

BASKET OF WELLNESS

PRODUCT HANDBOOK
KNOWLEDGE BANK

ENGLISH



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Once you have experienced excellence,
you will never again be content with mediocrity.



Introduction

Dear Partners,

Ok Life Care is very delighted to bring you the product catalogue which showcases the exciting products and new sub brands. It is not just a brand of supplements; but also delivers a level of satisfied health and wealth to our customers beyond that found anywhere. Our research and development team committed to bring you world class quality products meeting all industry and customer standards with latest technology of quality control that will add value to your life. We are providing our customers innovative solutions for all needs as the customer always comes first. Our products basket is growing bigger and better with world class packaging ranging from healthcare to personal care to consumables. Ok Life Care is always concerned about your health and wealth.

Yours Truly

A handwritten signature in blue ink, appearing to read 'Dr. Wikrant Narwal'.

Dr Wikrant Narwal
(R&D Head)



EVERY
DAY
IS A
CHOICE



MY 90

Not all multivitamins are created equal. When it comes to something as important as your health, you want high quality multivitamins. Ok Lifecare My-90 is a premium formula containing a wonderful blend of ninety ingredients such as vitamins, amino acids, minerals and antioxidants which helps to achieve optimum health through providing adequate nutrition. It contains more active ingredients than the average blend, allowing you to get more out of your multivitamins. The specific blend is precisely designed to support and enhance the nutritional and physical needs. It elevates and boosts the health of the individuals by increasing energy levels, provides the body with antioxidant protection which is essential for optimal health and helps to increase the strength and tone of muscles.

Key benefits:

- Performance: It improves physical performance and muscular endurance.
- Heart Health: It provides dietary support for optimum cardiac function.
- Immune System: It supports immune health and protect the body against various infections.
- Bone Health: It is helpful in maintaining and protecting bone density.
- Digestive health: It contains probiotics that maintains gut health.
- It fuel muscles and also aiding in fast muscle recovery due to essential amino acid content.
- It promotes healthy hair, skin and nails.

Dosage : 1-1 tablet 2 times a day after meal or as directed by the Health Practitioner.

Presentation : 60 Tablets

MRP : 1800/-



GINSENG

Panax ginseng is also called as Korean ginseng. In recent years, Ginseng gained a popularity as high valued medicinal herbs, known as "The lord of herbs" and most studied physical-performance herb on the planet. Its major bioactive component is ginsenoside that enhances stamina and has capacity to cope up with fatigue and physical stress. Ok Lifecare Ginseng helps to boost energy, lower blood sugar and cholesterol levels, reduce stress, promote relaxation and management of sexual dysfunction in men. In athletics, it is best known for its ability to boost muscle endurance.

Key benefits:

- It is helpful in increasing strength and endurance because it enhances the body's own creatine production.
- It increases exhaustion time of exercise as it causes the body to spare glucose and burn more fat for fuel.
- It boosts energy and helps to stimulate physical and mental activity in people who feel weak and tired.
- It improves immune function, stimulates vitality and works as restorative.
- It improves cognitive function like memory, behavior.
- It is good solution for impotency and premature ejaculation, also improves sperm count.
- It lowers cholesterol, triglycerides with increase in HDL.

Dosage : 1-1 capsules 2 times a day after meal or before workout or as directed by the Health Practitioner.

Presentation : 60 Capsules

MRP : 800/-



OK FITNESS

Ok fitness is an unique product containing natural plant extracts that helps you in the reducing the excess weight without any side effects. Many studies revealed that these extracts have special fat burning effects by normalizing the metabolism. It reduces the synthesis/storage of fat cells and helps in reducing weight. Ok fitness is the best natural formulation for weight loose and its management.

Key benefits:

- It helps to reduce belly fat by speed up metabolism and helps to lose extra weight.
- It slows down the process of moving food into our stomach and suppresses the appetite centre.
- It is also helpful in promoting healthy gut.
- It helps to utilize blood sugar resulting in boosting your metabolism and weight loss.
- It is strong antioxidant, helps in promoting the brain function and delays the age effect.
- It is rich source of vitamins and bioflavonoid which boost extra immunity.
- It prevents heart disorder and maintains healthy heart.
- It is very helpful for enhancing physical performance.

Dosage : 1-2 tablet per day, 30 minutes before meal or as directed by the Health Practitioner.

Presentation : 60 Tablets

MRP : 800/-



KSM -66 (ASHWAGANDHA)

Ashwagandha (Withania somnifera dunal) is the most popular Indian herb also known as "The princess of herbs". KSM-66 is world's highest pure and concentrated ashwagandha root extract, containing major bioactive component i.e. Withanolides >5% by RP-HPLC. Withanolides are known for their bioactive properties like anti-stress, immune-modulator, sports performance enhancer, support vitality, sexual performance, maintenance of healthy levels of testosterone in men and helps in normalizing the brain functionality.

Key benefits:

- It improves memory, concentration and awareness.
- It reduces fatigue, anxiety and depression.
- It helps in weight management.
- It is very effective sports performance enhancer.
- It protects from high blood pressure.
- It helps to balance cholesterol level.
- It helps in controlling the glucose level in blood.
- It has powerful testo booster properties.

Dosage : 2 capsules per day, before/ after meal or as directed by the Health Practitioner.

Presentation : 60 Capsules

MRP : 1125/-



OMEGA FLAX

Flax seed oil is one of the richest dietary plant sources of omega 3, 6 and 9 fatty acids which are fortified with ingredients like vitamin-D3, vitamin-E, vitamin-K and boswellia serrata which acts as antioxidants and anti-inflammatory as well as having vitamins properties. It is specially designed by Ok Lifecare for joint care, skin health and digestion health. It also supports optimum function of immune system, cardiovascular system, endocrine system, central nervous system, brain optimum function, balances hormones and prevents from osteoarthritis.

Key benefits:

- Joint health: It is helpful in reducing joint pain and morning stiffness associated with many joint conditions like rheumatoid arthritis and osteoarthritis.
- Skin health: It helps to improve skin smoothness, hydration and useful in certain skin disorders like eczema, dermatitis and psoriasis etc.
- Digestive health: It contains probiotics (good bacteria) that improves gut health.
- Cardiac health: It lowers the risk of heart failure and helps to lower the bad cholesterol (LDL) and improves good cholesterol (HDL).
- It balances hormones and improves brain cognition function and alertness.
- It improves bone density and health.

Dosage : 1-2 capsules daily after meal or as directed by the Health Practitioner.

Presentation : 60 softgel Capsules

MRP : 1000/-



JOINT GYM

Joint Gym is an effective formulation that works in harmony with nature to reduce joint pain, stiffness and muscle sprains by stimulating synovial fluid production. It alleviates discomfort associated with backaches, frozen shoulders, overexertion and arthritis. It relieves joint and bone aches associated with various orthopedic ailments. It restores the joint mobility and helps in strengthening bones and joints. It is best herbal formulation for joint overall health & function.

Key benefits:

- It promotes joint and bone health by suppressing the inflammation process and swelling of joints.
- It is useful in reducing the bone disorders like rheumatoid arthritis and gout.
- It slows down osteoarthritis-related damage to the joints.
- It is useful in increasing mobility and flexibility of joints.
- It prevents the destruction of cartilage tissue, tendons and ligaments.
- It is most effective muscle relaxant, strong pain reliever and also helpful in relieving lower back pain.
- It prevents bone demineralization process.

Dosage : 2 capsules 2 times a day after meal or as directed by the Health Practitioner.

