

SHARK  
CREATED

PRESCRIBED COMPANY  
India's No 1  
IN GYNAEC THERAPY

arth™  
By Emcure®

# Empowering Wellness



# Breeze Through Perimenopause



Supports Overall Well-being  
During Perimenopause



Promotes Bone Health and  
Vitality



Manages Emotional Balance



Helps with Energy Levels

Ashwagandha



Helps improve mood swings and overall well-being by supporting hormonal health and boosting energy levels.

Isoflavones



Plays a crucial part in improving bone vitality, particularly during perimenopause.

Chasteberry



Helps unpredictable mood swings and hot flashes by keeping hormones in check.

Black Cohosh



Helps in tackling hot flashes and night sweats.

## What's in my Tablet

Recommended usage: 1 Tablet twice daily.

### Composition & Nutritional Information:

Each serving of 0.780 g (One Tablet)  
contains (approx. value):

Serving Size: 1 Tablet (~0.780 g)  
No. of Servings: 30

NUTRIENT	PER SERVING	%RDA
Ashwagandha root extract (mg)	300	#
Chasteberry extract (mg)	50	#
Isoflavones 40 % (mg)	50	#
Black cohosh root extract (mg)	30	#
Magnesium (mg)	31.25	8.44
Vitamin B6 (mg)	1.9	100.00
Vitamin B1 (mg)	1.4	100.00
Vitamin D2 (mcg)	15	100.00
Vitamin B12 (mcg)	2.2	100.00

# Your Brain, But Better



Supports Memory  
and Cognition



Reduces  
Forgetfulness



Boosts Mental  
Clarity



Improves Focus

## What's in my Capsule

Brahmi



Boost brain function and  
alleviate anxiety and stress,  
among other benefits.

Recommended usage: 1 Capsule daily.

Each serving of 0.930 g (One Capsule)  
contains (approx. value):

Serving Size: 1 Capsule  
(~0.46 g)

NUTRIENT	PER SERVING	%RDA
Brahmi extract (mg)	300	#

# Say Hello To Comfort & Care



Reduces Itchiness &  
Dryness



Maintains Intimate Area's  
Ideal pH of 3.5-4.5



Reduces Skin Inflammation  
& Redness



Moisturizes and Hydrates  
the Intimate Area

## What's in my Cream

Tasmanian  
P. Berry



Helps in targeting the skin discomfort sensor and reducing any inflammation with its immediate soothing action. Makes sure you're feeling your best.

Australian Tea  
Tree Oil



Has natural anti-bacterial properties that help in keeping things fresh and warding off unwanted bacteria, so you can be clean & confident, always.

- ✓ Clean and dry the vulva area
- ✓ Apply cream on the vulva and massage gently

- Non-irritant formula
- Targeted application
- Blend of imported ingredients

# Your Fatigue, Fighter



To Feel Less Tired



Boost Iron Levels



To Increase Energy  
Levels

Ferrous Ascorbate



A form of iron which helps improve iron absorption in the body and supports increased iron levels plus reduction in fatigue and lethargy.

## What's in my Gummy

Recommended usage: 1 to 3 Gummies daily.

### Composition & Nutritional Information:

Each serving of ~ 3.5 g (One Gummy) contains (approx. value):

Serving Size: 1 Gummy (3.5 g)

NUTRIENT	PER SERVING	%RDA*
Iron (Ferrous Ascorbate) (mg)	8	27.6

# Great Sleep Starts Here



Reduces Sleeplessness



Promotes Deep Relaxation



Helps Combat Insomnia



Improves Sleep Quality

## What's in my Gummy

Passion Flower Extract



Soothes restlessness and promotes deeper sleep.

Chamomile Extract



Reduces insomnia and brings a calming effect.

L-Theanine



Induces relaxation and helps you sleep better.

Melatonin



Lengthens total sleep time while enhancing your quality of sleep.

Take 1 gummy daily 30 mins before sleep.

