

ALTOS

Health is Life

Protect you & your Family

**Better Care
of Health**

"Each Family Healthy Family"





Noni Juice



Noni Juice

Noni is a fruit whose juice is considered good for health. Noni is also known as **Morinda citrifolia** which is found in continents including Southeast and South Asia. Due to the medicinal properties of Noni fruit, it has been used since ancient times for increasing immunity and detoxification. It is enriched with kokum and may prove to be a health tonic. Noni acts as a balancer. Consuming noni helps in relieving many problems.



Noni contains plenty of antioxidants, Vitamin C, Vitamin B1, B2, B3, Vitamin A, Calcium, Potassium, Phosphorus & Iron.



BENEFITS OF NONI JUICE

- * Consumption of noni juice daily increases the blood flow in the arteries and controls blood pressure.
- * Noni juice has anti-bacterial, anti-fungal and anti-inflammatory properties.
- * Consuming noni juice daily reduces the stress hormone cortisol levels and relieves stress.
- * Noni juice contains vitamin C and selenium which fights free radicals and protects the skin from its harmful effects.
- * Noni juice is a rich source of vitamin C, it helps promote metabolism and digestive power.
- * Consuming noni juice due to its anti-viral properties, it helps to cure cold, cough, fever and body pain.
- * Helps to Boost immunity
- * Helps to treat Gastric problems
- * Helps to reduce Allergy
- * Consumption of noni helps to reduce the risk of diabetes
- * Effective for people suffering with Arthritis
- * Rich source of Anti-oxidants
- * Helps to revitalize cells & Tissues
- * Helps to purify blood
- * Helps to reduce risk of developing cancerous cells
- * Helps to improve skin quality
- * Helps to promote healthy heart
- * Helps in weight management

- * Helps to improve sleep quality
- * Helps to promote healthy Liver function
- * Helps to improve joint pain & mobility
- * Helps to increase physical Stamina & Endurance
- * Effective against Smoking & Drinking addiction

DOSE

Children above 5 years: 5 ml thrice a day diluted in lukewarm water empty stomach.

Adults (First 5 days): 10 ml thrice a day diluted in lukewarm water empty stomach.

After 5 days: 20 ml thrice a day diluted in lukewarm water empty stomach.



KIDS HEALTH PLAN





Viguit
Protein
Powder

VIGVIT PROTIEN POWDER

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WHAT IS VIGVIT PROTEIN POWDER?

Vigvit Protein powder contains Soy protein, isolate Iron, Calcium, Skin milk powder, Vitamins, Minerals, Tri-calcium phosphate & Malto dextrin.

WHY PROTEIN IS REQUIRED IN A DAILY FOOD SUPPLEMENT?

Addition of protein in food supplement helps to boost body's fighting capability against diseases.

In today's fast world, everyone is busy in their work. So, somewhere health of a person is neglected. The addition of protein helps to provide all types of nutrients which are very essential for maintaining good health.

It helps to give natural energy to the body

HOW VIGVIT PROTEIN POWDER IS BENEFICIAL?

Blend of Vigvit Protein Powder helps to impart energy to the body. Also, it contains all the essential Amino acids, which is required for the growth of the body. It helps to promote good health.



VIGVIT PROTIEN POWDER

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DAILY NUTRIENTS REQUIREMENT

BENEFITS

- Helps to make muscles healthy.
- Helps to make haemoglobin and fills the deficiency of blood cells.
- Helps to add strength and energy to body organs.
- Helps to provide vital nutrients for athletes.
- Beneficial in providing Iron, Protein, Vitamins and minerals.
- Helps to removes the weakness in old age.
- Beneficial in state of pregnancy to restore energy level.

DOSAGE

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

Two times a
day with 300ml
of milk

Calcium	1000 mg/day	✓
Vitamin A	900-700µg	✓
Vitamin B ₁	1mg(men) & 0.8mg	✓
Vitamin B ₂	1.3mg(men) & 1.1 of (women)	✓
Vitamin B ₆	2.5 mg	✓
Vitamin B ₁₂	1.8 mcg	✓
Vitamin C	60-90 mg	✓
Vitamin D ₃	10-25µg	✓
Zinc	11mg (men), 8mg (women)	✓
Iodine	150-400µg	✓
Soya	10-15 g/day	✓
Iron	2-11 years - 13.7-15.1 mg 12-9 years - 16.3 mg/day 19 - 19.3-20.5 (men) 17.0-18.9 mg/day	✓



SPIRULINA *Tablet*

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
- Protein
- 11% of RDA
- Vitamin B₁ (Thiamin)
- 15% of RDA
- Vitamin B₂ (Riboflavin)
- 4% of RDA
- Vitamin B₃ (Niacin)
- 21%
- Copper
- 11% of RDA
- Iron
- It also contains magnesium, potassium & manganese & small amount of almost every other nutrient you need.
- Also, gives you other essential Amino acids.



SPIRULINA

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



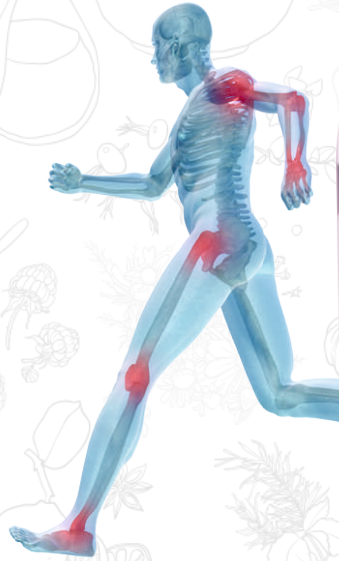
PRODUCT	QUANTITY
Milk	300 ml
Carrot	25 gm
Green Pea	1/4 kg (250 gm)
Rice	15 gm
Banana	1/2
Tomato	150 gm
Strawberry	1/2
Cabbage	2 kg
Lemon	1
Capsicum	1/2
Grapes	100gm
Egg	1
Chicken	300 gm
Fish	30 gm

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



Orecal-D *Tablet*

ORECAL-D

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WHAT IS ORECAL-D ?

Orecal-D is a blend of Calcium & Vitamin D3. Calcium plays crucial role in the growth of bones & for maintaining strength of bones. It helps to treat calcium deficiency.

WHAT IS CALCIUM DEFICIENCY?

It is a condition when blood has very less calcium. With weak bones, a person will experience pain every time he performs work & a person feels tired very soon. A long term deficiency can lead to weak & Brittle bones. You will only come to know with bone density test. Chances of fracture becomes more in case of calcium deficiency.

WHAT IS BONE DENSITY ?

It is a test that can diagnose osteoporosis before a fracture occurs. It tells if you have a normal bone density, low bone density (osteopenia) & osteoporosis. The lower is your bone density, greater is the risk of breaking a bone.



ORECAL-D

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HOW ORECAL-D HELPS TO TREAT LOW CALCIUM LEVEL ?

Orecal-D helps to make your bones strong by providing you sufficient amount of calcium & Vitamin. It helps to make you active. Also, it helps to increase your strength.

BENEFITS

- ✓ Effective in treating calcium deficiency.
- ✓ Helpful in treatment of bone loss and osteoporosis.
- ✓ Used to treat weak bones.
- ✓ Helpful in maintaining calcium requirement during pregnancy.
- ✓ Keep bones healthy.
- ✓ Kids need more calcium and vitamin D for their daily sports



DOSAGE

1 tablet daily after food or directed by the physician

Thank You

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