Presentation : 60 Capsules

MRP : 550/-



ORTHO MEGA

Orthomega is a premium product having super ingredients like collagen peptides, glucosamine, chondroitin sulphate with propriety blend of powerful herbs like Curcumin, Boswellia serrata extract and Rose hip extract which make it unique product to improve joint comfort and function. Scientific research has shown that these building block compounds helps to support the body's natural ability to regenerate cartilage and lubricate joints thus supporting joint integrity and function. This product is also helpful in providing quick action recovery in sports related joint injury. It contains probiotic which support digestion, nutrients absorption and improve overall health.

Key benefits:

- It helps to prevent osteoarthritis and other conditions that contribute to joint weakness.
- It prevents the destruction of tendons, ligaments and improves joint health by strengthening cartilage.
- It enhances joint comfort and mobility to reduce joint pain.
- It helps to repair joint matrix degeneration.
- It reduces bone demineralization.
- It supports the optimum production of joint lubricate i.e. synovial fluid.
- It is best supplement for recovery of joint injury.

Dosage : 1-2 capsules daily after meal or as directed by the Health Practitioner.

Presentation : 60 Tablets

MRP : 1800/-



GANOLIFE™

Organic Ganoderma lucidium, "The king of herbs", also known as "Powerhouse of mushrooms" due to its well known medicinal attributes. It is recognised as medicinal mushroom over two thousand years in the documented history of ancient Chinese medicines for the treatment of multiple ailments. Ok Lifecare Ganoderma capsules are made of spore powder which are prepared by patented shell breaking technology. As compared to regular wall ganoderma lucidium, spores are richer in naturally beneficial compounds such as polysaccharides, triterpenes and selenium. Spores are considered as the important antioxidant source that helps in boosting the immunity.

Key benefits:

- **Antibacterial:** It prevents the body from bacterial and viral infection.
- **Glucose control:** It lowers the blood glucose level and helps in preventing type II diabetes.
- **Anticancer:** It reduces the damage to good cells caused by radiotherapy & chemotherapy.
- **Hepatoprotective effect:** It protects liver and gastric system.
- **Prostate health:** It reduces the risk of prostate cancer and prevents prostate enlargement.
- It reduces stress and anxiety.

Dosage : 2 capsules per day, 30 minutes before meal or as directed by the Health Practitioner.

Presentation : 60 Capsules

MRP : 1125/-



“HEALTH IS MORE
THAN WEALTH,,



ASTA LIFE

Asta life contains Astaxanthin, which is naturally occurring xanthophyll carotenoid, derived from micro algae haematococcus pluvialis. It is combination of astaxanthin with other powerful antioxidants like lutein, omega fatty acids, zeaxanthin makes it unique product for optimum functioning of eyes, brain and nervous system. It is capable of crossing blood brain barrier and this characteristic allows astaxanthin to extend its superior antioxidant activity to the central nervous system and protect it from oxidative damage caused by free radicals.

Key benefits:

- It protect the brain from neurodegenerative diseases like Alzheimer's and Parkinson's disease.
- It is helpful in stress management.
- It prevents age related macular degeneration which is the leading cause of blindness in the aging population.
- It protects the skin from the UV rays and improves the elasticity of the skin therefore making the skin wrinkle-free.
- It modulates the immune responses by enhancing the antibody production.
- It reduces exercise fatigue and enhances energy production efficiency of muscles.
- Its power ful antioxidant properties prevents cancer tumor growth.

Dosage : 1-1 capsule 2 times a day with meal or as directed by the Health Practitioner.

Presentation : 60 Capsules

MRP : 1200/-



IMMUNE PLUS

The immune system defends the body against all diseases and health conditions. The immune system is greatly impacted by emotional state, level of stress, lifestyle, allergy, dietary habits and nutritional status. Ok Lifecare has formulated a product Immune Plus which includes Amlaki, Tinospora, Liquorice root and Ashwagandha etc. that were chosen on the basis of their potency and effectiveness. Immune Plus is a powerful blood cleansing and purifying product which helps to boost up and strengthen the immune system towards various allergies like seasonal cold and other problems like severe sneezing, congestion, cough, bronchitis etc.

Key benefits:

- It helps to improve symptoms such as low immunity, allergy and frequent colds/flu.
- It improves immune system's capacities to fight back bacteria, fungus and viruses effectively.
- It purifies the blood by removing the toxins from the body.
- It enhances the antioxidant level of blood.
- It improves liver strength and helps to expel the toxins from the liver.
- It improves concentration and alertness.

Dosage : 1-1 capsule 2 times a day after meal or as directed by the Health Practitioner.

Presentation : 30 Capsules

MRP : 360/-



SWEET DREAMS

Sleep is a key phenomenon to a healthy life. It is regulated by the body system known as circadian biological clock. These days, our biological clock is disturbed due to many chronic stressors which makes the mind restless and makes it so hard to fall asleep into a natural, deep sleep. Getting a good sleep is even easier with Ok Lifecare Sweet Dreams. It is effective blend of proven herbs that blankets your mind with relief from stress and worry and help you to awake renewed and recharged. It helps you fall asleep and when you awake – there's no sedative hangover. Herbs used in this formula naturally influence the sleep hormones like dopamine, melatonin which provides relief from occasional sleeplessness, insomnia and helps to promote a better overall health. It has beneficial effects on your mental state, energy levels & ability to relax.

Key benefits:

- It supports relaxation while promoting mood and release of physical tension.
- It is a safe choice in case of stress-related conditions that result in sleeplessness, anxiety and irritability.
- It is good for natural relief from insomnia due to stress, worry or grief.
- It helps to lower stress and an improved ability to relax.

Dosage : 2 capsules 2 hours before having sleep or as directed by the Health Practitioner.

Presentation : 60 Capsules

MRP : 560/-



MIGRANIL

Migraine is a severe type of headache that can last for hours or days. It triggers due to hormonal changes, stress, eyestrain, changes in sleep patterns etc. Ok Lifecare Migranil is a unique herbal blend specifically formulated to relieve pain and related symptoms associated with migraine, tension and headaches. It clears the pain safely and naturally without side effects or dependency. It helps the muscles to relax and reduces nerve excitability, providing relief from headaches caused by stress or tension.

Key benefits:

- It helps to get relief from headache and migraine.
- It reduces chronic inflammation that is related to neurodegenerative diseases like Alzheimer's, Parkinson's diseases and multiple sclerosis.
- It helps to boost the cognitive ability and memory of the brain.
- It reduces insomnia and refreshes mental energy.
- It has strong mood lifting qualities.

Note: Not to exceed 12 capsules in 24 hours period. Person above 16 years of age can take.

Dosage : At onset of migraine, 2-3 capsules at 3-4 hours interval.

Presentation : 60 Capsules

MRP : 670/-



ULTRA MOM

These days, infertility and hormone imbalance are major problems in females due to stress and improper diet. Keeping all these problems in focus, Ok Lifecare has formulated a herbal product named Ultramom. Ultramom successfully bring the required energy levels and keep a female in best of her health throughout the day both physically and emotionally. Women who consume ultramom on a regular basis have a reduced risk of hormonal imbalances and problems related to menstruation, PCOD, stress, menopause, lactation, digestion and immunity. Due to the multiple benefits that it offers, a daily dose of ultramom can work wonders for a modern woman of today. It improves the overall immunity and fills you with the energy to perform your daily activities.

Key benefits:

- It increases the fertility in females.
- It promotes energy levels and strength.
- It regulates hormones and menstruation (periods) cycle.
- It improves skin and hair's health.
- It helps in management of oxidative stress.
- It reduces depression and anxiety.

Dosage : 3 capsules daily with meal or as directed by the Health Practitioner.

