



LIFESPAN™

LEADING YOU TO BETTER LIFE



**ONE OF INDIA'S LARGEST
NUTRACEUTICAL
MANUFACTURER**

Eat Healthy Be Healthy



LIFESPAN™
LEADING YOU TO BETTER LIFE



RETAIL STORES



E-COMMERCE



NATURAL JUICES / SHAKES

Amla Juice with Honey
Aloe Vera Juice with Honey
Wheat Grass Juice with Honey
Noni Plus Juice
Noni Premium Juice
Noni Gold Juice
Anti-Stress Juice
Digestive Drink
Memory drink
Dieting Aid Drink
Detoxify Drink
Meal Replacement Shake

SPREADS

Creamy Peanut Butter
Crunchy Peanut Butter
Chocolate Peanut Butter
Spicy Peanut Butter
Super Crunchy Peanut Butter
Almond Butter (Plain)
Almond Butter (Chocolate)

HEALTHY SNACKING

Protein Diskettes - Vanilla flavour
Protein Diskettes - Chocolate flavour
Chyawanparsh Diskettes
Kids Protein Diskettes - Vanilla flavour
Kids Protein Diskettes - Chocolate flavour
Multi Grain Bytes
Chia Diskettes

TABLETS/CHEWABLE

Vitamin C Tablet / Chewable
Neem
Garlic
Giloy
Vitamin B Complex Tablets
Calcium & Vitamin D3
Triple Source Calcium
Women Care
Immune Tablet
LiveLife
RenaLife
DiabaLife
Digestive
Brain Care
Hair Care
Ortho Care
Nerve Health
Immun Active
Co-Q10 + Formula
Mg + Formula
Vitamin C + Advance
Fertility Care-Male
Fertility Care-Female
Bone & Joint Health
Digestive
PMS
Anti-cholesterol
Throat Soothing
Nutritive (For Wellness & Stamina)
Herbal Tablet

(For Boils, Pimples & Acne)
Herbo – Mineral
(For Allergies & Anti-Histamine)
Gastric Problem & Colon Cleanser
Electrolyte Water Soluble

CAPSULES

Ashwagandha
Brahmi
Moringa
Spirulina
Shatavari
Shilajit
Green Coffee Beans Extract
Iron & Folic Acid
Omega 3 Fatty Acid
Multi Nutrients with Lycopene
Weight Management
Tulsi
Triphala
Amla – Giloy
Jamun
Harida
Guggulu
Coleus
DHA
Policosanol
Arjuna-Lahsun
Tagar
Karela

Fenugreek
Aphrodisiac
Joint Care
Amino Acid
Anti-Migraine
Diabetes Management
Hair, Nail, Skin Care
Male Wellness
Female Wellness



POWDERS & GRANULES

PROTEIN POWDER

Protein Powder Chocolate
Protein Powder Vanilla
Protein Life Powder (Unflavoured)-75%
Protein Rich – Chocolate /Butterscotch – 37%
Protein Rush - Chocolate /Butterscotch – 26 %
Ragi Malt Protein Powder
Plant Based Protein Powder
Poly Millets Protein Powder
Collagen Peptide (Type- 1 and Type- 3) powder
Protein powder for pregnant women

OVERALL HEALTH

Multi Fiber Complex Powder
Dysmenohorrea Powder

SPORTS NUTRITION

Mass Muscle
Lean Muscle
Isonext vanilla
Hydration Powder - Lime Flavor
BCAA Powder-Watermelon Flavor
Pre Workout Drink
Pework supplement with Pre and probiotics
Postwork supplement with Pre and probiotics
Protein Balls Chocolate
Muscle Mass Chocolate
Muscle Mass Vanilla
Low Carb Chocolate
Low Carb Vanilla

Women Protein Powder
Protein for Kids
Protein Shaker

GRANULES

IMMUNE LIFE T (TEA)

SYRUPS & DROPS

Panch Tulsi Drops
Cough & Cold Syrup
Active-Fig
Appetizer
DigesEaze
SleepAid Plus
SleepAid
Wapour Oil

PERSONAL CARE

Red Onion Hair Oil
Rapid Relief Roll On
Paineaze Oil
Lemon Hand Wash
Hand Sanitizer
Wheat Germ Moisturizing Lotion
Sunscreen lotion
Body Lotion
Aloe Cucumber Body Butter
Almond walnut Scrub
Aloe Gel
Glow Cream
Under Eye Cream

Anti - Ageing Cream
Beard Oil
Lord Mood (Male Aphrodisiac)
Queen Mood (Female Aphrodisiac)
Message Oil (Relaxing)
Message Oil (Sensual)
Heel Repair Cream
Foot Cream
Serum
Male Hygiene Wash
Female Hygiene Wash
Pain balm
Lip balm

SHOTS

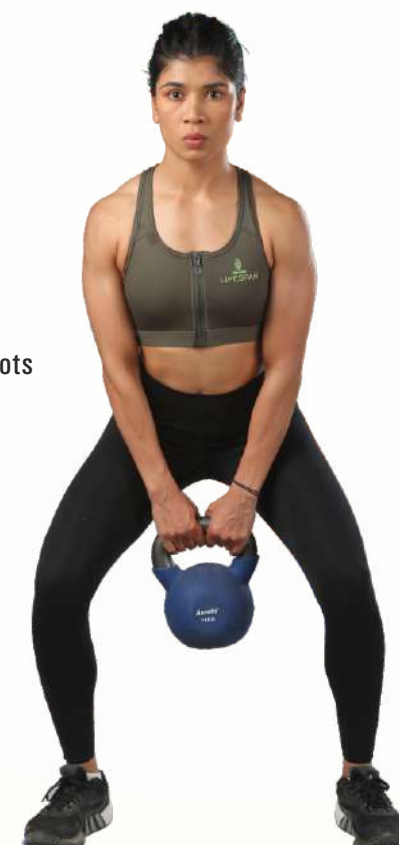
Anti- Hangover Shots
Immunity Shots
Lord mood- Male aphrodisiac Shots
Queen mood- Female aphrodisiac Shots

SACHETS

Mouth Refresher
Gutka
Collagen Peptide

CERTIFICATIONS

ACHIEVEMENTS & AWARDS



Forest Honey

Straight from Mother Earth, Lifespan Forest honey contains all natural antioxidants, vitamins & minerals that comes in raw, unpasteurized & unadulterated form in its purest authentic flavour & taste obtained from the nectar of wild flowers from the forest, that is carefully collected without harming the bees from the forest of Nallamalla(AP) AND Nilgiris (Karnataka) & are untouched by factory machines during sourcing and harvesting.

Benefits of Honey:

Helps in ulcers & digestive problems

Soothes cough and sore throats

Helps to strengthen immunity and is wound healer

It has antimicrobial properties

Suggested Usage: Enjoy the real flavour of Honey in variety of your foods right from bread to various dishes & beverages like smoothies, roti's, Lemon Tea, kheer & desserts or one can directly have spoonful of it.

