









































# Natures Secrets

“LET FOOD BE THY MEDICINE, AND MEDICINE BE THY FOOD”

<p><b>SHALLAKI</b> BOSWELLIA SERRATA JOINT PAIN / GOUT</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p><b>SHALLAKI</b> has pain-relieving properties that are useful in treating arthritis and joint pain.</p>	<p><b>TAGARA</b> VALERIAN RELAXANT</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p> <p>It has mild sedative properties, which are useful for insomnia and sleep disorders. <b>TAGARA</b> is also a good remedy for hysteria, nervous unrest and emotional troubles.</p>	<p><b>MORINGA OLIFEIRA</b> MIRACLE TREE NATURAL HERBAL SUPPLEMENT</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p> <p><b>72</b> The Vitamin C of Oranges <b>43</b> The Vitamin A of Carrots <b>33</b> The Potassium of Bananas <b>28</b> The Protein of Yogurt <b>43</b> The Calcium of Milk <b>32</b> The Protein in Milk <b>38</b> The Iron in Spinach</p> <p>Also known as the "Tree of Life" - <b>MORINGA</b> powder is an excellent nutritional supplement. It is rich in a number of essential nutrients such as calcium, iron, vitamins, protein and B-complex and essential amino acids. <b>MORINGA</b> powder can also be added to meals and drink preparations. It's the ultimate, natural, organic and endurance health supplement.</p>
<p><b>AMALAKI</b> AMLA ANTI-OXIDANT VITAMIN C</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p>The richest source of natural Vitamin C, <b>AMALAKI (AMLA)</b> is useful in treating cough, cold, sore throat and respiratory tract infections. It protects cells from free radical damage.</p>	<p><b>VASAKA</b> ADHATHODA TONIC FOR RESPIRATORY AND CIRCULATORY SYSTEM</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p> <p><b>VASAKA</b> Leaf Powder is a powerful bronchodilator that is specific for respiratory congestion and wheezing. Can help to clear inflammation and congestion of the lungs.</p>	<p><b>CHIA SEEDS</b> SALVIA HISPANICA</p>  <p><b>SUGGESTED DOSAGE</b> Take 1 teaspoon a day soaked in water or milk.</p> <p><b>CHIA SEEDS</b> are known as a rich source of Nutrients including Vitamin A, Zinc, Phosphorus, Protein, Calcium and Omega-3 Fatty Acids. It is an excellent form of fibre which regulates bowel function and lowers cholesterol and also curbs hunger and suppresses appetite. One of nature's best sources of Antioxidants, which reduces the effects of premature skin aging. Chia is an all-round great Health Seed.</p>
<p><b>ASHVAGANDHA</b> INDIAN GINSENG ANTI-STRESS</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p>An anti-stress agent that imparts a sense of well-being and helps in coping with life's daily stresses. <b>ASHVAGANDHA</b> is beneficial in controlling stress disorders such as hypertension, arthritis, diabetes and general debility.</p>	<p><b>TULASI</b> HOLY BASIL RESPIRATORY CARE</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p> <p><b>TULASI</b> has anti-microbial and anti-inflammatory properties, and is useful in respiratory tract infections like dry or wet cough, cold and sore throat.</p>	<p><b>BAOBAB FRUIT POWDER</b> WELLBEING &amp; VITALITY</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/2 teaspoon with 100ml water twice a day.</p> <p>• Baobab fruit powder is a naturally dehydrated fruit powder obtained from the inner ripe fruit of the Baobab Tree • Boosts immune system • Promotes overall well-being &amp; vitality • It is a natural source of B-complex vitamins, dietary fibre &amp; anti-oxidants</p>
