

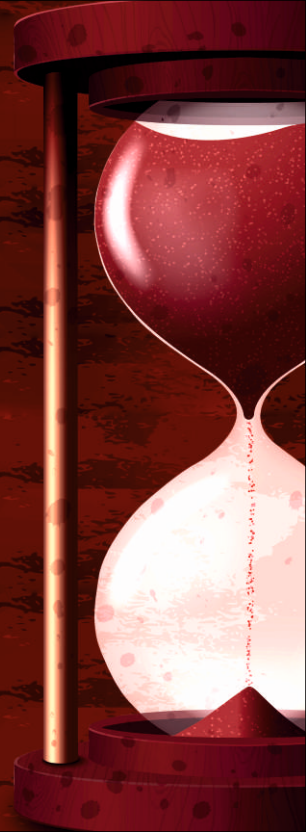
ALTOS

Health is Life

Protect you & your Family

**Better Care
of Health**

"Each Family Healthy Family"





TYPHOID

it is a Bacterial infection caused by Salmonella typhii.or through Contaminated food & water.



SYMPTOMS

Persist from 5-30 days

ALTOS
Health is Life

- * Shivering
- * Sweat
- * High fever
- * Headache
- * Weakness, lack of energy
- * Dry cough

- * Abdomen pain
- * Constipation
- * Lack of Appetite
- * Rashes
- * Weight loss
- * Muscle ache

**Bacteria stays in your intestine for 2-3 weeks then enters blood and later to body parts. It affects
INTESTINE, IMMUNE SYSTEM, RESPIRATORY SYSTEM
& OTHER ORGANS SUCH AS BRAIN**



PREVENTION

ALTOS
Health is Life

- * As it spreads from person to person, avoid sharing your food and other things
- * Hand Hygiene: regularly wash your hands
- * Always wash fruits & Vegetables properly
- * Drink clean drink
- * Prefer Hot foods, avoid preserved food
- * Eat in small portions time to time





DENGUE

*It is a Viral infection spread through Aedes mosquito
person witness high fever (103°-104° C)*



SYMPTOMS

ALTOS
Health is Life

- * Headache
- * Muscle, bone and joint pain
- * Nausea
- * Vomiting
- * Pain behind the eyes
- * Swollen glands
- * Rash
- * Low appetite



if not treated properly, its Complications may lead to damage the lungs, liver or heart. Blood pressure can drop to dangerous levels and, in some cases, death may also occur

आयुष क्वाथ



आयुष क्वाथ

ALTOS
Health is Life

एल्टॉस आयुष क्वाथ क्या है?

एल्टॉस आयुष क्वाथ का निर्माण तुसली, दालचीनी, कृष्णा मिर्च और सुनथी के मिश्रण से हुआ है।
एल्टॉस आयुष क्वाथ को गर्म पानी में उबाल कर या कैप्सूल के रूप में भी लिया जा सकता है।

एल्टॉस आयुष क्वाथ के लाभ

- प्रतिरक्षा प्रणाली को बढ़ावा देने में मदद करता है।
- बैक्टीरिया और वायरस से शरीर की रक्षा करता है।
- सर्दी और खांसी को रोकने में मदद करता है।
- बुखार को प्राकृतिक रूप से ठीक करने में मदद करता है।
- मेटाबॉलिज्म को बढ़ावा देने में मदद करता है।
- श्वसन स्वास्थ्य को बढ़ावा देने में मदद करता है।
- हृदय के अच्छे स्वास्थ्य को बढ़ावा देने में मदद करता है।
- पाचन में सुधार करने में मदद करता है।
- कोलेस्ट्रॉल के स्तर को कम करने में मदद करता है।
- रक्तचाप को कम करने में मदद करता है।

डोज़

एल्टॉस आयुष क्वाथ का सेवन प्रतिदिन आधा चम्मच सुबह, दोपहर और शाम करें।





NUTROPRASH *CAPSULE*

NUTROPRASH

ALTOS
Health is Life

Herbal Nutroprash Capsule contains Amla, Arjuna, Haripatri, Karpoor, Haritaki, Badi Elaichi & Pipali. It is full of potent herbal nutrients. It is a very good tonic for health enhancer which is rich in vitamin C. Every age of person can consume these capsules to maintain their physical health.

Benefits

- Removes the weakness due to chronic & long diseases.
- It makes body energetic.
- Fulfils the deficiency of nutrients for proper physical growth & development.
- Thins the mucus & expels it from body.
- Highly beneficial in asthma.
- Beneficial in all type of coughs.
- Gives nutrition to growing males & females & increases hunger.

Dosage for Use

1 Capsule twice a day half an hour after meals or directed by the physician



AMLA PURE CAPSULE



AMLA PURE CAPSULE

ALTOS
Health is Life

Amla is also known as India Gooseberry & Amalaki in Ayurveda is a fruit that has long been revered in India as a nutritive tonic, blood purifier & restorative mucous membrane tonic.

Benefits

- * Helps to promote immunity
- * Helps to prevent Bacterial & Viral Ailments
- * Excellent source of Vitamin C, Iron, Calcium & Phosphorous
- * Helps to boost Metabolism
- * Helps to treat Respiratory disorders
- * Gives protection against harmful effects of free radicals
- * Powerful remedy to treat cough & Flu
- * Due to alkaline nature, helps in strengthening Digestive system.
- * Helps to flush out Toxins from body
- * Helps to support liver functioning
- * Helps to promote hair growth
- * Helps to give glowing skin
- * Helps to reduce Acidic level in Stomach
- * Works as Blood purifier



DOSE Take 1 capsule thrice a day or as directed by the physician.