Shelf Life: Best before 24 months from packaging date

Net Weight: 300 g



EXPERIENCE THE
FABULOUS
FLAVOUR
OF HONEY
*Straight from
Nature's Adobe*



Amla Juice with Honey

Amla juice with Honey is a nutritious drink which helps to get rid of toxins and supports liver function. Amla is undoubtedly a power house of nutrients and one of the most widely acclaimed medicinal herb. It helps control blood sugar levels, boosts eye health, improves digestion and supports in weight loss. Honey contains nutrients, vitamins, amino acids and phytonutrients, which are responsible for anti-oxidants, anti-bacterial, antifungal properties, which help fight oxidative damage from free radicals.

Benefits Amla Juice with Honey:

Excellent natural source of Vitamin C
Helps boost immunity and metabolism

Aids in liver and digestive functions
Acts as natural detoxifier
Healthy refreshing low-calorie drink

Aloe Vera Juice with Honey

Aloe Vera juice is rich in phytonutrients and is traditionally been a part of many Ayurveda preparations, medicines and tonics; it provides nourishment to the body. It is good for liver, helps hydrating, detoxifying and removes impurities from the body. Honey contains nutrients, vitamins, amino acids and phytonutrients, which are responsible for anti-oxidants, anti-bacterial, antifungal properties, which help fight oxidative damage from free radicals.

Benefits Aloe Vera Juice with Honey:

May help breakdown of sugar and fat in the body
Supports and protects overall skin health
Provides relief for stomach ulcers & gum inflammation
Helps in managing digestive disorders
Anti-inflammatory and Anti-bacterial

Wheat Grass Juice with Honey

Wheatgrass is an excellent source of vitamins and minerals. It is especially high in vitamins A, C and E, as well as iron, magnesium, calcium and amino acids. It also contains several important antioxidants that fight free radicals to reduce cell damage and oxidative stress. Honey contains nutrients, vitamins, amino acids and phytonutrients, which are responsible for anti-oxidants, anti-bacterial, antifungal properties, which help fight oxidative damage from free radicals.

Benefits Wheat Grass Juice with Honey:

Rich in nutrients and antioxidants
Helps in maintaining blood sugar levels.

Improves immunity
Reduces cholesterol levels

Suggested Usage:

Adults: 30 ml (2 table spoons) twice daily orally or as suggested by healthcare professional.

Shelf Life: Best before 18 months from manufacturing date

Net Vol: 500 ml



Creamy / Crunchy Peanut Butter

LIFESPAN's creamy/crunchy peanut butter is a blend of roasted peanuts; and is an excellent source of vegetarian protein. It is a ready to eat healthy spread and one can enjoy the yummy goodness of this 100% natural nutty butter with sandwiches, cereals, shakes and smoothies.

Chocolate & Super Crunchy Dark Chocolate Peanut Butter

LIFESPAN's chocolate peanut butter is a great choice for growing kids and grown-ups as a nutritious spread, made with roasted peanuts, jaggery & cocoa that gives it a sweet & rich deep chocolatey flavour. Apart from nutrition it is tasty and mouthwatering. This spread can be paired with milk shakes, smoothies, fruit salad, fruit slices, spread on bread, roti and a lot more to encourage kids to have the tasty healthy snacking or just scoop it directly from the jar and relish.

Spicy Peanut Butter

LIFESPAN's spicy peanut butter is a protein packed spread which contains spice like garlic, capsicum and onions; which makes this spread an herbaceous, hot and a flavor full of spices. Add this spicy spread to salad, sandwich or roti for relishing taste or scoop it directly from the jar.

Benefits:

- Superior grade nuts packed with good source of nutrients
- Natural easy spread and delicious
- High in fiber
- Rich in Protein & Helps preserve muscle mass
- Roasted peanuts Enhanced its nutty flavour

Suggested Usage:

Adults: Use as spread on bread, paratha or chapatti or directly scoop it straight from the jar and enjoy.

Shelf Life:

Best before 12 months from manufacturing date

Net Weight: 340 g



Multi Grain Diskettes

Looking for a convenient & easy to go healthy snacking option? Try our Multi grain bytes made with superior quality cereal - pulse mix along with casein, MCT & flavored with jeera that makes it super nutritious as it is easily digestible, fiber-rich, helps to curb hunger & promotes satiety.

Benefits: Enriched with ancient grains | Rich in fiber that is easily digestible & gives satiety
Convenient & on the go snack is perfect during busy mornings, travel or at work Super nutritious treat

Pea Protein Diskettes

Pea Protein bytes are exclusively made from Peas grown in controlled condition to ensure the highest quality. Pea Protein is extracted from superior quality of peas which have first class amino acid profile, which is beneficial for muscle growth the post recovery. Along with a superior amino acid profile, pea protein is easily digested, making it an excellent alternative to whey protein for those looking to gain muscle on a plant-based diet.

Suggested Usage: Adults: 3 Diskettes twice a day Children: 2 Diskettes twice a day

Shelf Life: Best before 12 months from manufacturing date

Net Weight: 200 g



Protein Diskettes Vanilla / Chocolate

A snack that has convenience, taste, health and of course, Protein in every bite! Lifespan Protein Diskettes provides good source of protein and other essential nutrients to help fulfil daily nutritional needs in a convenient manner. Protein Diskettes contain casein which is a class one protein. Casein provides all essential amino acids, required for good health. Therefore, having Lifespan Protein diskettes in between meals is a good choice for everyone in the family, and is a great unhealthy snack replacement any time of the day.

Benefits:

Good protein source helps in the growth and development | Supports muscle growth and strength
Protein Diskettes provide high quality casein with vitamins and minerals | Mouth savouring flavour- Vanilla & Chocolate
Easy and convenient, on the go snack | Healthy replacement for junks | Family snack

Suggested Usage: Adults: 3 Diskettes twice a day Children: 2 Diskettes twice a day

Shelf Life: Best before 12 months from manufacturing date

Net Weight: 200 g



Chyawanprash Diskettes

Chyawanprash is a time tested ayurvedic formulation made with more than 45 herbs, innovated and launched by Lifespan in the form of Diskette, suitable for all age group. It is a powerful herbal remedy for almost all anomalies. This ayurvedic supplement helps in variety of health conditions. It activates the immune system and strengthens the body. The composition in the Diskettes also enhances the production of haemoglobin and white blood cells. It is host for healthful herbs & nutrients for a great health support. A tasty, convenient and a healthful snack.

Benefits Chyawanprash:

Supports Cardiac functions | Enhances healthy appetite
Beneficial for Overall good health | Improves alertness and concentration
Chyawanprash is known to fight illness | Immunity boosting properties and aids digestion | Supports good skin health and slows the ageing process

Shelf Life: Best before 18 months from manufacturing date



Kids Protein Diskettes Butterscotch with Vanilla flavour /Chocolate flavour

Kids Protein Diskettes are made from natural and genuine ingredients, which are packed with antioxidants, vitamins & minerals and various other essential nutrients that are ideal for kids and adults too. These diskettes are guaranteed to energize kids and keep them full until their next meal. This also, will fit well in their snack boxes and are on-the-go treat for everyone, Yummy to them, wholesome to you!

Benefits:

Not only delicious, these gluten-free diskettes are nutrients rich in every tube

Made with simple, but wholesome ingredients including gluten-free bengal gram flour, milk protein, vegetable oil, natural flavour etc.

Includes 21 count diskettes, packaged in a conveniently, easy handling and friendly tubes with air tight seal

Digestive friendly, Promotes growth & development, Boosts immunity

Contains fiber and healthy fats

Suggested Usage:

2-3 times daily and 3 diskettes at a time.