<p><b>RED SANDALWOOD</b> RAKTHA CHANDAN SKIN CARE</p>  <p><b>SUGGESTED MIXTURE</b> Add powder to Rose Water to make a paste for application.</p>	<p>It lacks the fragrance of normal <b>SANDALWOOD</b> but, it has many cosmetic and medical uses. Used in paste form as a face pack will help give a fresh and glowing look. Used in Ayurvedic medicine as an antiseptic, wound - healing agent, and as an anti-acne treatment.</p>	<p><b>HIMALAYAN SALT</b></p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p> <p><b>HIMALAYAN PINK SALTS</b> the most natural and unprocessed salt available. Provides the body with 84 trace minerals and other bio-compounds. It has less sodium per serving than regular table salt.</p>	<p><b>MACCA ROOT POWDER</b> ENERGY, ENDURANCE &amp; VITALITY</p>  <p><b>SUGGESTED DOSAGE</b> Add to Hot or Cold milk or to Shakes &amp; Smoothies to make a Nutritious drink.</p> <p>• Boosting energy &amp; immune system. • Oxygenating effect on the blood • Decreased adrenal fatigue and balancing of hormones • Contains 20 essential amino acids and 60 Phytochemicals • High in Omega 3 and Omega 9 content • Increases sexual function, energy and stamina. • Said to Aid Building Muscle Mass</p>
<p><b>GOKSHURA</b> CALTROPIS RENAL COMFORT</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p>Provides kidney comfort, <b>GOKSHURA</b> is effective in treating burning micturition. <b>GOKSHURA</b> helps maintain efficient kidney and urinary functions.</p>	<p><b>VRIKSHAMLA</b> GARICINIA SLIMMING AID</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p> <p><b>GARCINIA CAMBOGIA</b> is effectively used for weight loss and also to lower the high level of cholesterol in blood. It helps to reduce appetite and intervenes in the serotonergic transmission of the brain.</p>	<p><b>SHANKUPUSHPI</b> CONVOLVULUS PLURICAILULIS BRAIN &amp; NERVE TONIC</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/2 teaspoon mixed in 100ml water twice a day. Can also be taken with warm milk &amp; a dash of honey.</p> <p>• It is used as a dietary support as a brain &amp; nerve tonic • Supports a healthy blood circulation to the brain • Supports improved memory functions &amp; blissful sleep. • Rejuvenates nervous functions • Helps in reducing headaches, stressful tension &amp; burning sensations in the body.</p>
<p><b>SHUDDHA GUGGULU</b> COMMIPHORA MUKUL LIPID REGULATOR CHOLESTROL</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p>It regulates fat metabolism. <b>SHUDDHA GUGGULU</b> helps in removing excess cholesterol from the body.</p>	<p><b>BRAHMI</b> BACOPA ALERTNESS</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p> <p>A well-known herb that helps in improving alertness. <b>BRAHMI</b> also acts as an anti-anxiety agent and has a calming effect.</p>	<p><b>WHEATGRASS POWDER</b></p>  <p><b>SUGGESTED DOSAGE</b> Take 1/2 teaspoon with 100ml water twice a day.</p> <p>• Wheatgrass powder provides a concentrated amount of nutrients including iron, calcium, magnesium, amino acids, chlorophyll, and vitamins A, C and E. • Wheatgrass fans say that its rich nutrient content boosts immunity, kills harmful bacteria in the digestive system, and aids the body of wastes. • May aid in blood sugar regulation • May alleviate inflammation</p>
<p><b>YASHTI-MADHU</b> LICORICE HEARTBURN</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p><b>YASHTI-MADHU</b> is useful in treating heartburn. It is also useful in joint pains.</p>	<p><b>HARITAKI/HARDE</b> TERMINALIA CHEBULA ULCER RELIEF</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p> <p><b>HARITAKI, HARDE</b> (also known as PINGI KADKA) is widely known in South Indian culture to remedy inflamed ulcers, indigestion and stomach related ailments. Known as a blood cleanser &amp; metabolite it strengthens and nourishes the tissues and supports the proper function of the colon, lungs, liver and spleen. Supports comfortable &amp; complete digestion and aids in regulating body mass.</p>	<p><b>WHITE MUSLI</b> CHLOROPHYTUM BOROVILANUM HERBAL APHRODISIAC</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/2 teaspoon with 100ml of warm water OR 1/2 teaspoon with 1/2 teaspoon brown sugar in warm milk.</p> <p>• Safed Musli is a Rare Herb used for Boosting Virility and Improving Sexual Performance • It is generally prescribed for improving male potency and overcoming signs of fatigue • It is especially used for people with low sperm count and low libido and also acts to strengthen muscles</p>
