYNAECOLOGICAL PROBLEMS?

The active ingredient present in Herbal Vig-R helps to act on uterine muscles & endometrium, thus helps to give relief from abdominal pain. It helps the smooth flow of blood from the Vagina. Also, it helps to boost Immune System & its regular consumption helps to keep you active 24 hours so that your body feels energetic throughout



VIG - R

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BENEFITS

- Complete nourishment to enhance the work ability of the body in women.
 - Helps to keep you physically active and mentally alert
 - It helps to support the reproductive system of females
 - Helpful to reduce gynecological problems and menstrual disorders in women
 - Helps to fight weakness, tiredness and fatigue
- It is great hormone balancer in women
- It helps to strengthen immunity and promotes good health

DOSAGE

Take 1-1 capsule morning & evening or as directed by the physician



"Each family Healthy family"

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ALTERNATIVE
MEDICINE

Defender

"To make each family Healthy & Wealthy"

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अब दर्द को करो छु मंतर..



कमर दर्द



कंधे में दर्द



जोड़ों का दर्द



सूजन

DP - 70/-
B.V - 35/-
M.R.P - 95/-
(30gm)

PAINDON OINTMENT

PAIN RELIEVING



PAINDON OIL, PAINDON + CAPSULE & PAINDON OINTMENT

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DEFINE

PAINDON PLUS CAPSULE: It contains Triphla, Sunthi, Kali Mirch, Kal magha, Nirgundi, Guggul & Gudduchi.

PAINDON OIL: It contains Gandhpura, Tarpin, Neelgiri, Satpudina, Mushkapoor & Til oil.

PAINDON OINTMENT: It contains Natural ingredients namely Mahanarayan Tel, Mahavishagar tel, Mahamesh tel, Satpudina, Satajwain, Kapoor & Vaseline.

The ingredients present in these products helps to get relief from pain of joints & other major problems such as Arthritis.

WHAT ARE ORTHO RELATED PROBLEMS ?

Ortho is a branch of science which deals with Bones & Muscles. Nowadays, every second person is suffering from joint pains & problems related to bones such as Arthritis, Inflammation, muscle pain, torn cartilage & organ dislocation. These problems make your muscles weak.

DANGERS

If these problems will not be treated properly on time, then bones will become weak & chances of major injuries becomes high. Then person may have to opt for surgeries & even replacement of joints.



PAINDON OIL, PAINDON CAPSULE & PAINDON OINTMENT

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HOW PAINDON PLUS CAPSULE, PAINDON OIL & PAINDON OINTMENT HELPS TO TREAT ORTHO RELATED PROBLEMS ?

The natural ingredients present in Paindon plus capsule & Paindon oil have anti-inflammatory properties. Oil helps to improve blood circulation throughout the body thereby reducing the swelling & ache in the body.

If you have sudden pain, inflammation, stiffness after injury, apply paindon ointment on affected area & wait for some time to get results.

BENEFITS

- ✓ Powerful ayurvedic remedy & is free of any side effects.
- ✓ Experts in quick relief action.
- ✓ Helps to remove joint pain & inflammation.
- ✓ Corrects muscular pain.
- ✓ Helps to give relief from throat pain & swelling.
- ✓ Helpful in providing nutrition to muscles & keeps them healthy.
- ✓ Powerful ayurvedic remedy & is free of any side effects.
- ✓ It is herbal formula which relieves pain naturally.
- ✓ Relieve minor pain of sprains.

DOSAGE

CAPSULE : Take 1-1 capsule thrice daily after meal with water or directed by a physician

Ointment : Take some quantity of Paindon Ointment and rub gently over affected area or as recommended by the physician.

Paindon Oil : Take 8-10 drops of Paindon Oil and rub gently over affected area & cover with cotton cloth or directed by a physician



GLUCOSAMINE CAPSULE

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WHAT IS HERBAL NUTROGLUCOSAMINE CAPSULE

Nutroglucosamine Capsule contains glucosamine HCL.

These days, pain in joints is very common & we often neglect that pain. These pain then later create major problems such as stiffness in Joints, Swelling in joints & osteoarthritis related pain.

HOW GLUCOSAMINE HELPS TO TREAT THESE PROBLEMS LINKED TO JOINTS ?