Shelf Life: Best before 18 months from manufacturing date

Pea Protein Bytes

Pea Protein bytes are exclusively made from Peas grown in controlled condition to ensure the highest quality. Pea Protein is extracted from superior quality of peas which have first class amino acid profile, which is beneficial for muscle growth the post recovery. Along with a superior amino acid profile, pea protein is easily digested, making it an excellent alternative to whey protein for those looking to gain muscle on a plant-based diet.

Suggested Usage: Children 3-6 years of age, 2 bytes once or twice daily under adult supervision Above 6 years of age, 3 bytes twice daily under adult supervision

Shelf Life: Best before 18 months from manufacturing date

Multi Grain Bytes

Looking for a convenient & easy to go healthy snacking option? Try our Multi grain bytes made with superior quality cereal - pulse mix along with casein, MCT & flavored with jeera that makes it super nutritious as it is easily digestible, fiber-rich, helps to curb hunger & promotes satiety.

Benefits: Enriched with ancient grains, rich in fiber that is easily digestible & gives satiety Convenient & on the go snack, is perfect during busy mornings, travel or at work Super nutritious treat

Suggested Usage:

Adults: Multi-grain High fibre bytes should preferably be taken 10 bytes twice or thrice daily.

Shelf Life: Best before 18 months from manufacturing date



Kids
Friendly
Pack



Net Weight: 50 g

IMMUNITY BOOSTER

CHEWABLE TABLETS &
NON CHEWABLE TABLETS



15 Tablets



60 Tablets



Tablets R A N G E

Vitamin C Tablets / Chewables

Vitamin C plays a vital role in human body, it aids in the formation of collagen required skin, tendons, ligaments and blood vessels. Vitamin C can't be stored in the body; therefore, regular intake of Vitamin C (ascorbic acid) is important as it helps protect the cells and keeps them healthy.

Benefits:

Rich in Vitamin C & helps to strengthen immune system

Helps in synthesis of collagen

Reduces the risk of chronic disease and enhances Iron absorption thereby improves iron levels.

It is a powerful antioxidant

Helps in wound healing

Suggested Usage:

Adults: 1-2 Tablets twice daily

Adults: 1-2 Chewable a day

Shelf Life: Best before 18 months from manufacturing date



Giloy Tablets

Giloy (*Tinospora Cordifolia*) is processed with proprietary technology to produce external chemical free Giloy extract which helps in boosting immunity and protects from various infections. It is known to possess antipyretic activities which may help in reducing fever; further it helps in recovering fast after an infection or illness. Giloy also helps in reducing the symptoms of common cold, low immunity, general weakness and fatigue.

Benefits of Giloy:

Giloy helps in managing respiratory tract health

Helps in blood purification & has Immunomodulatory properties

Anti-inflammatory and anti-arthritis properties

Supports to fight common illness, good for skin and helps manage urinary disorders

Suggested Usage: 1-2 tablets twice daily or as directed by healthcare professional

Shelf Life: Best before 24 months from manufacturing date

Nimba (*Azadirachta Indica/Neem*) is well-known with immense medicinal properties and is most versatile medicinal plant having a wide range of biological activity. Neem is a rich source of limonoid that are endowed with potent antioxidant & anti-inflammatory properties; which helps in controlling various skin problems and may also help in maintaining blood sugar levels. Further, it may also help in reducing stomach and digestive problems.

Benefits of Neem:

Aids in detoxification

Good for skin & helps in reducing acne & pimples

Potent antioxidant & anti-inflammatory

Highest quality standard extract is used

Suggested Usage: 1-2 tablets twice daily or as directed by your physician

Shelf Life: Best before 24 months from manufacturing date

Garlic Tablets

Garlic (*Allium sativum*) tablets are formulated from standardize water extract of garlic bulb, with no chemical treatment. Allicin is the most biologically active compound of garlic and exhibits potential health benefits. It functions as an antioxidant by inhibiting the growth of bacteria. Garlic is mostly promoted as having beneficial effects on cholesterol and heart health.

Benefits of Garlic:

Has excellent wound healing properties

Helps reduce blood pressure

Boosts immunity

Helps reduce common illness (flu and common cold)

Good for Cardiovascular health

Antioxidant & anti-inflammatory properties

Suggested Usage: 1-2 tablets twice daily or as directed by healthcare professional.

Shelf Life: Best before 18 months from manufacturing date

Net Content: 60 Tablets



Women Care Tablets

Periods sometime affects skin, sleep, energy levels and mood in all age groups of women. However, these can be managed by women care tablets as it not only helps to deal with the common menstrual symptoms (cramps, pain) but also helps in restoring hormonal balance and make you feel better. It is 100% natural and contains eight ayurvedic herbs which are good for health.

Benefits:

- Reduce menstrual cramps
- Helps to manage dysmenorrhoea (painful periods)
- Helps to rejuvenate & strengthen the body during periods
- Helps in management of Leucorrhoea (white discharge)
- Aids in controlling heavy bleeding
- Treats irregular periods and abdominal cramps

Suggested Usage:

1-2 tablets twice daily or as directed by your Vaidya / Physician

Shelf Life:

Best before 24 months from manufacturing date

Calcium & Vitamin D3 Tablets

Calcium is necessary for normal functioning of nerves, cells and bones. Elemental Calcium is a source, which body absorbs for bone growth and other health benefits. Vitamin D helps to boost bone strength and reduce the risk of fractures and it also helps to support maximum Calcium absorption from Calcium Carbonate.

Benefits:

- Helps and may maintain bone density
- Support muscle contraction function & nerve health

Vitamin D is known to enhance calcium absorption & bone mineralization

Shelf Life: Best before 24 months from manufacturing date

Immunity Tablets

Immunity for complete family with standardized extract from proven herbs like Amla, Guduchi, Cinnamon and Tulsi, which helps to strengthens body's defense system against cold-cough and seasonal viral infections.

Benefits:

- Good for improving immune health
- Has Anti-viral, Anti-bacterial properties
- Helps in removing toxins and free radicals from the body
- Enhances metabolic rate

Suggested Usage: 1 tablet twice a day or as directed by healthcare professional.

Shelf Life: Best before 24 months from manufacturing date

Net Content: 60 Tablets

Vitamin B Complex Tablets

Vitamin B complex is composed of eight B vitamins, B-1 (Thiamine), B-2 (Riboflavin), B-3 (Niacin), B-5 (Pantothenic acid), B-6 (Pyridoxine), B-7 (Biotin), B-9 (Folic acid), and B-12 (Cobalamin). These essential B-vitamins contribute to overall body functions and plays a vital role in supporting and maintaining good health.

Benefits of B Vitamins:

- Help support or promote: Immune system, skin health and cellular function
- Help support or promote: Good digestion, hormones and maintain cholesterol level
- Plays key role in body's metabolism function & Improves Energy levels

Suggested Usage:

Adults: 1 tablet daily preferably with a meal or as directed by healthcare professional.

Shelf Life: Best before 18 months from manufacturing date



Livlife Tablets

The liver must function on a normal level as it performs more than 500 different functions in body. LivLife is an ayurvedic formulation that supports normal functioning of the liver such as the liver's normal ability to burn fat and supports the body's metabolic process. It also protects the liver, thereby helping all its related functions like blood-clotting, carbohydrate, and protein metabolism.