Presentation : 60 Capsules

MRP : 670/-



LEUCOREST

Leucorrhoea is excessive discharge of thick, whitish or yellowish material from vagina. It generally occurs due to unhygienic conditions, hormonal imbalance, vaginal infection by microbes and impaired immunity. If you feel weakness, irritation, itching and pain in genital area, it means you are suffering from leucorrhoea. It needs to be resolved as soon as possible. Ok Lifecare is always concerned about your health, safety and product related side effects therefore, more focused towards herbal based products. Ok Lifecare comes with an effective and easy remedy to help women. Leucorest not only helps in reducing pain and irritation but also aid in back ache caused by leucorrhoea.

Key benefits:

- It is useful in alleviating muscle weakness associated with leucorrhoea, give strength to the body and also helpful in heavy periods.
- It is antimicrobial, anti-inflammatory, fights off bacteria and viruses.
- It is also helpful in other gynecological disorders like anemia, irregular menstruation.
- It helps in reducing premenstrual syndrome (PMS).
- It is a rich source of iron so helpful in regaining nutrition after menstruation.
- It stimulates immune system and help in maintaining general health and wellness.

Dosage : 1-2 capsules 3 times a day after meal or as directed by the Health Practitioner.

Presentation : 30 Capsules

MRP : 400/-



ANTI PILES

Piles or Haemorrhoids is a complex disease affecting both men and women equally. Anti Piles is the best solution for your piles management. It is perfect combination of various herbs that can surely and certainly give complete relief from piles, bleeding, haemorrhoid problems and constipation. Its anti-bacterial, anti-inflammatory and pain-relieving properties help to stop bleeding, swelling, itching and promote healing. The laxative property of antipiles capsules corrects chronic constipation associated with hemorrhoids.

Key benefits:

- It reduces piles and helps in increasing fluid and fiber intake.
- It gives you relief from inflammation and pain.
- It helps to prevent infection as well as control soreness.
- It helps stool to pass more easily and reduces pressure on the lower colon.
- It reduces chronic diarrhoea.

Dosage : Green capsule: 1 capsule daily after dinner with warm water for 5 days.
Orange red capsule: 2-2 capsules, 2 times a day after meal as directed by the Health Practitioner.

Presentation : 30+5 Capsules

MRP : 600/-



LIVER SUPPORT

Liver is your body's nutrition conversion factory, so in this way, This supplement supports your entire body as well as liver functions. Liver support is a formulation with clinically proven herbs which provides numerous health benefits for those who are aiming to heal their livers naturally. It supports the production of bile – a pathway for detoxification and normal intestinal function. It is beneficial for cellular lifespan that may nourish, support and provide total protection for your liver functions.

Key benefits:

- It is a liver tonic and supports healthy liver functions.
- It has hepato-protective and hepato-stimulative properties that safeguard the liver and enables its speedy recovery.
- It is a potent antioxidant formula to detoxify the body from toxins and waste products.
- It has an anti-microbial activity and have a positive effect on the immune system.
- It is helpful in liver cirrhosis, fatty liver and other liver dysfunctions management.
- It combats free radicals acting on liver and neutralizes alcohol metabolites, therefore provides hepatoprotection for alcoholics.

Dosage : 1-2 capsules 2 times a day after meal or as directed by the Health Practitioner.

Presentation : 30 Capsules

MRP : 340/-



CALCULI FREE

Some kidney stones can't pass on their own because of their large size, they cause bleeding, kidney damage or ongoing urinary tract infections. Ok Lifecare has a herbal solution for stones named Calculi Free. It is a combination of various herbs which helps to remove stones in kidneys and urinary bladder. It interferes with the different stages of stone formation, reduces crystal aggregation, modifies their structure and composition. It helps to promote general urinary tract health by eliminating dysuria (painful urination or blood present in urine) and crystalluria. If stone size is more than 8mm and number of stones are more then start with Calculi Flush and finish with Calculi Free. Give best results if taken with Panch Tulsi, Gokhru.

Key benefits:

- It helps in expelling the stones and provides symptomatic relief.
- It prevents your kidney from precipitation of stone in it and also clear the urination blockage.
- It also has antimicrobial properties which in turn, help to fight against bladder infections and other urinary tract infections.
- It neutralizes the acid in your urine and also helps to detoxify your kidneys, which stops the infection from spreading.
- It is a rejuvenator that enhances the healing process and immunity.

Dosage : 2 Capsules in the morning before meal or as directed by the Health Practitioner.

Presentation : 18 Capsules

MRP : 300/-



CALCULI FLUSH

Ok Lifecare Calculi Flush is a combination of various herbs in a powder form which helps to remove stones in kidneys and urinary bladder. The herb works as diuretic which makes it a good choice for body that has tendencies of fluid retention. It is also helpful in the management of uro-genital disorder like kidney stones, bladder infection and other urinary tract infections. If stone size is less than 6mm and number of stones are less then start with Calculi Flush. Tulsi is a natural stone crusher, so give best results if taken with Panch Tulsi.

Key benefits:

- Herbs present in this product are known to have antilithiatic property, which prevents the formation of urinary stones.
- The ingredients help in dissolving the stones and also help in expelling them.
- It prevent your kidney from precipitation of stone in it and also clear the urination blockage.
- It is a rejuvenator that enhances the healing process and immunity.
- It also has antimicrobial properties which in turn, help to fight against bladder infections and other urinary tract infections.

Dosage : 5g powder in the morning with curd or as directed by the Health Practitioner .

Presentation : 20 Grams

MRP : 400/-



CHARAK AYU

THE PATH OF HEALING MIND, BODY & SOUL





HALDI + GINGER

Ginger and Haldi have traditionally been used for many ages to cure various health ailments such as coughs, colds, indigestion and body aches. They both have anti-inflammatory properties and are rich in many essential nutrients. It contains several bioactive compounds with medicinal properties like curcumin, gingerol which have anti-inflammatory and strong anti-oxidant effects. It works wonder for metabolic transformation, joint pain and arthritis.

Key benefits:

- It speed up emptying of the stomach, which is beneficial in indigestion and stomach related discomfort.
- It is a natural detoxifier and improves hepatic function.
- It helps to reduce inflammation, pain and stiffness related to inflammatory disorders such as arthritis and gout.
- It contains a bioactive substances gingerol which helps in lowering the risk of infections.
- This combo acts as immuno-modulator and fights against flu and cold.
- It acts as a pain reliever and healing agent.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



AMLA

In the Ayurvedic medicine system, Amla is commonly known as Indian Gooseberry. It is packed with many vitamins, minerals, tannins and other helpful nutrients. Indian gooseberry helps in boosting the immune system, weight management, reduces throat infections and improves heart health. This herb is rich in antioxidants, preventing damage from free radicals that cause cell oxidation and helps to reduce signs of premature ageing like wrinkles and fine lines. Being a rich source of essential fatty acids, it also helps to nourish your hair from their roots.

Key benefits:

- Hair care: It acts as hair tonic as it enriches hair growth and hair pigmentation.
- Skin: It helps to keep your skin smooth, young and restore a natural glow on your face.
- Digestive health: It stimulates the secretion of gastric and digestive juices which aids in digestion.
- Eye care: It improves vision and also lowering the risk of macular degeneration and night blindness.
- It re-energizes the liver and detoxifies the body by flushing out the toxins.
- It controls blood sugar levels in diabetics.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



ASHWAGANDHA

Ashwagandha (*Withania somnifera*) is an Indian ayurvedic herb that referred to as "Indian ginseng" because of its rejuvenating properties. It is an adaptogen, which means that it has ability to help the body to manage physiological and psychological function. It helps to maintain a healthy balance between the nervous system, endocrine glands and immune system, thus reducing the harmful effects of long-term stress on the body.