Glucosamine is vital for building cartilage. It is a connective tissue found in different parts of the body. It helps in smooth functioning of the joints & also helps to reduce inflammation around the joints.

BENEFITS

- * Helps to reduce joint burning and pain.
- * Helps to remove inflammation from the joints.
- * Helps to normalize the mobilization of the joints.
- * Helps to stimulate the repair of cartilage.
- * Highly beneficial in maintaining the health of joints.

DOSAGE : Take 1 capsule morning & evening everyday or as directed by the physician



ABHINOL, NUTRO DIA & OREGEL DIAB

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DEFINE

ABHINOL CAPSULE: Contains Gurmar, Jamun Guthli, Karela, Guduchi, Tundikeri-kunduru, Bijasar & Shilajeet.

NUTRODIA POWDER: Gurmar, Karela, Jamun Guthli, Neem, Bijasar, Amla, Haritrki & Shilajeet

OREGEL DIAB: Powerful combination of 5 ayurvedic herbs : Aloe vera, Giloe, Amla, Karela & Jamun seeds.

Every 1 person out of 5 is suffering from Diabetes. These products are used in the treatment of Diabetes. It helps to lower down blood sugar level in the body. These help to improve metabolism.

WHAT IS DIABETES?

It is a disease when blood sugar level in the body is too high. It is a disease in which body's ability to produce or respond to the hormone insulin is impaired.

TYPES OF DIABETES

Type 1: It is a condition when your body does not make insulin. Your immune system attacks & destroys the cells in your pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age.

Type 2: It is a condition when your body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood. This type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes.

Gestational Diabetes: This type develops in some women when they are pregnant.



ABHINOL, NUTRO DIA & OREGEL DIAB

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HOW THESE PRODUCT HELPS TO TREAT DIABETES

The natural ingredients present in Oregel Diab, Nutro Dia Powder & Abhinol helps in the production of insulin & these ingredients also stimulate the proper use of insulin in the body.

DOSAGE

According to Diabetes level:

- ✓ If your blood sugar level is less than 200 : Take Oregel Diab.
- ✓ If your blood sugar level is 200-250 : Take Oregel Diab & Abhinol Capsule.
- ✓ If your blood sugar level is 250-300 : Take Oregel Diab & Nutro Dia Powder.
- ✓ If your blood sugar level is more than 300 : Take Oregel Diab, Abhinol Capsule & Nutro Dia Powder.
- ✓ Please check your diabetes level regularly.

MEASURES

- ✓ Avoid sugar & other sweeteners,
- ✓ use Sugar free tablet.
- ✓ Maintain proper weight.
- ✓ Take Rich & Healthy Diet.
- ✓ Avoid intake of preserved foods.
- ✓ Exercise regularly.
- ✓ Use fresh fruits & green vegetables.
- ✓ Regularly perform Yoga & Meditation





Flax Oil Capsule

Natural Source
For your Health



CARDIO FLAX OIL

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WHAT IS FLAX OIL CAPSULE ?

Flax oil capsule contains flax seeds oil. It is richest source of antioxidants. Flax seed oil helps to maintain healthy heart.

WHAT IS HEART ?

It is a muscular organ that pumps the blood through circulatory system by Contraction & Dilation.

HEART BLOCKAGE

It is an abnormal heart rhythm where the heart beats too slowly. In severe conditions, it may lead to heart failure & even sudden Cardiac arrest.

DANGERS

Problems such as coronary Heart diseases again, Heart attack Myocardial infarction

HOW CARDIO FLAX OIL HELPS TO TREAT HEART RELATED PROBLEMS

Flax seed oil contains Omega-3 fatty acid & Omega-3 acid reduces the risk of sudden Cardiac death. It also helps to improve one's blood lipid level & decrease the risk of coronary heart diseases.

If a person has suffered from Heart Attack once, then Cardio flax prevents a person from second Heart Attack.



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ABHILIV Syrup

It is a **“Liver Support Tonic”**
For Your Better Health With
the Power of Unique Herbs

Package: 200 ml
Toll Free : 180 137 5210
Web : altosindia.net



ABHILIV SYRUP

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WHAT IS ABHILIV SYRUP ?

Abhiliv syrup contains Sarfooka, Makoi, Katuka, Kasni, Vidang, Pippli & Bhringraj. It is used to treat liver related problems.