Benefits:

- Promotes healthy liver functioning
- Protects liver cells from damage & detoxifies the liver
- Stimulate the growth of new liver cells
- Improves appetite & digestion

Suggested Usage: 1-2 tablets twice daily or as directed by your Vaidya / Physician

Shelf Life: Best before 18 months from manufacturing date

Renalife Tablets

Maintaining kidney health is important for our overall health and general well-being. By keeping our kidneys healthy, our body will filter and expel waste properly and produce hormones to help our body function properly. RenaLife is an ayurvedic formulation made with seven natural plant extracts which supports healthy urinary function, kidney function & helps in maintaining a normal balance of fluids in your body.

Benefits:

- Helps flush out kidney stones & prevents formation of kidney stones
- Provides relief from UTI distress like burning sensation during urination

- Helps reduce the change of getting urinary tract infections
- Helps in regulating urinary disorders
- Aids in rejuvenation of kidney cells

Diabalife Tablets

High blood sugar, also known as hyperglycemia, is associated with diabetes and prediabetes. Prediabetes is when your blood sugar is high, but not high enough to be classified as diabetes. DiabaLife contains Gudmar which is an ayurveda herb and is commonly known as the 'destroyer of sugar' which supports the normal function of pancreas, secretes insulin & normalizes blood sugar levels. Gymnema acid reduces the binding of carbohydrates to intestine receptors so that glucose absorption by the intestines is inhibited. Along with Gudmar other herbs like Momordica charantia (Karela/Bitter Gourd) & lagerstroemia speciosa (Banaba) are used for the management of diabetes.

Benefits:

- Helps normalize blood sugar levels
- Improves insulin sensitivity

- Helps decrease triglycerides
- Helps to relieve neuropathic pain
- Reduces oxidative stress

Net Content : 60 Tablets

Suggested Usage:

1-2 tablets twice daily, preferably 30 minutes before meals with lukewarm water or as directed by healthcare professional.

Triple Source Calcium Tablets

Triple source calcium is made with salts of calcium from three sources (Calcium Carbonate, Calcium Citrate Malate and Calcium Gluconate) to get quick availability of calcium in our body. Triple source calcium should be taken with meals, as it requires stomach acid as a medium to dissolve and for better absorption.

Benefits:

- Supports healthy bones, muscles, joints and teeth
- Contributes to normal blood clotting
- Helps in transmission of Nerve Impulses

Suggested Usage:

1 tablet twice a day after meal or as directed by healthcare professional

Shelf Life: Best before 24 months from manufacturing date

Net Content: 100 Tablets



Brain Care

Lifespan Brain care is formulated to support healthy cognitive functions by beneficially modulating acetylcholine, it is a brain neurotransmitter involved with cognition and memory, support proper cerebral circulation and oxygenation and it is a natural brain booster.

Suggested Usage: Take 1 Tablet Twice A Day Or As Suggested By Health Care Professional.

Shelf Life: Best before 18 months from manufacturing date



*Supports in
Healthy
Cognitive
Functions*



*Enhances
Memory &
Concentration*



*Provides support in
Fatigue & Mental
Fogginess*



Co-Q10+

Coenzyme Q10, also known as CoQ10 is a compound that helps in regenerating the cells. Coenzyme Q10 also acts as an antioxidant. The human body can produce this compound naturally, but with ageing, the production of CoQ10 by the body reduces and hence the need for supplementation arises.

Suggested Usage: Take 1 Tablet Twice A Day Or As Suggested By Health Care Professional.

Shelf Life: Best before 18 months from manufacturing date



*Maintains
Healthy Heart
Function*



*Supports
Cellular Energy
Production*



*Excellent
Immunity
Booster*



*Relieves
Joint
Discomfort*



*Promotes
Cartilage
Regeneration*



*Strengthen
Bones*



Ortho care

Lifespan Orthocare formula includes key ingredients that support the formation of cartilage, which plays an essential role in joint flexibility and comfort when you're active. An essential building block of your joints, it helps support joint comfort, mobility, flexibility, and contributes to healthy joint fluid (supports joint lubrication & smooth movement).

Suggested Usage: Take 1 Tablet Twice A Day Or As Suggested By Health Care Professional.

Shelf Life: Best before 18 months from manufacturing date

Mg+ Formula

Magnesium is a very important mineral for optimal health. Magnesium deficiency is one of the leading nutrient deficiencies in men and women. Magnesium is an essential mineral for your health.

Suggested Usage: Take 1 Tablet Twice A Day Or As Suggested By Health Care Professional.

Shelf Life: Best before 18 months from manufacturing date



 **Supports
Energy
Production**

 **Essential Mineral for
Healthy Well-being**

 **Supports
Heart, Bone &
Digestive Health**



Nerve Health


Vitamin B12 is absolutely critical for good mental and physical health. Vitamin B12 is essential for the DNA and works with other B vitamins to form all types of blood cells. It supports brain function (memory & focus), immune system, energy production and metabolism of fats, carbohydrates and proteins.

Suggested Usage: Take 1 Tablet Twice A Day Or As Suggested By Health Care Professional.

Shelf Life: Best before 18 months from manufacturing date

 **Protection & Support
Regeneration of
Nerves**

 **May Reduce
Muscle Cramps &
Improves Reflexes**

 **Help improve
Nerve function
in Neuropathy**

 **Helps
Defence Against
Infections**

 **Supports
White Blood
Cell Production**

 **Protect Against
Free Radical Damage**



Vitamin C+ Advance Formula

Curcumin has poor bioavailability due to which it is not absorbed properly and gets eliminated fast from the body limiting its health benefits. Curcumin bioavailability can be improved if it is taken with Piperine, a component found in black pepper. Piperine helps to improve curcumin absorption in the body and thus enable us to have proper health benefits.

Lifespan Vitamin C+ formula contains curcumin extract with piperine and strong antioxidant nature of Echinacea Extract. Thus, this is a high bioavailable turmeric daily care supplement along with Benefits of Vitamin C.

Suggested Usage: Take 1 Tablet Twice A Day Or As Suggested By Health Care Professional.

Shelf Life: Best before 18 months from manufacturing date

Hair Care

Lifespan Hair Care promotes hair growth, glowing skin and strong nails. It contains powerful grape seed extract containing specially combined vitamins, minerals, herbs, and bionutrients important for helping to maintain or obtain healthy hair.

Suggested Usage: Take 1 Tablet Twice A Day Or As Suggested By Health Care Professional.

Shelf Life: Best before 18 months from manufacturing date



Promotes
Natural Hair Growth



Helps
Nourish Hair



Reduces
Hair Loss due to Aging



Fertility Care-Male

Lifespan Fertility support-M is a high-quality fertility health-enhancing formula for men, developed with reliable ingredients to help enhance sperm parameters, such as count, quality, and movement, and improve overall reproductive wellness, which would have affected due to lifestyle and environmental challenges. And offers highly bio available CoQ10 along with the benefits of antioxidant properties.

Suggested Usage: Take 1 Tablet Per Day Or As Suggested By Health Care Professional.