Key benefits:

- It reduces fatigue, anxiety and depression.
- It help to regulate testosterone levels in men which have positive effect on libido, sexual performance and fertility.
- It improves muscle size, strength, endurance and athletic performance.
- It enhances the memory and other cognitive functions like concentration and awareness.
- It supports healthy metabolism and cardiovascular function and keep you energized.
- It relieves joint inflammation associated with arthritis.
- It protects the brain from cell degeneration and helpful in memory defects.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



BLACK PEPPER + GINGER

Ginger and Black pepper have been used in medical traditions throughout the world for centuries to relieve pain and curb inflammation. Ginger is bound with anti-inflammatory compounds that battle free radicals and pathogens within your body, whereas black pepper, due to 'piperine' presence, promotes good immunity. Mixture of Black pepper and Ginger tablets are useful in relieving joint pain, reduces inflammation and maintains cholesterol levels. This mixture also helpful in weigh management.

Key benefits:

- It is good for reducing pain in the joints as well as body inflammation.
- It has superb antioxidant effects that boosts immunity.
- It contains phenolic compounds that stimulates the digestive juices and enzymes, thereby promoting digestion.
- It prevents fat from depositing in the arteries that decrease the chance of cardiovascular problem.
- It reduces LDL cholesterol and blood triglyceride levels.
- It helps to relieve nausea or vomiting related to motion sickness, pregnancy or post-surgery.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner

Presentation : 60 Tablets

MRP : 199



NEEM

Neem (*Azadirachta Indica*) is a widely known herb since ages for its tremendous health beneficial properties. In the world of Ayurveda, it is one of the best natural remedy for balancing 'pitta' and 'kapha'. It contains the active constituent nimb and nimbidin which has antifungal and antibacterial properties. It has traditionally been used to purify the blood, detoxify the liver and support the immune system. It is also commonly used to support healthy skin, digestive health and to maintain healthy blood glucose levels.

Key benefits:

- It helps to eliminate toxins and optimizing the liver and body's metabolic activities.
- It helps to reduce gastrointestinal tract inflammation and other intestinal issues such as constipation, bloating and cramping.
- It has detoxifying and antioxidant properties that assist in rejuvenating the skin.
- It has an anti-inflammatory properties which helps to reduce acne.
- It enhances the body's internal defence system and boosts the natural immunity.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



GILOY

Giloy (*Tinospora cordifolia*) is an ayurvedic herb that has been used and supported in Ayurveda for ages. In Indian traditional medicines, it is known as "Amrita" due to its abundant medicinal properties. It gets more attention due to its anti-pyretic (temperature control) and anti-viral properties. It is a potent immuno-modulator which is beneficial for improving immunity and preventing common infections such as fever, diabetes, urinary tract disorders, anaemia, jaundice, asthma and cardiac disorders etc.

Key benefits:

- It reduces sign and symptoms of several life threatening conditions like dengue, swine flu, chikungunya and malaria.
- It is powerhouse of antioxidants which fight free-radicals and get rid of lifestyle and metabolic disorders.
- It is anti-pyretic in nature i.e. controls the body temperature.
- It reduces mental stress and anxiety.
- It alleviates oxidative and brain stress as well as anxiety.
- It controls high blood sugar level.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



KAUNCH BEEJ

In Ayurveda, Kaunch beej (*Mucuna pruriens*) is rich source of plant-based protein and dietary fiber. It is rich in amino acid L-Dopa which helps to lower cholesterol, blood sugar level and improves insufficient levels of testosterone in men. Ok Lifecare's Kaunch beej tablets are designed especially for bodybuilders and athletes to make their workout results even more effective and powerful. It is essential for health and well being in males that promote the growth hormones and stimulates muscle tissue generation.

Key benefits:

- It increases the production of HGH (Human Growth Hormone) level which helps the body's to build lean muscles and break down fat.
- It improves testosterone levels, which in turn can lead to increased muscle mass and strength.
- It increases tissue resiliency and improves coordination.
- It helps to maintain posture and physical balance.
- It helps to improve immunity, energy level, endurance and athletic performance.
- It helps to reduce stress and anxiety.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



MUKTAVATI

Muktavati tablets are natural ayurvedic supplements for high blood pressure (hypertension) management. It is free from side effects and can take muktavati continue for a long time. Muktavati having herbs like Brahmi, shankhapushpi, giloy and mukta pisti, which having anti depressant, anti-anxiety and anti-stress properties. It also manages associated complications such as uneasiness, insomnia, palpitation, pain in the chest & head.

Key benefits:

- It can manages high blood pressure (hypertension)
- It relaxes the mind and promotes good sleep
- It is helpful in rejuvenating the mind, body and soul.
- It is helpful in relieving of depression and others mental stress.
- It reduces the blood bad cholesterol (LDL) and improves the good one i.e. HDL

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



PUNARNAVA

Punarnava plant (*Boerhavia diffusa*) is known to have medicinal properties. It has been used by indigenous and tribal people in India. The chemical compounds that naturally occur in the herb are flavonoids, alkaloids and glycosides that helps to prevent free radical damage to the kidneys. Ok Lifecare's Punarnava tablet is an Ayurvedic combination of pure powder and extract of Punarnava. It is helpful in health condition such as liver disorder, urinary disorder, leucorrhoea and rheumatism. It also helps in cirrhosis of liver, swelling around the joints and gout.

Key benefits:

- It act as diuretic and mild laxative, which is helpful in detoxification and prevents fluid retention.
- It is hepatoprotective, which is helpful in jaundice and other liver problems.
- It helps to decrease urea, creatinine and cholesterol and helps to flush out other toxins from the body.
- It improves the functioning of kidneys damaged by diabetes.
- It provides relief from joint pain and inflammation.
- It controls over production of uric acid.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



GOKHRU

Gokhruru (*Tribulus terrestris*) commonly known as Gokshura, is an ancient herb used in Ayurvedic healing. It is known as the Tribulus plant and is known to relieve inflammation of the gout and swelling in joints, heal kidney and urinary disorder. It ensures normal flow of urine while detoxifying the kidneys. In recent years, it has become increasingly popular for keeping your joints strong and relieve them from pain.

Key benefits:

- It reduces the swelling and relieves the pain related to rheumatoid arthritis.
- It increases muscle strength and athletic performance.
- It acts as a diuretic which normalizes urine production and flow.
- It is helpful in reducing kidney disorders like kidney stones and colic.
- It increases fertility in men and women.
- It has calming effect on mind and relieves anxiety.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



MUSLI

Safed musli or White musli (*Chlorophytum Borivilianum*) is a plant which is widely used in Ayurveda for its medicinal properties. The most noteworthy benefit of safed musli is in reducing sexual weakness and impotency. It also known by the names of "Indian Viagra" or "Herbal Viagra". It is a rich source of vitamins, alkaloids, proteins, carbohydrates and polysaccharides. It is an herbal supplement for promoting energy, stamina, vitality, inducing spermatogenesis and providing strength to the muscles.

Key benefits:

- It is used as aphrodisiac agent, improves serum testosterone levels and improves testicular functions.
- It increases the sperm count in men, ovum production in women and vitalizes the sex hormones.
- It regulates menstrual cycle.
- It helps in reducing joint inflammation that occurs in the arthritis, especially osteoarthritis.
- It helps to control blood glucose level.
- It helps in muscle building and act as natural sport performance enhancer.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



MULETHI

Mulethi (Liquorice) also called Yashtimadhu in Ayurveda. It is an important herb used in Indian medicines, folk medicines and Ayurveda. It contains a sweet substance and a saponin glycoside, glycyrrhizin (also known as glycyrrhizic acid) which is 30 to 50 times sweeter than sugar and taste of sweetness in mouth lasts longer than sugar.

