

ALTOS

Health is Life

**Women's Health
Development**

S E S S I O N



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

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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 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

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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.



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



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



TULSI POWER

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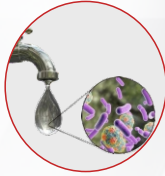
BENEFITS



Diabetes



Fever



Cholera



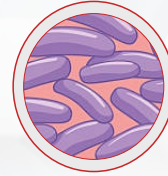
Stress & Anxiety



Insect Bite



Malaria



Tuberculosis



Blood Pressure



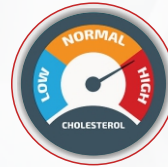
Blood Purifier



Typhoid



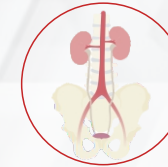
Cold & Cough



Cholesterol



Constipation



UTI

TULSI POWER

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Tulsi is known as universal healer of all diseases. Regular consumption helps to promote general health & longevity to life

DOSAGE : Take 4-5 drops of Tulsi in warm add everyday

Add Tulsi drops :

- * While making chapati
- * While cooking pulses
- * Tea
- * Milk
- * In your surroundings as spray etc.



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KIDS GROWTH PLAN

BRAHMI CAPSULE

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BENEFITS

- * Helps to keep your mind alert
- * Contain Antioxidants
- * Helps to boost cognition
- * Helps to improve blur focus
- * Helps to recover foggy memory
- * Helps to keep you full day active & fresh
- * Helps to boost Immunity



DOSAGE

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COLOSTON CAPSULE

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WHAT IS HERBAL COLOSTON CAPSULE ?

Coloston capsule contains bovine Colostrum Powder which is extract of cow milk.

These days, the milk we receive is lack of nutritional value. For proper growth of body, it is very important to get complete nutrition. But because of adulteration, it is impossible to get required amount of Nutrition. As Herbal Coloston Capsule contains cow milk. It will help to give you complete nutrition.

HOW COLOSTON CAPSULE HELPS TO IMPART NUTRITION ?

It helps to strengthen Bones & teeth. It helps in proper growth & Development & helps in proper building of muscles. It helps to boost immunity

BENEFITS

- * It is specially beneficial for kids
- * It contains growth factors and many bioactive components
- * Boosts the immune system

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



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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



Thank You

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