Shelf Life: Best before 18 months from manufacturing date



Improves
Sperm Motility, Count & Morphology



Strong
Antioxidant Protects Sperm from Free Radicals



Improves
Semen Quantity & Quality

Fertility Care-Female

Plant-based Lifespan Fertility support F Tablets with vitamins help to conceive. Made with the goodness of L-Arginine, Zinc, Chasteberry, Vitamin D3 & B12 and Sodium Selenite helps with egg quality and egg health, fertilization, aids in preparing the body for pregnancy, helps to prepare uterus lining.

Suggested Usage: Take 1 Tablet Per Day Or As Suggested By Health Care Professional.

Shelf Life: Best before 18 months from manufacturing date



Improves
Egg Growth & Quality



Strengthens
Reproductive System



Improves
Uterus Environment for Conceiving

Capsules R A N G E

Ashwagandha Capsules

Ashwagandha is commonly referred to as Indian Ginseng, is a vital herb due to its proven miraculous effect & rejuvenating properties which has been used for centuries in ayurveda to increase vitality and longevity. The root extracts of the plant is very effective in reducing stress and anxiety. Enriched with antioxidants, it protects from damage caused by oxidative stress, helps in maintaining a healthy balance between the nervous system and the immune system.

Moringa Capsules

Moringa Oleifera is a plant that is generally called as “drumstick tree”; it is used for centuries due to its medicinal properties and other health benefits. Moringa leaves are good source for Vitamin C and Potassium. It also has Calcium, Protein, Iron and Amino Acids, which helps body heal and is good for overall health. Apart from such a Nutrient rich profile, Moringa leaves are anti-inflammatory in nature and posses Anti-oxidant properties.

Benefits:

Moringa helps normalize blood glucose levels
Nutrient rich & possess Anti-oxidant properties

Has Anti-inflammatory properties
Good for skin and hair health

Spirulina Capsules

Spirulina is a blue-green algae also a Cyanobacteria and used as food for centuries. It contains proteins, minerals, essential fatty acids, vitamins and pigments. Spirulina is considered to be a good source of Vitamin B12 and Chlorophyll. It is loaded with various nutrients and antioxidants that may benefit human body and brain.

Benefits:

Immunomodulation and antiviral properties
Rich in Iron, Magnesium and other minerals

Reduces risk of allergies
and rich in antioxidants

Suggested Usage: Adults: 1 capsules twice a day after food or as directed by healthcare professional.

Benefits:

Reduces the risk of hypertension
Rejuvenates body and nervous system
Helps manage stress
Immune boosting properties

Suggested Usage: Adults: 1-2 capsules per day or as directed by the healthcare professional

Shelf Life: Best before 18 months from manufacturing date

Net Content : 90 Capsules



Brahmi Capsule

Bacopa Monnieri also known as Brahmi. It is a plant that has been used in traditional Indian medicine. Brahmi is commonly used for improving memory and anxiety. Brahmi also helps Improves certain brain chemicals that are involved in thinking, learning and memory, thus enhancing cognitive abilities and contain compounds like Bacosides that may protect human brain from oxidative stress.

Benefits:

Has mind calming affect
Promotes clarity of thought and memory consolidation
Beneficial for boosting memory and reduces anxiety

Suggested Usage: Adults: 1 capsules twice daily after meal or as directed by the healthcare professional. Take Brahmi capsules with Ashwagandha capsules for better results

Shelf Life: Best Before 18 Months from Manufacturing Date

Weight Management Capsule

Weight Management capsule is a unique combination of Garcinia Cambogia and Green Coffee Extract. It contains standardized extract of Garcinia containing HCA (Hydroxycitric Acid) & CA (Chlorogenic Acid) from standardized green coffee beans. It contains Hydroxy Citric acid that helps reduce fat accumulation and does not let the body store fat. Chlorogenic Acid primarily exerts its effects by inhibiting the enzyme alpha Glucosidase, which is responsible for breaking down of carbohydrates.

Benefits of Garcinia & Green Coffee:

Promotes healthy metabolism
Reduces hunger and appetite
Burns stored fat and boost energy levels
Helps in managing weight

Shelf Life: Best before 18 Months from manufacturing date

Suggested Usage:

Adults: 1 capsules twice a day after Meal or as directed by healthcare professional.

Shatavari Capsules

Shatavari capsules are a rich source of Shatavari, 'A versatile female tonic' that supports women's health and well-being. A time-tested and science-backed dietary supplement that is made superior grade ingredient that significantly improves women's health.

Benefits:

Promotes & increases flow of milk in lactating women
Brings healthy balance in female hormones.
Support immune health

Suggested Usage: Adults: 1 capsule twice daily after meal or as directed by your Vaidya / Physician

Shelf Life: Best before 24 months from manufacturing date

Net Content: 90 Capsules



Iron & Folic Acid Capsules

Impact on health due to lack of iron deficiency in the body is a major concern these days. Due to lack of iron people suffer from various health issues and see a decrease in immunity levels. Iron and folic acid are two essential nutrients that play an important role in strengthening the immune system and are beneficial for overall health.

Benefits:

Promotes formation of healthy red blood cells	Helps to increase hemoglobin levels
Reduces the risk of anemia	Reduces Fatigue & Boosts immunity

Omega 3 with Vitamin E Capsules

This Capsule is a combination of Omega-3 & Vitamin E, where Omega 3 Fatty Acids not only reduces inflammation but also decreases the tendency of thrombosis & many cardiovascular diseases due to its Anti-inflammatory properties. Vitamin E, in addition supports heart health and acts as a powerful antioxidant.

Benefits:

Helps lower triglyceride levels	Helps managing inflammation
Helps in lowering blood pressure	Helpful for Cardiac Health
Reduces the risk of blood clots	Good for skin, hair & Brain health

Suggested Usage: Adults: 1-2 capsules daily as directed by healthcare professional

Multi Nutrients with Lycopene

Despite having a balanced diet, most of us suffer from nutritional deficiency. Among most of the nutrients, vitamins and minerals play a significant role in increasing the wellness of the body. This product provides the basic nutrients needed by adults. It contains a range of 10 vitamins, minerals and lycopene to support overall health, including heart, brain and eye health. Lycopene is an antioxidant that provides protection from free radical damage.

Benefits:

- Increases natural resistance in the body
- Improves energy level and boosts immunity
- Improves metabolism rate
- Supports healthy digestive system
- Good for Cardiovascular functioning

Suggested Usage: Adult: 1 capsule daily with a glass of water preferably with a meal or as directed by healthcare professional.

Green Coffee Beans Extract Capsules

Green Coffee Beans Extract contains high concentration of antioxidants and chlorogenic acid, which is also known as metabolism booster. Chlorogenic acid primarily exerts its effects by inhibiting the enzyme alpha-glucosidase. It helps increase the Basal Metabolic Rate (BMR) to a great extent, helps to minimize the excessive release of glucose from the liver into the blood.

Benefits:

- Rich in Antioxidant
- Helps in controlling appetite
- Helps in reducing stored fat
- Helps promote healthy metabolism
- May increase natural resistance in the body

Suggested Usage: Adults: 1-2 capsule a day before meals or as directed by Dietician/Healthcare professional.

Shelf Life: Best before 24 months from manufacturing date

Net Content: 90 Capsules





Shilajit Capsules

Shilajit capsules are energy booster supplements for both men and women. It has a dominant adaptogenic and aphrodisiac properties. The key component in Shilajit capsules is fulvic acid, it improves resistance against illnesses, increase immunity, fight inflammation, manage stress and anxiety.