<p><b>SHILLAJIT</b> NATURAL POWERFUL REJUVENATOR</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p><b>SHILLAJIT</b> supports metabolism, bones, muscle, kidney, memory and immune system. Provides energy, stamina and vitality. As a unique body tonic, revitalizes and optimizes many body functions.</p>	<p><b>SHATAVARI</b> ASPARAGUS RACEMOSUS</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p> <p><b>SHATAVARI</b> is used in Ayurveda to support the reproductive system particularly for females and increases the amount of breast milk for mothers. <b>SHATAVARI</b> also support the digestive system and increases the fertility rate.</p>	<p><b>ORGANIC DRIED GARLIC</b> HYPERTENSION &amp; HEART HEALTH</p>  <p><b>SUGGESTED DOSAGE</b> Swallow 2 to 3 cloves of Dried Garlic taken with water, mornings &amp; evenings. Can also be rehydrated by simply soaking in water for 10 minutes.</p> <p>• Calorie for calorie, Garlic is very Nutritious containing: Manganese, Vitamin B6, Vitamin C, Selenium and Fibre • Also contains the compound Allicin, which is Active in Reducing High Blood Pressure • Improves Cholesterol Levels, which may lower the risk of Heart Disease • Combats sickness including the common cold • Whole Garlic is more beneficial than Powder as most nutrients are lost in the powdering process.</p>
<p><b>TRIPHALA</b> EMBLICA OFFICINALIS BOWEL CLEANSER</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p>A digestive aid compound with Chebulic Myrobalan (Haitaki), Indian Gooseberry (Amalaki) and Bellric Myrobalan (Vibhitaki) that regulates the digestive system. Regular use promotes good colon health, stimulates intestinal walls, provides overall support for the digestive function and ensure the digestive tract works at the optimal level. Also relieves constipation.</p>	<p><b>ORGANIC TURMERIC</b> CURCUMA LONGA DISEASE RESISTANCE</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water or honey in the mornings &amp; evenings.</p> <p><b>TUMERIC</b> has natural anti-inflammatory and antioxidant properties. Some of the benefits is that it fights various degenerative process of the brain, lowers the risk of Heart Disease and it has an anti-carcinogenic effect on the body. Helps fight many other harmful diseases of the body. Turmeric is remarkable in face masks for clearing acne scars, rejuvenating the skin and adding a youthful glow.</p>	<p><b>CACAO POWDER</b> THEOBROMA CACAO AMAZONIAN ANTI-OXIDANT KING</p>  <p><b>SUGGESTED DOSAGE</b> Add to Hot or Cold milk or to Shakes &amp; Smoothies to make a Nutritious drink.</p> <p>• Benefits of Raw Organic Cacao: • 40 times the Antioxidants of Blueberries • Highest Plant-Based Source of Iron • Full of Magnesium for a Healthy Heart and Brain, decreases the risk of Osteoporosis • Reduces the risk of Blood clots and increases Blood Flow to the Arteries • A Natural Mood elevator and Anti-Depressant • High source of Flavonoids, powerful Antioxidant</p>
<p><b>KARELA</b> BITTER GOURD REGULATES METABOLISM</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p><b>KARELA</b> is known to aid in the metabolism of carbohydrates and in lowering blood sugar levels. Also known to regulate blood pressure levels.</p>	<p><b>PUNARNAVA</b> BOERHAVIA DIFFUSA</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water or honey in the mornings &amp; evenings.</p> <p><b>PUNARNAVA</b> rejuvenates and revives the body. It helps the healthy function of the heart, liver and kidneys. It also helps in healthy urination and balance the fluid level in body. <b>PUNARNAVA</b> also acts as mild laxative and helps to enhance the appetite.</p>	<p><b>MANJISHTHA POWDER</b> RUBIA CORDIFOLIA HERBAL BLOOD PURIFIER</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/2 teaspoon with 100ml water twice a day.</p> <p>• Manjistha is probably the Best Blood purifying herb in Ayurvedic medicine • Manjistha is a potent Antioxidant, Anti-inflammatory and Anti-Microbial agent • Manjistha is possibly most effective at aiding the lymphatic system in the Removal of Toxin build-up in the body • Manjistha cleans the blood and liver lowering disorders in the skin and clears acne • It cools and detoxifies the blood, cleanses &amp; regulates Liver and Kidney functions</p>