Key benefits:

- It provides relief from tickling and itching in the throats that often tend to trigger the cough.
- It acts as a demulcent and protecting the delicate tissues of throat and relieves cough.
- It is helpful in alleviating digestive problems such as constipation, acidity, heartburn, stomach ulcers, inflammation of the lining of the stomach.
- It is helpful in nervousness and depression by controlling stress hormones including the cortisol.
- It helps in weight management.
- It reduces menstrual cramps, nausea, bloating and mood swings.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



DALCHINI + LAUNG

Over the years, Clove(Laung) grabbed a prominent place in traditional Chinese and Ayurvedic medicine to relieve nausea, flu and protection from various heart diseases. In Ayurveda, Cinnamon's (Dalchini) thermic effect supports healthy metabolism, improves digestion and helps to relieve joint pains. It is excellent for pacifying Kapha and good for balancing Vata also. Ok Lifecare has made herbal tablets using the combination of dalchini and laung that is useful in healthy cardiac, reduces cholesterol, joint pain & acidity. It contains eugenol and vitamin C, both of which helps to reduce oxidative stress. Dalchini having strong weight control properties.

Key benefits:

- It is useful in controlling cholesterol and hyperlipidemia.
- It works as a powerful anti-inflammatory agent that reduces arthritis and joint pain.
- It is helpful in digestion, metabolism and help to counter stomach disorders such as gas, bloating and nausea.
- It protects against the inflammation that underlies heart disease, cancer and the other chronic diseases.
- It maintaining healthy blood sugar levels, reduces excessive thirst & dryness of mouth.
- It is also useful in expulsion of intestinal worms, as well as helpful in gas retention.
- This combination is very helpful in body weight control.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



ARJUN + GARLIC

It is a unique blend of two powerful herbs Arjuna and Garlic, widely used in Ayurveda which possesses cardiovascular disorder preventing properties due to its beneficial action in cases of hyperlipidemia. It contains a significant level of allicin and arjunosides the key bioactive component in Garlic and Arjuna. It not only cares for major heart problems but also for metabolic disorder which lead to heart weakness and failure.

Key benefits:

- It is not only useful in heart ailments but also helps in clearing away the blockage in the arteries.
- Its powerful antioxidant properties, supports the heart protective mechanism against oxidative damage.
- It improves pumping activity of heart, cardiac muscle strength and decreases in bad cholesterol (LDL) levels and triglycerides in the blood.
- It reduces platelet aggregation and thrombus formation which helps in reducing atherosclerosis.
- It also play an important role in acidity control and stomach ulcer healing.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



BABUL

Babul (*Acacia nilotica*) is an Ayurvedic herb that is known as “Treasures of Nature”. It is useful in the skin disorders, bleeding disorders and to prevent intestinal worms. Babul bark finds its primary applications in oral & dental hygiene, burn injuries and in the management of skin disorder as recommended by Indian Ayurveda. Being an astringent agent, twigs of babul have been used in India as natural toothbrushes.

Key benefits:

- It's not only useful in disorders of your teeth but also strengthens the gum.
- It helps in reducing the swelling of the uterus.
- It acts against the intestinal worms.
- It is effective in diarrhoea and dehydration.
- It has ability to control the bleeding and infection which helps in healing wounds, cut and injuries.
- It helps to reduce diarrhoea associated with antibiotics.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



SHATAVARI + JEERA

In Ayurveda, Shatavari and Jeera have been used for thousands of years as a female reproductive tonic. Both herbs have rejuvenating properties for women. These are rich sources of iron which help to build postpartum strength. Ok Lifecare's Shatavari and Jeera tablets are designed especially for lactating women. It is helpful in supporting fertility, vitality and lactation during post delivery. It is also useful in weight management after delivery.

Key benefits:

- It supports lactation in new mothers by improving prolactin hormone levels and ensuring optimum breastfeeding.
- It increases healthy levels of breast milk production.
- It is helpful in restoring hormonal balance in women who have fluctuating hormonal levels due to menstruation and menopause.
- It has an antacid action, therefore good for the stomach.
- It regulates the menstrual cycle, relieves menstrual pains, controls excessive bleeding and increases fertility.
- It helps to overcome fatigue, promotes physical and mental health.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



GUGGUL

Guggul is extracted and collected from the plant bark known as Commiphora weightii. It has been used in Ayurvedic medicine for centuries for cardiac problems but has recently been introduced for joint health because of its anti-inflammatory and anti-oxidant properties. Its multiple active chemical compounds include guggulipid and guggulsterone, two powerful antioxidants that fights inflammation and stimulate the immune system's white blood cells. It is helpful in alleviating joint pain, stiffness, swelling and other symptoms associated with arthritis.

Key benefits:

- Anti-inflammatory: It reduces swelling, redness, joint stiffness and improves joint movement.
- Antioxidant: It scavenges free radicals and helps to rejuvenate the skin.
- It helps to improve energy and stamina
- Cardio protective: It prevents coronary artery disease and other heart disorder by preventing deposition of cholesterol plaque in blood vessels.
- High blood pressure: It is helpful in lowering the blood pressure associated with high lipid levels in the blood.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



AROGYAVATI

Ok Lifecare's Arogyavati tablet is ayurvedic proprietary blend of poly-herbs which has antibacterial, antimicrobial and antiviral properties. It is basically for those people who have weak immunity and who get ill very rapidly. It is highly effective Ayurvedic blend that gives you strength, increases your energy and improves the body immunity to fight infections such as fever, cold, digestive, hepatic and cardiovascular disorder. It helps in various ailments which helps to regain your vitality and nourish your general health.

Key benefits:

- It supports immune system function and has ability to fight off symptoms of the common cold.
- It helps to balance the tri doshas i.e. vata, pitta and kapha.
- It helps to sooth the skin irritation from dermatitis, fights skin allergies and also helpful in skin wounds healing.
- It supports liver function and bile secretion which maintains the liver enzymes at normal levels.
- It strengthens the vital organ of the body and helps to rejuvenate the body and mind.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



URIC ACID

Uric acid is a waste product created by the body when it breaks down purines, which is a substance found in foods and drinks. Although it is naturally present in body in small amounts, excessively high levels of uric acid can lead to kidney stones, kidney failure, gout and also might be associated with hypertension and heart disorder. Ok Lifecare has introduced a product that is Uric Acid which is known to control the Uric Acid formation in the body which is nowadays prevailing problem among everyone. It is an advanced formula with unique herbal ingredients intended to provide nutritive support for the body's natural cleansing process of uric acid. It helps to prevent excess uric acid from crystallizing in joints and other tissues.

Key benefits:

- It reduces accumulation of uric acid in joints and muscles which thereby reduces pain, inflammation and swelling in joints.
- It helps to maintain the immune system strong.
- It improves the functioning of kidneys.
- It protects the damage to the joints.
- It reduces the chances of kidney stone.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



HALDI + TULSI

Turmeric (Haldi) is a multifaceted wonderful herb that is a natural antioxidant, fights free radical damage and helps to increase general well being, defend the body from toxins while Tulsi is regarded in Ayurveda as an "elixir of life" and is well known to promote longevity. It has been used for centuries for its diverse healing properties. Ok Lifecare Haldi and Tulsi tablets contains many beneficial compounds that possesses strong antioxidant, antibacterial, antiviral, adaptogenic and immunity enhancing properties.

Key benefits:

- It helps your body to fight foreign invaders and also has a role in repairing damage.
- It neutralizes free radicals on its own but also stimulates your body's own antioxidant enzymes.
- It is considered to be adaptogenic, balancing different processes in the body and enabling the body to adapt to stress.
- It helps to detoxify the liver.
- It maintains healthy cholesterol levels.
- It boosts immunity.
- It controls uric acid production & helps in joint optimum function.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



KALONJI

In Ayurvedic and traditional medicines, Kalonji (*Nigella sativa*) is known as the 'Blessed Seed' and 'Black Seed' due to its rich source of minerals, fatty acids and vitamins. Ok Lifecare's Kalonji tablets are useful in various health ailments such as diabetes, acidity, joint pain and possess excellent healing properties. It is also helpful in improving weakened memory and cognitive functions of brain.