Benefits:

- Builds resistance against diseases
- Helps to boost strength and stamina
- Helps in enhancing physical & mental health
- Enhance antioxidant activity
- Helpful to reduce skin diseases, anaemia, and worm infestation
- The Fulvic acid component helps to improve Vitality & Vigour

Suggested Usage:

Adults: 1-2 capsule a day or as directed by Vaidya/ healthcare physician.

Shelf Life: Best before 18 months from manufacturing date

Net content: 90 Capsules

LIFESPAN SENSUAL BODY MASSAGE OIL:
SENSUALITY IS IN EVERY DROP OF LIFESPAN SENSUAL BODY MASSAGE OIL. This is 100% Naturally Sourced & Blended with Essential Oils. Very safe for external use without any side effects.

Benefits: These Oils Enhance Mood, Relax Muscles, Help in Secreting Happ Hormones, Increase Calmness, Elevate the mood of romance, vigour and youthfulness; Enhance the energy level through the aroma of wonderful blend of aromatic and essential oils. It releases physical and mental tension thus promoting healthy, smooth and soft skin.

LIFESPAN RELAXING BODY MASSAGE OIL:

It is safe for full body massage to everyone for everyday use as it is a soothing oil. You can use it on any part of your body including face, being suitable for all skin types. This oil is 100% Natural as it is blended from the purest and top-quality ingredients to nourish the body from inside. It is a perfect Stress Buster & Ache-Relief oil. This naturally sourced Anti-stress oil is formulated to relieve stress from your body, release pain, and thereby generates relaxation and happiness It is suitable for daily use. It hydrates deeply and moisturizes the skin from inside, to give smooth and soft texture.



Multi-Fiber Complex Powder

Dietary fiber is material from plant cells that cannot be broken down by enzymes in the human digestive tract. There are two important types of fiber: water-soluble and water insoluble.

Multi-Fiber complex is a unique blend of 6 different fibers and is a practitioner-grade high-quality multi-fiber nutritional formula conveniently providing 24.68% of soluble and insoluble dietary fiber.

Benefits:

Helps in feeling full for prolonged period

Helps reduce cholesterol and glucose levels

Fiber combination helps in the growth of good bacteria in our gut

Regulates Healthy bowel movements

COMPLEX POWDER OF **6** UNIQUE FIBERS

Suggested Usage:

Mix 2 full scoops (7 g approx.) in 100 to 250 ml fresh water or juice. Consume 2-3 times daily.

Shelf Life: Best before 24 months from manufacturing date



Net Weight: 200 g



Protein Powder (Vanilla and Chocolate)

Protein powder has a very high nutritional value especially the protein needs, and it is one of the finest nutritional sources of high-quality whey protein concentrate. Improves digestion and absorbed quickly compared to other protein powders. It is a unique combination of plant and milk protein providing 9 essential amino acids. It is designed to give an optimum mix of essential amino acids like Leucine, Isoleucine, and Valine (BCAA).

Available in:
200 g, 400 g, 1 Kg



Suggested Usage:

Adults: 1 scoop of protein powder to mix in 200ml of hot, cold or chilled milk or water, stir well and drink twice daily.

Benefit:

Promotes muscle growth and helps maintain muscle mass
Gives a feeling of Satiety
Boosts metabolism
Boosts Immune system

Shelf Life:

Best before 18 months from manufacturing date



PLANT BASE PROTEIN

LEAN MUSCLE CHOCOLATE - Lean Muscle Chocolate protein powder is a low carbohydrate, high protein powder with instantanised 100% whey protein isolate. Free of artificial and added sugar, gluten. 1374g of BCAA per serving. 4.6g of glutamine per serving.

LEAN MASS VANILLA - Lean Muscle Vanilla Protein Powder is a low carbohydrate, high protein powder with instantanised 100% whey protein isolate. Free of artificial and added sugar, gluten. 1374g of BCAA per serving. 4.6g of glutamine per serving.

MASS MUSCLE CHOCOLATE - Mass Muscle Chocolate Protein Powder is a high carbohydrate, high protein powder. It helps to gain muscle and strength in a healthy way. It is gluten free. It provided the required amount of essential amino acids and nutrients per serving.

MASS MUSCLE VANILLA - Mass Muscle Vanilla Protein Powder is a high carbohydrate, high protein powder. It helps to gain muscle and strength in a healthy way. It is gluten free. It provided the required amount of essential amino acids and nutrients per serving.

Benefits:

- Supports muscle recovery
- Efficient energy source during exercise
- Maintains muscle protein & enhances the growth of muscle mass

Suggested Usage: Add 30 gm (2 tspn) powder in 250ml of water & blend vigorously till uniform mixing preferably using shaker

Shelf Life: Best before 18 months from manufacturing date



Net Weight: 2.7kg (6lb)

Net Weight: 1.37kg (3lb)

Net Weight: 2.7kg (6lb)

BCAA-Watermelon Flavor

BCAA powder is a 100% vegan, powerful & potent blend of Branch chain amino acids in a 2:1:1 ratio made exclusively for high-intensity workouts & athletes along with certain amino acids (L-Glutamine, L-citrulline, Taurine) which helps one to increase muscle mass, prevent muscle fatigue & soreness, improve endurance, recovery post-workout & comes in refreshing watermelon flavor, further it improves hydration & maintains electrolyte balance.

Benefits:

100% vegan BCAA with refreshing watermelon flavor & caffeine-free

Contains 5gm BCAA per serving with an ideal 2:1:1 ratio

Helps improve endurance & recovery post-workout

Enhances muscle mass, prevents muscle fatigue & soreness

Sodium & potassium helps to hydrate &

maintain electrolyte balance

Help fight oxidative stress

Suggested Usage: Add 15gm(1 tbsp) Lifespan BCAA powder in 250ml of water & mix it until completely dissolved, preferably using shaker & consume immediately

Shelf Life: Best before 18months from manufacturing date

Hydration Powder -Lime Flavor

Rehydrate yourself with your workouts. This refreshing lemon hydration powder is prepared with dextrin & maltose dextrin that is quickly absorbed, yet steadily raises blood sugars compared to glucose, helps replenish muscle glycogen, helps combat muscle cramps & reduces fatigue. The inclusion of Vitamin C & B vitamins makes it unique as it fights oxidative stress, builds immunity, has healing properties & provides instant energy.

Benefits:

Readily absorbed, yet slowly raises blood sugar levels

Helps replenish lost muscle glycogen during the workout

Added Vitamin C Fights oxidative stress &

has wound healing properties

Combats muscle cramps & reduces fatigue

Enriched with Vitamin B1 , Vitamin B2 & Vitamin B6

Provides Instant Energy & Hydrates oneself

Suggested Usage: Add 36gm powder in 300ml of water & stir well to dissolve preferably using shaker. Consume on the same day after diluting

Shelf Life: Best before 12 months from manufacturing date

Net Weight: 1kg



Lifespan Syrup contains digestive enzyme that helps in carbohydrate digestion. This medicine is a natural pro-digestive helps in digestion of starch, carbohydrates, fats and proteins.

