

Eat Healthy Be Healthy





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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

Nutri spread

Almond Butter (Chocolate)

HEALTHY SNACKING

Vanilla biscuits Chocolate biscuits **Multigrain biscuits Pea Protein Biscuits** Calcium biscuits Whey protein biscuits All green omega biscuits Memory Bytes biscuits

Royal king biscuits Royal Queen Biscuits

Dialite biscuits

Chywanprash biscuits 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 Soothening

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 Shilaiit

Green Coffee Beans Extract

Iron & Folic Acid Omega 3 Fatty Acid

Multi Nutrients with Lycopene

Weight Management

Tulsi **Triphala** Amla - Gilov Jamun Harida Guggulu Coleus DHA



Policosanol Arjuna-Lahsun

Tagar Karela Fenugreek **Aphrodisiac Joint Care** Amino Acid Anti-Migraine

Hair, Nail, Skin Care Male Wellness **Female Wellness**

Diabetes Management





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

Junior Growvitals

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

Prework 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

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





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 boosts 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 antioxidants, 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



Protein Biscuits:

Lifespan Protein biscuits provide a convenient solution for busy individuals seeking a protein-rich snack. Packed with essential amino acids, they promote overall health and well-being. With 10 exciting variants, these diskettes offer a guilt-free alternative to unhealthy snacks, making it easy to upgrade your nutrition anytime, anywhere. Whether you're on the go or needing a quick meal, Lifespan Protein biscuits offer a satisfying option that supports a healthier lifestyle.

Suggested Usage: Adults: 3 biscuits a day or as suggested by a health professional

Shelf Life: Best before 18 months from manufacturing date

Net Weight: 200 g

















Protein Biscuits Vanilla / Chocolate

Lifespan Protein biscuits provide a convenient solution for busy individuals seeking a protein-rich snack. Packed with essential amino acids, they promote overall health and well-being. With 10 exciting variants, these diskettes offer a guilt-free alternative to unhealthy snacks, making it easy to upgrade your nutrition anytime, anywhere. Whether you're on the go or needing a quick meal, Lifespan Protein biscuits offer a satisfying option that supports a healthier lifestyle.

Suggested Usage: Adults: 3 biscuits a day or as suggested by a health professional



Lifespan Junior Growvitals

Net weight: 200gm

A delectable chocolate-flavored nutritional powerhouse designed for kids aged 4 and above, crafted with a blend of essential ingredients including protein, vitamins, minerals, milk solids, and cocoa. Each 30gm serving is packed with 6.2gm of protein and 110Kcal of energy, making it an ideal choice for your child's overall well-being.

Benefits: Promotes Cognitive Ability and Physical Growth of the child. Also acts as Immunity Booster





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.



IMMUNITY BOOSTER

CHEWABLE TABLETS & NON CHEWABLE 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





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 Immuomodulatory properties Anti-inflammatory and anti-arthritic 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.



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

Net Content: 60 Tablets

Helps decrease triglycerides Helps to relieve neuropathic pain Reduces oxidative stress

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











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















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.

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









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















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.

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







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 $CoQ\,10$ 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





Strong
Antioxidant
Protects Sperm
from Free Radicals











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.

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



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 Reduces the risk of anemia Helps to increase hemoglobin levels Reduces Fatigue & Boosts immunity

Omega 3 with Vitamin E Capsules

This Capsule is a combination of Omega-3 & Vitamin E, were 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 in lowering blood pressure Reduces the risk of blood clots Helps managing inflammation Helpful for Cardiac Health 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 plays 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:

Vitality & Vigour

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

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 practitionergrade 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



Suggested Usage:

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



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 prpotein 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 amout of essential amino acids and nutrients per sserving.

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 amout of essential amino acids and nutrients per sserving.

Benefits:

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

Suggested Usage: Add 30 gm (2 tbspn) 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**



Ayurvedic

Medicine

Proprietary



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

DigesEaze

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

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 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









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.

nura plant

Clear stuffy, blocked noses

Open the respiratory passages tohelp 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





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



Shiny, Lustrous & Healthy Hair..

Red Onion Hair Oil

Thick, lustrous and free from hair fall is everyone's desire. Onions are rich source of Sulphur, help in providing required nourishment for hair growth. It also strengthens hair from the roots and helps nourish your hair follicles with its rich content of sulphur. The rich sulphur content also may help minimize hair thinning and breakage. LIFESPAN's Red Onion Hair Oil contains, 16 natural herb oil the most important being Neem Oil, Lotus Oil, Haldi Oil, Hibiscus oil etc.

Benefits:

It helps in controlling the extreme hair fall Treats damaged hair Helps get rid of dandruff problems It helps strengthen your hair growth

Suggested Usage:

Adults: Use required amount of Red Onion Hair Oil from roots to tip of the hair. Massage for 2-5 minutes and wrap/cover it to rest for 30 minutes or leave it overnight and wash. For better results use oil twice a week

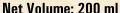
Shelf Life:

Best before 36 months from manufacturing date



caring is more stylish...









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



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.



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

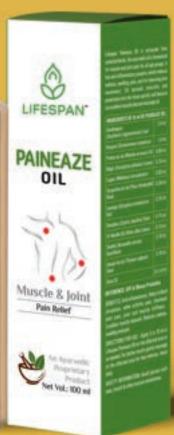


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Benefits:

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

Instant pain relief and relives stress







299% = 29

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