Key benefits:

- It helps in regulating the blood sugar level, thus beneficial for both management and control of diabetes.
- It relieves joint pain and stiffness caused by arthritis.
- It improves memory power and concentration.
- It helps to prevent gas formation and acidity in the stomach.
- It provides instant energy, vitality to the body and quick relief from laziness and tiredness.
- It helps to relieve pain associated with swelling of gums and bleeding gums.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



NEEM + KALI MIRCH

Neem and Kali mirch have traditionally been used for many ages to cure various health ailments. Ok Lifecare's Neem + Kali mirch tablets are useful in indigestion, skin related problems, bacterial infections and help to purify the blood. It contains several bioactive compounds with medicinal properties like piperine, nimbin which have anti-microbial and strong anti-oxidant effects. It is also beneficial for the liver by aiding the digestion, detoxifying liver and encouraging the circulation of blood.

Key benefits:

- It helps to purify the blood and improves the water balance in the body.
- It helps to increase digestion and absorption of nutrients, whilst helping in body weight control.
- It has antioxidant properties which help to protect the skin from free radical damages and signs of aging like wrinkles, fine lines and age spots.
- It detoxifies the body which helps to reduce the symptoms of eczema, psoriasis and dermatitis.
- It is helpful in reducing inflammation associated with rheumatic pains and arthritis.
- It relieves sinus and nasal congestion.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



SHILAJIT + KESAR

Ok Lifecare Shilajit and Kesar tablet is an Ayurvedic formulation for vigours health. It is the unique combination of medicinal plant Kesar and pure shilajit that fights against stress, trauma and eliminates general debility in men & women. It is used as a general tonic, known for providing strength, stamina & vigour. It is used for general weakness, as a rejuvenator and natural herbal aphrodisiac.

Key benefits:

- It helps to rejuvenate the body's energy, stimulates the immune system.
- It promotes testosterone level naturally and improves male fertility.
- It helps in improving physical and mental strength.
- It strengthens the bodily tissues to bring about all-round physical vigour in the body.
- It helps the body get accustomed to changes in the environment and climatic conditions.
- It's helpful in prevention of urinary tract infections (UTI)

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199



SAUNF + JEERA + DHANIYA + MINT

Herbs used in this combination are exclusively known for their tremendous digestive properties and digestive tract infections. Combining the goodness of natural ingredients like Jeera (cumin seeds), Dhaniya (cardamom seed), Saunf (fennel) and Mint prevent a wide range of problems like diarrhoea, flatulence and constipation. These exert carminative action by preventing the gas formation and restoring normal growth of intestinal micro-flora.

Key benefits:

- It triggers the secretion of digestive juices and enzymes which increases the process of digestion.
- It increases the metabolism which aids weight loss.
- It flushes out toxins from the body and also beneficial for liver.
- It is useful for upset stomach, relieves excessive gas formation and also helps to stimulate the appetite.
- It is an effective and safe dosage for those suffering from abdominal pain or discomfort associated with irritable bowel syndrome (IBS).
- It prevents the peptic ulcers and gives calming and soothing effect.

Dosage : 1-2 tablet 3 times a day with meal or as suggested by vaidya or Health Practitioner.

Presentation : 60 Tablets

MRP : 199

QUALITY MATTERS
RATHER THAN
QUANTITY





PANCH TULSI

Holy basil (*Ocimum sanctum*) or Tulsi is a powerful herb that has been used in Ayurveda and other traditional medicinal systems in India for thousands of years. Ok Lifecare Panch Tulsi Drops is 100% natural herbal extract composed of five types of Tulsi mixed in very effective proportion which is known to have life supporting properties. Modern scientific research offers impressive evidence that components found in these basil leaves enhance stamina, rejuvenates respiratory problems, diminish symptoms of flu & fever, support immune system, act as blood purifier, help to relieve stress, relieve inflammation, eliminate toxins, improve digestion and provide a rich supply of antioxidants.

Key benefits:

- It is an excellent antibiotic and antipyretic which brings down the body temperature down.
- It protects the heart and reduces the cholesterol levels in the blood.
- Due to its antioxidant properties, it minimizes the stress caused by oxidants.
- It is a detoxifier and a mild diuretic, helps to reduce kidney stones.
- It also helps to detoxify the kidneys through increased frequency of urination.
- It keeps your skin free from all infections like pimples.
- It has excellent analgesic properties, so can effectively relieve headaches, cough and cold.
- It gives miraculous relief from congestion and also effective in respiratory disorders including bronchitis.

Dosage : 2-3 drops in a glass of water/tea/lassi, 2-3 times a day after meal or accordance with health Practitioner.

Presentation : 25ml

MRP: 190/-



FENNEL SEEDS DROPS

Ok Lifecare Fennel seed drops are made with premium-quality, organic fennel seeds and has a sweet aroma that sweetens and refreshes your breath after a meal. In traditional Ayurveda, Fennel (*Foeniculum vulgare*) was traditionally used to alleviate bloating and gas. It is metabolic enhancer and increased metabolic output burns more energy and can accelerate fat utilization. It also helps to break fat deposits in the bloodstream to be used as energy which is good for obesity control. It supports overall heart health.

Key benefits:

- It helps to get rid of bad breath after an odorous meal.
- It helps to remove toxins and reduce the risk of urinary tract problems.
- It is excellent in combating obesity as it suppresses the appetite and creates a feeling of fullness.
- It eases and regulates menstruation and acts as soothing pain reliever and relaxing agent for menopausal women and in dysmenorrhea (menstrual cramps).
- It has mild expectorant properties that helps in cough, cold, flu and congestion.
- It maintains optimum cardiac functions.

Dosage : 3-5 drops in water/beverages after meal.

Presentation : 25ml

MRP : 200/-

LET'S FOOD BE YOUR FIRST MEDICINE





PRO HEALTH

Ok Lifecare Prohealth is an Ayurvedic supplement powder designed to rejuvenate entire health by enhancing strength and stamina. With the growing age and daily stress, bodily functions begin to slow down and malfunction, Prohealth possess such powerful herbs which maintain supplementation and enhance body's process to produce higher energy to keep a person free from stress, lethargy, fatigue and stay high on stamina. It possess wonderful herbs which suppress conditions like hypertension, hormonal problems and enhance muscle mass, muscular endurance, improves immunity, mental alertness and maintain healthy senses to improve a person's quality of life.

Key benefits:

- It contains rich sources of wide range of nutrients and fill-in nutritional gaps and removes deficiencies.
- It acts as a health tonic and offers great nourishment and is also a strength promoter.
- It is effective in seasonal allergies as it enhances the immune power.
- It increases vitality, vigour and stamina.
- It improves appetite, digestion and assimilation.
- It provides strength to the heart and heart muscles. Also improves blood circulation & helps in detoxification of blood.

Dosage : 10 gm with warm milk or water after meal or as suggested by Health expert.

Presentation : 200 gm

MRP : 500/-



BRAVE KIDS

Ok Lifecare Brave kids is advanced blend of essential nutrients for the overall growth of children. This blend contains vital proteins and essential fatty acids (DHA, EPA, MCT and Omega-3 fatty acids), micronutrients that supports brain development, enhances memory, boosts immunity, improves physical performance, eye function, healthy skin and supports 3D growth of your children. Multi minerals and vitamins are growth promoters that helps to support healthy metabolism and boost immunity. Cow colostrum contains immunoglobulins, lactoferrin and growth factors that helps to fight against seasonal infection, antimicrobial and improves overall immunity as like mother's milk do.