A Safe & Effective Formula for Digestive Health



Appetizer — SYRUP —

A Unique Combination of Herbs & Triphala

**RESTORE NORMAL APPETITE
DIGESTIVE ♦ CARMINATIVE**

This syrup is precisely formulated by making use of supreme quality herbs. Formulated through effective and approved methodologies, this syrup is remarkably increases appetite, relieves indigestion and check digestive function.

Relieves indigestion and acidity
Reduces the chance of stomach infection
Prevents ulcers by reducing gastric acid production

200 ml / 100 ml

 Ayurvedic
Proprietary
Medicine

DigesEaze — SYRUP —

Relieves indigestion
& heartburn
Aids in digestion of
proteins, fats & carbs
Reduces abdominal
discomfort & gas



200 ml

Health Supplement

Lifespan Melatonin can provide support to individuals who need help going to sleep at night or for those travelling and adjusting to a new sleep cycle.

Helps Promotes Natural Sleep

Melatonin naturally regulates the body's sleep/wake cycle.

NON HABIT FORMING | **LIQUID MELATONIN**
100% DRUG FREE

Helps promote sleep quality
Helps establish normal sleep patterns
Relaxes mind and body



Activ-fig

— SYRUP —

A Unique Combination of Fig Extract

BEST NATURAL SOLUTION TO EASE CONSTIPATION

ActivFig is a fruity syrup combining dried fig fruit and herbal extracts. The Fig Fruit, rich in fibre, acts as a natural laxative since fibre rich foods help in positive peristaltic movements therefore providing relief from constipation

Relief from irritable bowel syndrome
Restores the bowel functions
Relief from the acute & chronic constipations

SleepAid^{PLUS}

— SYRUP —

Ayurvedic
Proprietary
Medicine



200 ml / 100 ml

WAPOUR OIL

Inhalant Decongestant

Lifespan WAPOUR Oil is a mixture of essential pure plant oils for Relief of bronchial, nasal congestion and hay fever by inhalation, and for Symptomatic relief of muscular pain by application to the skin. Non greasy in nature.

Clear stuffy, blocked noses

Open the respiratory passages to help you breathe more easily

Ease sore throats & Relieves aches



Lifespan Beard Oil, made from 100% natural ingredients and rich in essential oils, keeps your beard Smooth, Shining and Healthy. Ricinoleic acid found in castor oil stimulates hair follicles by retaining moisture and natural oils in the hair and protecting it from damage. Coconut oil- It contains lauric acid, it promotes the thickness and density of beard growth.

BENEFITS: Removes patchy beard, moisturizes your beard, relieves skin dryness, reduces wrinkles and scars.



Panch Tulsi Drops

Panch Tulsi drops are extracted from high quality naturally available five different varieties of Tulsi. These leaves are found to have exceptional properties. Tulsi is known to purify blood and improve immunity. Tulsi is known to reduce wheezing symptoms, good for skin, liver and joint health.

Suggested Usage:

Adults: In a glass of water add 2-3 drops of Panch Tulsi; let it stand for 1 minute and drink. Use 4-5 times in a day.

Shelf Life: Best before 24 months from manufacturing date

Net Vol: 20 ml



Cough and Cold Syrup

Cough and cold syrup give prompt symptomatic relief in unproductive or dry cough. The demulcent, anti-inflammatory and decongestant properties soothes down irritated mucosa in the throat and upper respiratory tract. The presence of natural anti-allergic principles relieve nasal congestion, sneezing and bronchial congestion.

Benefit:

- Antioxidant property
- Relieves throat irritation
- Helps to control cough
- Expectorant properties
- Honey based cough syrup

Suggested Usage:

Children: 1 teaspoon 3-4 times a day
Adults: 2 teaspoon 3-4 times a day

Shelf Life: Best before 24 months from manufacturing date

Net Vol: 200 ml

NATURE'S 16 BEST ACTIVE HERBS



caring is more
stylish...



Net Volume: 200 ml

Rapid Relief Roll On

Rapid Relief Roll On is made for Headache and stress relief. This Roll on gives you incredible relief within minutes. The special ingredients Pudina, Gandhapura & Camphor in roll on gives relief from head ache and stress.

Benefits:

- Reduces pain and inflammation
- Better absorption and quick relief
- Relieves headache
- Fast, easy and convenient solution
- Pocket-sized pain relief roll on



Suggested Usage:

Apply generously to forehead & temples, and repeat if pain persists.
For adults & children above 5 years.

Shelf Life: Best before 18 months from manufacturing date

Net Vol: 10 ml



Suggested Usage:

Adults: Apply 5 to 10 ml oil on the affected area or as needed. For better results gently massage on the affected area for few minutes ,twice daily.

Shelf Life:

Best before 36 months from manufacturing date

Net Vol: 100 ml



PainEaze Oil

PainEaze Oil is extracted from 11 exclusive essential herbs. This ayurvedic oil is formulated for body pain for all age group, helps in blood circulation, may help relive arthritic pain, rheumatic joint pains, joint stiffness and muscle spasms.

Benefits:

- Anti-inflammatory property
- Excellent muscle relaxant
- Helps in blood circulation
- Reduces redness, swelling and pain
- Instant pain relief and relives stress



Lemon Hand Wash

Our Hands are beds of germs. Maintaining good hand hygiene is important for staying healthy. This Hand Wash provides effective cleansing and protects you and your family from number of germs. Lemon Hand Wash is an ideal product to get your hands germ-free and fresh. The trusted formula can protect your hand from various types of germs. This will prevent germs spreading from your hand and thus, will protect others as well. LIFESPAN Lemon Hand Wash makes hands feel fresh throughout the day.

Benefits:

Easy to use, generates enough lather required for wash
Spreads easily and washes away germs from the corner of your hands
Super Lemony fragrance
Friendly packaging, Comes in dispenser bottle pump

Suggested Usage:

Dispense a small amount into wet hands, lather, and rinse thoroughly.

Shelf Life: Best before 36 months from manufacturing date

Net Vol: 250 ml



Hand Sanitizer

Hand Sanitizer is an effective and alcohol-based, which kills 99% of germs, prevents contamination & infection, and ensures total hand hygiene.

Benefits: Easy to use. Helps cleanse hands for clean, safe and for hygiene

Suggested Usage:

Use small amount of the liquid on your palm. Rub well over front and back of the palms, fingernails and grooves until dry.

Shelf Life: Best before 24 months from manufacturing date

Net Vol: 100 ml



Poor hand hygiene
contributes to nearly

50%

of all foodborne
illness outbreaks



CERTIFICATION



GMP



ISO



KOSHER



US FDA



WHO GMP - TQV



FSSAI



AYUSH



HACCP



ORGANIC



INDIA MART



FACTORY LICENCE



FSSC



Best Startup of the Year, 2019
Seema Malhotra MP (Member of Parliament, London) &
Mr. Narendra Ram Nambula, Founder & CEO, Lifespan Pvt. Ltd.



Most Promising Company to Invest In, 2019
Virendra Sharama MP (Member of Parliament, London) &
Mr. Narendra Ram Nambula, Founder & CEO, Lifespan Pvt. Ltd.



Promising Entrepreneur of India
The economic times awarded Mr. Narendra Ram Nambula
as the Promising Entrepreneur of India.



ET most Promising Entrepreneur
Mr. Narendra Ram Nambula was awarded the ET's most
promising entrepreneurs at the ET Best Brands Summit.

