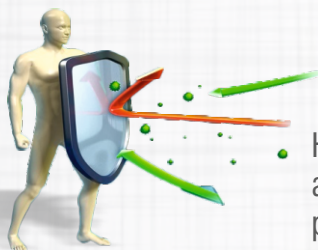


# ALTOS

Health is Life



**HALDI PURE CAPSULE**  
*Immunity Wellness*



## What is Haldi Pure Capsule?

Haldi (Indian Saffron) is an aromatic medicinal plant is known to Indians since ancient times. Most chemical components of turmeric are a group of compounds called curcuminoids which includes Curcumin, demethoxycurcumin, bisdemethoxycurcumin.

It is an essential ingredient in many medicines prepared under Indian system of medicines such as ayurveda, siddha & many ethnic and folk medicinal practices. Used throughout history as healing remedy.

## Why people should eat Altos Haldi Pure Capsule?

Haldi is an excellent source of both iron & manganese. It is also a source of vitamin B3, dietary fibre & potassium. It purifies & warms the blood.

## Benefits

- ✓ It is an anti-inflammatory agent
- ✓ Used to treat Jaundice & menstrual difficulties
- ✓ Also helpful in case of hemorrhage
- ✓ Also improves digestion & metabolism
- ✓ Excellent antibiotic & antibacterial actions
- ✓ Helps in the formation of new blood tissues
- ✓ Use in treatment of arthritis & liver diseases
- ✓ Applied topically on wounds, cuts, burns to prevent from infections & promote healing

## Dosage

1-1 capsules Morning, Afternoon, Evening after food or as directed by the physician.

**Stomach**

1 capsule 4 times a day

**Generally**

3 capsule a day

**Osteoarthritis**

1 capsule twice a day



## Note

- \*Take 1 glass of milk everyday
- \*Eat fresh fruits

"Each Family Healthy Family"