<p><b>NEEM</b> AZDIRACHTA INDICA SKIN CARE</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p><b>NEEM</b> has anti-bacterial, anti-fungal and blood purifying properties. <b>NEEM</b> is very useful in skin disorders and helps maintain a healthy, beautiful and glowing skin.</p>	<p><b>HEMP SEED PROTEIN POWDER</b> HIGH PROTEIN HEALTH SUPPLEMENT</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/2 teaspoon mixed in 100ml water twice a day. Can also be taken with warm milk &amp; a dash of honey.</p> <p>• This powder is very rich in healthy fats, high-quality protein and several minerals • Hemp seed protein may have anti-fatigue and</p>	<p><b>GOTUKOLA</b> CENTELLA ASIATICA A HERB FOR THE BODY AND MIND</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/2 teaspoon with 100ml water twice a day.</p> <p>• Reduces Anxiety, Improves Long-Term Memory, Mind Clarity &amp; Focus • Regular use benefits the nervous system that unlock these lasting effects for the brain • Improves Blood Flow &amp; Protects Vessels leading to increased Collagen production which may help with issues like Varicose veins • May Prevent Hair loss and Reduces Inflammation • Gotukola is also an Effective Appetiser (Increases appetite)</p>
<p><b>ARJUNA</b> TERMINALIA ARJUNA BLOOD CIRCULATION</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p>A tonic for the heart. <b>ARJUNA</b> regulates blood circulation.</p>	<p><b>CAYENNE PEPPER</b> CAPSICUM ANNUMUM BODY DETOX</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p> <p><b>CAYENNE</b> prevents factors that lead to the formation of blood clots, all of which can help reduce the chances of a heart attack or stroke. It has the ability to ease upset stomach, ulcers, sore throats, heartburn, gas and irritating coughs. It is a well-known digestive aid. It is a known circulatory stimulant. By heating the body, the natural process of detoxification is streamlined. <b>CAYENNE</b> is also a great metabolic-booster, aiding the body in burning excess amounts of fats. Combined with lemon juice and honey, cayenne tea is an excellent morning beverage for total body detox.</p>	<p><b>HARJOR POWDER</b> CISSUM QUADRANGULARIS STRONG HEALTHY BONES</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/2 teaspoon with 100ml water twice a day.</p> <p>• Aids in healing of Bones and Bone Disorders • Boosts the Immune System • Aids in Quick Healing of Wounds • Useful in averting Heart Disorders • Aids in Reducing Risk of Diabetes • Helps Treating Feminine disorders (menopause, libido, and menstrual disorders)</p>
<p><b>JAMUN POWDER</b> SYZYGIUM CUMINI CONTROL DIABETES</p>  <p><b>SUGGESTED DOSAGE</b> Take 1/4 teaspoon with water in the mornings and evenings.</p>	<p>The seed is used in various alternative healing systems like Ayurveda (to control diabetes). Unani and Chinese medicine for digestive ailments. <b>JAMUN POWDER</b> also properties to reduce skin blemishes.</p>	<p><b>MULTANI MITTI</b> FULLER'S EARTH</p>  <p><b>FACE MASK MIXTURE</b> Mix a paste with Multani Mitti (2), Organic Turmeric (1), Gram (Chickpea) Flour (2) and Pure Rose water for glowing and healthy skin. (Substitute Rose Water with Milk for Dry skin).</p> <p><b>MULTANI MITTI</b> contains healthy nutrients and imparts natural oils to the skin. It helps your skin in many ways like diminishing pore size, removing blackheads and whiteheads, fading freckles, soothing sunburns, cleansing skin, improving complexion, reducing acne and blemishes and making your skin glow.</p>	<p><b>ALSO AVAILABLE IN THIS RANGE:</b></p>  <p>• ISABGHOL • KALONGI • CINNAMON • LINSEED • SUNFLOWER • OMEGA 3 SEEDS • PUMPKIN SEEDS • LEMONGRASS</p>