

# Benefits

This combination is commonly used as a natural supplement for:

- Enhancing immunity and combating infections.
- Supporting recovery from fever, particularly dengue fever, by increasing platelet counts.
- Reducing oxidative stress and protecting cells from damage.
- Promoting general health and well-being.

# How It Works

- **Carica Papaya:** Known for its platelet-boosting properties, it aids in recovering from conditions like dengue fever and strengthens the immune system. It also has anti-inflammatory and antioxidant effects.
- **Tinospora Cordifolia (Giloy):** A powerful adaptogen and immune booster, it enhances the body's defense mechanism, reduces inflammation, and aids in managing stress.
- **Vitis Vinifera (Grapes Extract):** Rich in antioxidants like resveratrol, it protects against oxidative stress, supports heart health, and promotes healthy skin.

# Side Effects

Although generally safe, some individuals may experience:

- Mild stomach discomfort
- Allergic reactions (rare)
- Nausea or diarrhea (uncommon)

Consult your doctor if side effects persist or worsen.

# Expert's Advice

- **Dosage:** Take the supplement as per the recommended dosage, preferably with food, to enhance absorption and reduce stomach upset.
- **Medical Advice:** Inform your doctor if you are pregnant, breastfeeding, or planning to conceive before starting this supplement.
- **Allergy Check:** Avoid using this supplement if you have known allergies to any of its components.
- **Lifestyle Support:** Combine it with a healthy diet, adequate hydration, and regular exercise for maximum benefits.

# Frequently Asked Questions

## Q. What are the key benefits of this combination?

This combination supports immunity, boosts platelet production, reduces oxidative stress, and helps in faster recovery from illnesses like viral fevers.

## Q. Can this supplement be taken during a fever?

Yes, it is particularly beneficial during viral infections like dengue to help recover faster by improving platelet counts and reducing fatigue.

## Q. Is this combination safe for long-term use?

Yes, it is generally safe for long-term use if taken as per the recommended dosage. Consult your doctor for personalized advice.

## Q. Can it be taken with other medications?

Always inform your doctor about other medications you are taking to avoid potential interactions, especially

with anticoagulants or immunosuppressants.

**Q. How soon can I see the effects?**

You may notice an improvement in energy and overall well-being within a few weeks. Recovery from fever or low platelets may take a few days to weeks, depending on the condition.