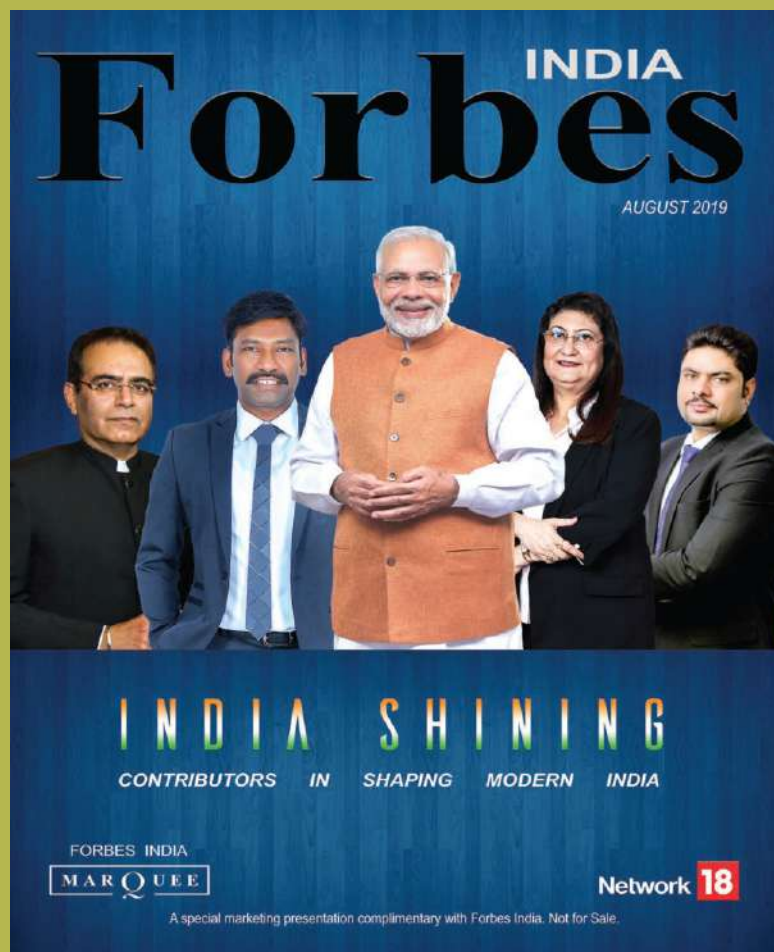
Lifespan Pvt. Ltd. awarded as the Top Quality Manufacturer of the year for the Nutraceutical Products, at the India's Signature Brands Awards, 2020. The award was presented to Mr. Narendra Ram Nambula (CMD) by Mr. Suniel Shetty (Actor).



Lifespan Pvt. Ltd. Winner of India
500 Start-up Awards for Quality Excellence 2019.

Mr. Narendra Ram Nambula was awarded the
Entrepreneur of The Year in Product or Manufacturing
Business by MSMECCII, 2020.

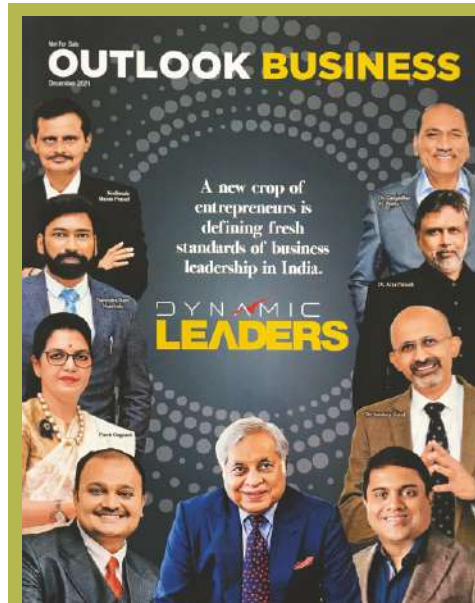




One of the Leading Global Business Magazine
'FORBES' have come out with a special coverage on our company Lifespan Pvt. Ltd.



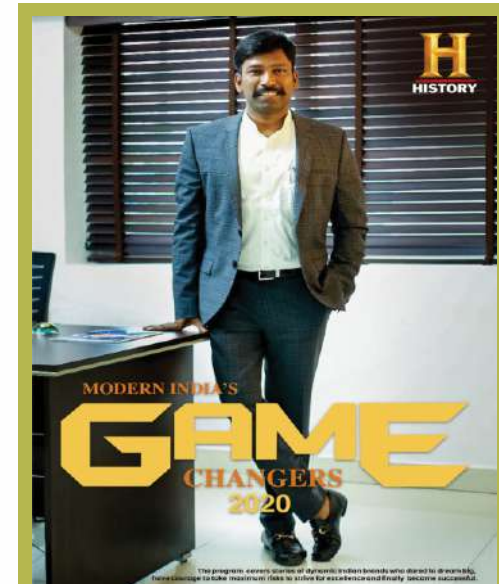
Mr. Narendra Ram Nambula
Cover Page Appearance - Entrepreneur's Magazine
Nov 2020 Edition



One of the Leading Business Magazine
'OUTLOOK' have come out with a special coverage
on our company Lifespan Pvt. Ltd.



One of the Leading Business Magazine 'FORTUNE INDIA'
have come out with a special coverage on our
company Lifespan Pvt. Ltd.



A special episode on Mr. Narendra Ram Nambula was covered by History TV in one of their flagship programs. "Modern India's Game Changers". The program covers stories of dynamic Indian entrepreneurs who dared to dream big, had the courage to take maximum risks to strive for excellence and finally became successful.



Mr. Narendra Ram Nambula awarded
"Champions of Change", Telangana-2021 for Social Welfare



Mr. Narendra Ram Nambula conferred an honorary Doctorate in entrepreneurship by St. Mother Teresa University accredited by world sign JBR Harvard, USA affiliated with Cambridge School of Distance Education, UK.



VIZAG WARRIOR'S CRICKET TEAM



PROUD OWNER OF VIZAG WARRIORS

JOYFUL & GLORIOUS ANNOUNCEMENT - N-SPORTS, SUBSIDIARY OF LIFESPAN OWN'S VIZAG WARRIOR'S CRICKET TEAM OF ANDHRA PREMIER LEAGUE, FIRST EVER CRICKET TOURNAMENT STARTED BY ANDHRA CRICKET ASSOCIATION.

DOCTOR'S PREMIER CRICKET LEAGUE 2022



WINNER OF "DPCL" FIRST SEASON

COLOSSAL ACHIEVEMENT - WE ARE SUPER JOYFULL ABOUT OUR TEAM LIFESPAN LIONS FOR THEIR WIN AT 'DOCTOR'S PREMIER CRICKET LEAGUE' 2022. HEARTFELT THANKS TO ALL OUR SUPPORTERS FOR THE ENCOURAGEMENT AND STANDING WITH US IN THE MOMENT IN ACHIEVING THE VICTORY.

LIFESPAN BRAND AMBASSADOR



Ms. Nikhat Zareen
World Boxing Champion
& CWG 2022 Gold Medal Winner





Corporate Office:

LIFESPAN PRIVATE LIMITED

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Serilingampally(M), Ranga Reddy District,
Hyderabad-500081, Telangana, India.

Manufacturing Unit:

LIFESPAN PRIVATE LIMITED

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