Key benefits:

- It helps your child to maintain a healthy body weight, build stronger bones and prevent them from diseases.
- It is instant source of energy that can also be used to energize your child's brain.
- It contains lactoferrin which helps to protect a child against infection caused by bacteria, fungi and viruses and boosting up the immune system.
- It enhances the physical performance in children throughout the day.
- It plays an important role in the growth and development of intestinal flora.
- It provides fat and proteins that are needed for development of healthy bones and muscles.

Dosage: 10-20 gm (3 tablespoons) in a glass of water or milk or as suggested by Health expert.

Presentation: 200 gm

MRP: 940/-



PHYTO LIFE

Spirulina is microalgae based food that has been considered as super food for centuries due to its high nutritional value and supposed health benefits. It is a good source of single cell protein with high percentage of essential amino acid which makes it highly bioavailable for cellular nutrition. It contains around 65-71% complete protein with all essential amino acids in perfect balance which making it a unique vegetarian protein. World's well reputed space agency, NASA recognizes spirulina as a complete space food and they use it for their astronauts in space due to its abundant nutrition profile. Spirulina is one of the highest natural food sources for beta- carotene, iron and magnesium which are essential for a strong immune system. It improves overall health and aids in maintaining optimum weight.

Key benefits:

- It provides essential nutrients to the body and is helpful in repairing and building healthy cells in the body.
- Due to high protein profile, it is great for energy, performance and beneficial for athletes.
- It improves stamina, working capacity and also very helpful for muscle strengthening.
- It reduces blood cholesterol, LDL and also protects heart cells against oxidation.
- It reduces the blood glucose level and improves the insulin sensitivity in the cells.
- Due to its high nutritional profile, it is a great solution for micronutrient deficiency.

Dosage : 1-2 scoop with warm milk or water , 2 times a day after meal or as directed by Health Practitioner.

Presentation : 200 gm

MRP : 1440/-



LACTATING MOTHER

Breast milk provides the best nourishment for a child because it contains the ideal amount of nutrients such as fat, protein, energy and major minerals like calcium, zinc which promote normal growth rate and provides natural defence against childhood diseases and obesity. But these days, women are deficient in these nutrients because she does not get enough of these vitamins and minerals through diet alone, so need to take supplements. Ok Lifecare has an Ayurvedic blend Lactating Mother, a specialized formula for the breast feeding mother to ensure good breastmilk quality and quantity. It contains Methi, Safed jeera and Shatavari which has been used since ages for enhancing milk secretion. It is safe for both mother and child.

Key benefits:

- It stimulates production of prolactin and corticoids hormones which are necessary for breast milk production.
- It works not only on improving the quantity of breast milk but also boosts the nutritional quality of the milk.
- It is helpful in promoting the growth of breast cells.
- It is helpful in converting blood glucose into energy which helps to reduce body fat.
- It has anti-oxidant properties which enhances the body immunity to fights with all the infections.
- It is a super product for those women who going through caesarean delivery.

Dosage : 10 gm 2 times a day with milk after meal or as directed by Health expert.

Presentation : 200 gm

MRP : 740/-



GANO COFFEE

Ok Lifecare Gano-Ginseng Coffee is an exclusively unique wellness coffee in the world, composed of Ganoderma spores as well as ginseng roots extracts, both are known as healthiest herbs of 21st century. Ganoderma spores having active components like polysaccharides and triterpenes while ginseng is known for its unique ginsenosides and gintonin like components.

Key benefits:

- This coffee blend supports your immune system.
- It is helpful in weight management.
- It helps to control blood sugar level and increases insulin sensitivity in cells.
- It increases the stamina as well as cardio-physical function of body.
- It boosts antioxidant function at cellular level.
- It regulates digestive health.
- It enhances memory.
- Its bad cholesterol lowering effects makes it healthy for optimum cardiac function.

Dosage : 1 serving spoon (13 gm. approx.) in cup of hot water or milk.

Presentation : 200 gm

MRP : 500/-



GREEN COFFEE

Green coffee blend is an exclusive product containing the power of great herbs such as ashwagandha, cardamom which energize your body and mind so that you can be up to the challenges of increased mental and physical stress. This advanced formulation contains scientifically proven herbs which not only help you to manage weight more effectively but also improve metabolism. Green coffee beans are stuffed with antioxidants and these powerful antioxidants help to reduce the damaging effects of harmful free radicals in our body and help to maintain overall health.

Key benefits:

- Promote fat burning process: It contains chlorogenic acid which helps to burn the excess body fat, it raises the metabolism and aids in weight loss.
- Boost Energy: It is a metabolic booster which can help increase energy.
- Stimulate Nervous System: It gives an energizing effect and is useful in debilitating conditions, fatigue, stress, anxiety & palpitation.
- Heart health: It lowers the risk of atherosclerosis, heart attack and stroke.
- It stops fat cells from reappearing after weight loss.
- It stimulates liver function and promotes the release of toxins from the body.

Dosage : 1/2 tea spoon in a cup of boiling hot water.

Presentation : 200 gm

MRP :

A HEALTHY OUTSIDE
BEGINS FROM INSIDE





ALOE VERA JUICE

Aloe vera juice is an ideal drink which detoxifies the body, because it contains many essential trace elements, vitamins and minerals that helps the body to deal with daily stress and strains. It acts as demulcent to the digestive system and aids in proper digestion. Aloe vera juice contains various constituents like ashwagandha, a rich source of antioxidants to combat free radicals in liver and improve its detox function. Pan extract restores the normal pH levels of the stomach by flushing all the toxins and hence, increases appetite and promotes health. OK Lifecare Aloe vera juice has good taste due to the natural sweetener (Stevia) used in it. In addition, it also helps in cases of constipation, acidity and liver weakness.

Key benefits:

- It is excellent detoxifier and boosts the immunity.
- It relieves occasional constipation by enhancing digestion and protein absorption.
- It is rich in antioxidants which fights the free radicals found in body.
- It regulates blood pressure, cholesterol and improves blood circulation. It helps in weight management.
- It reduces inflammation.

Dosage : 15-30ml 1 or 2 times a day before meal or empty stomach.

Presentation : 1 liter

MRP : 720/-



NONI NATURAL JUICE

Noni is a tropical fruit (*Morinda citrifolia*) which exhibits a remarkably high therapeutic and safety profile that makes it popular as a health enhancer and food supplement worldwide. Ok Lifecare Noni natural fruit juice is made up of fresh and healthy noni fruits. It contains xeronine, which is vital for proper functioning of all the body cells and allows the protein in our body to perform different functions properly. It contains a number of essential vitamins and minerals that helps in strengthening the immune system and enhance overall well being.

Key benefits:

- It detoxifies the body and strengthens the immunity system.
- It improves cardiovascular health and helps to regulate the blood pressure.
- It has antioxidant effect which reduces the damage caused to cells due to oxidative stress.
- It improves functioning of liver.
- It accelerates the wound healing process.
- It relieves pain and fatigue.
- It enhances physical performance of the body.

Dosage : 10-15 ml and dilute with water (1-2 times), empty stomach.

Presentation : 900ml

MRP : 750/-



WOMEN POWER

Today's lifestyle possess a major burden on women health. They are often occupied with daily household chores and don't get time to take care of their health. So, Ok Lifecare introduces a special product for improving women health and overall well being. Women power health tonic is an Ayurvedic combination of useful herbs which act collectively to prevent the problems associated with women health. It is a rejuvenating Ayurvedic formulation for the women which helps to detoxify the blood and boosts the immunity. It brings a natural balance to female hormones and increases the retention power. It is a complete women health & beauty tonic which is efficacious in abdominal cramp, loss of appetite, anaemia, backache and other conditions of ill health in female such as mental tension, aging and stress related symptoms.