WHAT IS LIVER ?

Liver is the largest organ of the body which helps to filter the blood in the body & it helps to flush out toxins from the body. If these toxins will not be removed from the body, it will lead to other major infections in the body.

CAUSES OF LIVER DAMAGE

Infection, Immune system abnormality, pollution & harmful toxins, chronic alcohol abuse.

THERE ARE THREE CONDITIONS OF LIVER

- 1 Fatty liver : Fat Droplets - Deposit - Liver - working of Liver – Hamper.
- 2 Hepatitis : Liver- Inflammation / Swelling
- 3 Cirrhosis : Bad / Worst Condition – Liver tissues – damage

If these liver problems will not be treated properly on time, then it may leads to the death of the person.



ABHILIV SYRUP

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HOW ABHILIV HELPS TO TREAT DAMAGED LIVER?

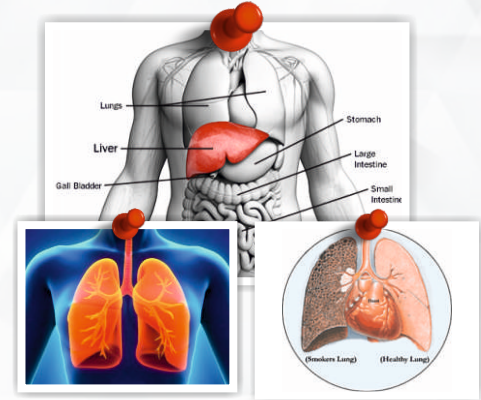
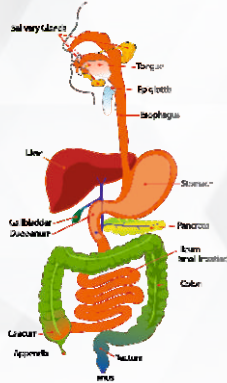
The natural ingredients present in abhiliv protect the liver from harmful chemicals that damage LIVER. Bhringraj present in abhiliv contains two compounds namely di-methyl wedelolactone & wedelo lactone.. these perform anti toxic activities & helps in regeneration of Liver cells.

BENEFITS

- ✓ It helps to heal Alcoholic liver problems.
- ✓ It is used in Pre-cirrhotic conditions & early cirrhosis.
- ✓ It helps to protect from Liver damage.
- ✓ It helps to get relief from Acidity.
- ✓ It helps to enhance hunger.
- ✓ It acts as an adjuvant during prolonged illness & recovery.
- ✓ It is beneficial in viral.

DOSAGE

Adults: 1 to 2 Tsp in Lukewarm water three times a day. **Children:** 1/2 Tsp in Lukewarm water three times a day or as directed by the physician.



HEADACHE RELIEF

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WHAT IS HEADACHE RELIEF ?

Good feel headache relief contains Lavender, Champhora, Gandhpura & Almond etc.

Bone Density : Bone density is a test to measure density of bone in the body.
It tells how you strong or weak your bones are.

HEADACHE :-

It is a painful sensation in any part of the head. It is of two types :-

- 1) Primary Condition :- Includes Tension, Migraine
- 2) Secondary Condition :- Injury or any medical condition

Main Symptoms includes :- Stress, lack of sleep, loud noise etc.

HOW HEADACHE RELIEF HELPS TO GIVE RELIEF FROM HEADACHE ?

The natural ingredients present in headache relief helps to give relief all types of headache. It helps to calm your mind & helps to give peace to mind.



HEADACHE RELIEF

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BENEFITS :-

- * Fast action and fast absorption formula
- * It has anti-inflammatory and cooling effect.
- * Helps to provide long lasting relief from headache .
- * Helps to remove the headache due to cold, fever & cough.
- * Helps to remove the stress

PRECAUTION :-

Cover your head after applying headache relief
Avoid contact with eyes

DOSAGE

Whenever have headache, apply on forehead.



*Thank
you*

ALTOS ENTERPRISES LTD.

Altos Nagar, Near Radha Swami Satsang Bhawan, Hambran Road,
Ludhiana-141008. (Punjab) INDIA

Toll Free : 1800-137-5210, Customer Care : 01615210000

E-mail : info@altosindia.net - Website : www.altosindia.net