Jeewan
Shakti

JEEWAN SHAKTI

Altos Jeevan Shakti Avaleh contains Ashwagandha, Shatavari, Gokhshru, Kouch beej, Dalchini, safed musli, Mulethi, Pippli, Kakra singhi, vidarikand, Tej patar, Amla, Javitri, Jaiphal & Kesar. It's a unique ayurvedic product which enhances the health of humans of every age.

Benefits

- * Enhances strength.
- * Enhances body's fighting ability.
- * Improves blood circulation.
- * Purifies blood.
- * Enhances hemoglobin in blood.
- * Enhances memory, concentration and mental integrity.
- * Maintains strength in old age.
- * Gives strength to genital organs.
- * Enhances digestion.
- * Prevents against Leucorrhoea.
- * Equally beneficial in all ages.



Dosage for Use

10-15gm. or 1-2 teaspoonful according to age. More beneficial if taken with milk.

ALTOS
Health is Life



Heal Cough Syrup



HEAL COUGH SYRUP

ALTOS
Health is Life

Cough syrup is a mixture Herbs which helps to provide relief to throat and respiratory tract. It is equally beneficial in old, new cough & mucus associated cough. It helps to give relief from normal to chronic cough. Also, helps to remove bacteria & other toxins from respiratory tract & soothe your respiratory tract.

Benefits

- * Helps to give immediate relief from cough
- * Equally beneficial in old and new cough
- * Mixture of herbs to remove problems of chest and throat
- * Helps to give relief from allergy along with cough
- * Helps to protect from throat problems.
- * Equally beneficial in dry and mucus associated cough.

Dosage for Use

1-3 Years Kids: Half a teaspoonful thrice a day in warm water.

3-10 Years Kids: 1-2 teaspoonful thrice a day in warm water.

Adults : 2-3 teaspoonful thrice a day in warm water.





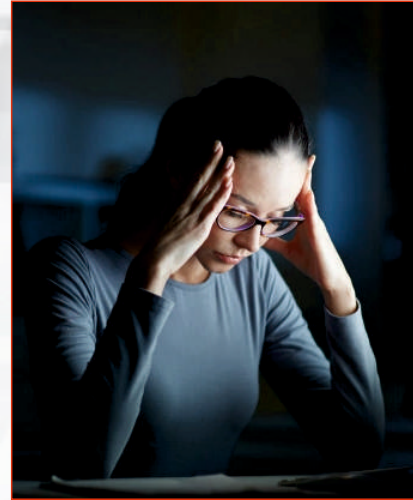
***Stress is most common issue facing
by almost every person these days***

SYMPTOMS

- * Memory problems
- * Poor judgement
- * Inability to concentrate
- * Anxiety
- * Eating habits
- * Body ache & pain
- * Negativity

Effect on Body

- * High B.P
- * Heart Diseases
- * Diabetes
- * obesity
- * Insomnia



The image features a solid red background. In the four corners, there are decorative white graphic elements consisting of plus signs and L-shaped lines, resembling a stylized border or corner ornament. The word "SOLUTION" is centered in a large, bold, white, sans-serif font. A thin white horizontal line is positioned directly below the word.

SOLUTION



**NONI
CAPSULE**

NONI CAPSULE

ALTOS
Health is Life

Noni is a fruit & is known as Morinda Citrifolia.

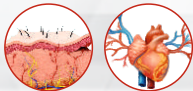
Benefits

For Skin:-

- * Noni the curb negative effects of free radicals which are known to damage skin cells in the long term. It builds a healthy cell membrane within the skin & aid in flushing out excess toxins.

For Heart

Noni also contains Niacin. Niacin effects blood levels by reducing LDL & elevent HDL levels. Niacin helps to reduce harmful choletrol level in the blood stream. Scopoletin found in Noni juice are known to reduce blood pressure have anti-inflammatory activity.



Dosage for Use

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



RECARD CAPSULE



RECARD CAPSULE

ALTOS
Health is Life

Benefits

- * Rich Source of Anti-Oxidants
- * Helps to Prevent cardiovascular Disease
- * Helps to Prevent Blood Clots
- * Helps to Lower Down Cholesterol Level.
- * Helps to Prevent Occurrence of Heart Attack



Dosage for Use

Take 1 capsule thrice a day after food or as directed by the physician .
If you have high Intensity of blockage cholesterol, take 2 capsule thrice a day after food.



Ashwagandha Capsule



ASHWAGANDHA CAPSULE

ALTOS
Health is Life

WHAT IS ASHWAGANDHA CAPSULE?

It is made by pure Ashwagandha. It is also known as Withania somnifera. Ashwagandha helps to increase blood haemoglobin level in body.

WHAT IS BLOOD

Blood is a fluid in human body that delivers necessary substances such as Nutrients, Amino acids & Oxygen to the cells & it transports metabolic waste products.

TYPES OF BLOOD

RBCs (Red blood cells) - Erythrocytes

WBCs (White Blood cells) - Leucocytes

Platelets - Thrombocytes

PROBLEMS RELATED TO BLOOD:-

Leukemia, Lymphoma, Blood Pressure, Cholesterol : High Density lipid & Low density Lipids, Anaemia etc.



ASHWAGANDHA CAPSULE

ALTOS
Health is Life

HOW ASHWAGANDHA IS HELPFUL TO TREAT BLOOD RELATED ISSUES?

- It helps to boost Haemoglobin level
- It helps to maintain blood sugar level.
- It helps to in lowering down blood pressure level.
- It helps to lower down cholesterol level
- It helps to prevent heart problems
- It helps to reduce cortisol level



DOSAGE:-

Take 1-1 capsule twice a day or as directed by the physician

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