Key benefits:

- Skin: It clears acne, pimples and skin infections. It is highly effective for glowing skin and beauty.
- Hair: The antioxidants and the mineral contents restore the hair health and also prevent premature grey hairs and hair fall.
- Hormones: It helps to balance female hormones and weight management and rejuvenates the reproductive system, especially the uterus.
- Antioxidant: It has antioxidant properties which helps to protect the body against harmful free radicals.
- It controls excessive bleeding problem, helpful in painful periods and regulating menstrual cycle.
- It has potential therapeutic value, thus beneficial in micronutrient deficiency.

Dosage : 2 teaspoon 3 times a day after meal or as directed by Health expert.

Presentation : 200ml

MRP : 300/-



COUNT UP

Thrombocytopenia (Low Platelet Count) is major problem associated with dengue, liver cirrhosis, hepatitis-B, chemotherapy and malaria/viral. Ok Lifecare Count-up syrup is a best remedy for the low platelet count. Its natural ingredients such as Giloy, Papaya and Punarnava having potency to increase blood platelets count by stimulating bone marrow. This syrup significantly increase the WBC count among people with dengue fever including some other health benefits like suppress the malaria, viral, effective in other fevers. It is helpful in increasing body immunity level, decrease toxins in blood, improves liver function and decrease body ache.

Key benefits:

- It is powerful immune booster that helps to increase the WBC and platelet count.
- It prevents platelet destruction in the blood.
- It used as a prophylactic to prevent the body cells from being infected by the dengue, virus.
- It is helpful for those people who are feeling very weak after suffering from any type of illness/ fever.
- It speed ups the recovery of body's normal functioning from the viral fever.
- It helps to improve overall quality of life by restoring and maintaining physical health.
- It reduces tiredness and fatigue and enhances energy level.

Dosage : 10ml with lukewarm water, 2 times a day after meal or as directed by Health expert.

Presentation : 200ml

MRP : 350/-



COUGH FIGHTER

Cough fighter is sugar free syrup containing natural herbs. It is a non-sedative and alcohol free product consisting of balanced blend of carefully selected herbs. It is helpful in relieving all types of cough and chest congestion. It eases cough and congestion by thinning mucus in airways. This makes a cough more productive and brings up phlegm. It is helpful in management of other respiratory problems like bronchitis, cough and asthma.

Key benefits:

- It is an effective expectorant which is useful in all types of cough.
- It helps in clearing mucus from airways, bronchi, lungs and trachea.
- It also helps to relax bronchial spasm.
- It alleviates cough, relieves blocked phlegm and controls bleeding in the sputum.
- It reduces mucosal irritation in respiratory tract in non productive cough.

Dosage : 5-10ml with lukewarm water, 2 times a day after meal or as directed by Health expert.

Presentation : 100ml

MRP : 60/-



DIGEST WELL

Ok Lifecare Digest well syrup is an Ayurvedic digestive tonic which is effective for optimizing digestive functions like digestion, absorption, regulate enzymatic activity in the gastrointestinal tract. It stimulates appetite, enhances the secretion of digestive enzymes, improves digestion and absorption of food. It is useful for digestion and to calm the symptoms of indigestion, flatulence and stomach cramps. The formula induces a relaxing effect on the smooth muscles in the digestive tract and relieves abdominal muscle spasms. It also promotes expulsion of gas from the intestines and relieves bloating of the stomach.

Key benefits:

- It improves absorption and assimilation of food.
- It helps in maintaining the natural function of GIT.
- It maintains the normal intestinal flora.
- It relieves nausea and regulates gastro-intestinal motility.
- It supports optimum function of liver.
- It removes toxins from the body.

Dosage : Adult: 2-4 teaspoon 3 times a day after meal.

Child: 1-2 teaspoon 2 times a day after meal or as directed by Health expert.

Presentation : 500ml

MRP : 500/-



“ FEEL THE REAL ESSENCE OF NATURE ,,



RICE BRAIN OIL

Rice bran oil is a nutritious edible oil fortified with vit. A & D2, extracted from the oily layer of brown rice. It is healthy due to naturally balanced fat composition and the presence of bioactive compounds such as oryzanol, tocopherols, tocotrienols and sterols. It is the best cooking oil as it does not have any odour or taste of its own and high smoke point of 215-230°C which is higher than other vegetable oils, hence doesn't get converted into free fatty acids and trans fats during frying which maintains healthy functioning of heart. It is known for its renowned bioactive component i.e. oryzanol which is powerful antioxidant especially for cardiac system that's why it is so called heart oil.

Key benefits:

- It possess cholesterol lowering properties, thus reducing harmful cholesterol (LDL) without reducing the good cholesterol (HDL).
- It increases the levels of vitamin E within the body, which can speed up wound healing, cellular rejuvenation, smooth skin, reduces wrinkles and provides protection from sunburn.
- It is rich in an antioxidant which helps in boosting the immune system of the body.
- It helps to improve neurological functioning and balances the endocrine hormones.
- It boosts metabolic rate and helps in weight management.
- It prevents growth of cancerous cells.

Presentation : 2 liter

MRP : 388/-



INDIAN TEA

Ok Lifecare serves the taste of life with rich aroma and flavour in single sip of tea. Ok Lifecare Indian Tea is a finest tea made from exquisite blend high quality leaves selected from Indian gardens and large grains CTC, whose bright tea liquor and intense aroma, delights and refresh your senses. It contains rich natural antioxidants (flavonoids) to protect the cells and tissues in the body. It provides persisting aroma and irresistible taste.

Presentation : 250 g

MRP : 115/-



Product : Cumin Whole

Presentation : 100g

MRP : 92/-

Ajwain Whole

100g

91/-

Red Chilli Powder

100g

83/-

Turmeric Powder

100g

65/-

Jal Jeera Powder

100g

90/-

From seed to fruit we are eating harmful chemical additives in food. Once you get Ok Lifecare organic spices in your home, you will have it forever. These are processed using latest technique of sterilization and cold grinding technology to retain its natural aroma. Our exclusive organic spices are Non-GMO certified that ensures best practices for avoiding genetically modified organisms and produce safe and natural products. Also get certified by US Department of Agriculture (USDA) which is only given to verified organic products. It is gluten free means it doesn't contain the grains, hence safe for those who are suffering from celiac disease. These organic spices are hygienically packed to retain its natural color and authentic flavour.





Product : Sabji Masala

Presentation : 100g

MRP : 128/-

Tandoori Masala

100g

115/-

Chana Masala

100g

115/-

Shahi Paneer Masala

100g

115/-

Pao Bhaji Masala

100g

109/-

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Product : Chat Masala

Presentation : 100g

MRP : 115/-

Garam Masala

100g

148/-

Black Pepper Powder

100g

200/-

Black Pepper

100g

200/-

Clove

100g

250/-

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UPCOMING

DISCLAIMER

1. All products displayed in the handbook can be different in the actual packaging.
2. All products displayed in the handbook are health and dietary supplements and non-prescriptive.
3. All products displayed in the handbook are not intended to diagnose, treat or cure any disease.
4. All descriptions of product mentioned in the handbook are based on the ancient Ayurvedic scriptures and literature published in reputed journals of life sciences, hence the layout, articles and descriptions cannot be copied or pilfered in any form(s) or whatsoever and copyright as well as IPR is reserved by the company.
5. In special cases like pregnancy and children, consult your Health Practitioner.
6. Prices displayed herein can be revised and can vary from time to time.

For more information regarding the products, please visit our website: www.oklifecare.com or contact on Product info. : 7082001105 or mail: productinfo@oklifecare.com.



A purely

NATURAL BASKET



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For more information please visit our website www.oklifecare.com

and for regular updates, follow us on 

MRP Rs. 45/- (Inclusive of all taxes)