Each serving of 3.5g (One Gummy) contains (approx. value):

Serving Size:  
1 Gummy (~3.5 g)

NUTRIENT	PER SERVING	%RDA
L-Theanine	50 mg	#
Chamomile Extract	17 mg	#
Passion Flower Extract	17 mg	#
Melatonin	5 mg	#

# Your PCOS Problems, Answered



## What's in my Tablet

### Inositol & D-Chiro-Inositol



Clinically proven 4:01 ratio that restores normal ovulation functioning.

### Berberine



Helps reduce insulin resistance & enhance metabolism.

### Selenium



A powerful antioxidant that reduces inflammation reduction.

### Vitamin D2 & Chromium Picolinate



Helps boost energy and supports metabolic health.

**Recommended usage: 1 Tablet twice a day.**

### Composition & Nutritional Information:

Each serving of 1.130 g (One Tablet) contains (approx. value):	Serving Size: 1 Tablet (~1.130 g)	
NUTRIENT	PER SERVING	%RDA
Myo-Inositol (mg)	550	#
Berberine extract (mg)	250	#
D-Chiro Inositol (mg)	13.8	#
Chromium picolinate (mcg)	100	24.86
Vitamin D2 (IU)	300	50.00
Selenium (mcg)	20	50.00

# Get The Ultimate Glow



Supports Stronger,  
Longer & Thicker Hair



Helps Enhance Skin  
Radiance



Helps Combat Nail  
Brittleness



Helps Maintain a Youthful  
Appearance

Biotin



Vitamin B  
Complex



Vitamin D3



Hyaluronic Acid



## What's in my Capsule

Recommended usage: 1 Capsule twice daily.

### Composition & Nutritional Information:

Each serving of 0.610 g (One Capsule) contains (approx. value):		%RDA
NUTRIENT	PER SERVING	
Sebania grandiflora extract 2% (mg)	250	#
Allium cepa extract (mg)	200	#
Calcium (mg)	20	2.00
Phosphorous (mg)	10	1.00
Hyaluronic acid (mg)	5	#
Vitamin B5 (mg)	2.5	50.00
Vitamin B3 (mg)	2.5	22.73
Vitamin B2 (mg)	0.95	50.00
Vitamin B6 (mg)	0.95	50.00
Vitamin B1 (mg)	0.7	50.00
Vitamin A (mcg)	420	50.00
Folic acid (mcg)	64.71	50.00
Vitamin D3 (mcg)	1.5	10.00
Vitamin B12 (mcg)	1.1	50.00

# Live Better With a Better Liver



Strengthens Liver Function & Immunity



Natural Detox & Supports Digestion



Promotes Healthy Digestion & Reduces Fatigue



Keeps your Liver Functioning Smoothly

## What's in my Tablet

Milk Thistle (Silymarin)



Helps detoxify and protect your liver from harmful toxins.

Coenzyme Q10 (CoQ10)



Helps protect liver cells from stress and boosts energy.

Vitamin E



A powerful antioxidant that helps in reducing inflammation.

Vitamin C



Enhances detoxification & protects from free radicals.

Recommended usage: 1 Tablet twice daily.

Each serving of 0.930 g (One Tablet) contains (approx. value):

Serving Size: 1 Tablet (~ 0.930 g)

NUTRIENT	PER SERVING	%RDA
Silymarin extract 80% (mg)	300	#
Co enzyme Q10 (mg)	100	#
Vitamin C (mg)	32.5	50.00
Vitamin E (mg)	5	50.00

# Your Weight Watcher



Supports Weight Management



Helps in Fat Burning



Promotes Healthy Metabolism



L-Carnitine

It helps convert fat into energy, supporting your weight goals & endurance.

## What's in my Tablet

Recommended usage: 1 Tablet twice daily.

### Composition & Nutritional Information:

Each serving of 1.100 g (One Tablet) contains  
(approx. value): No. of servings: 30

1 Tablet contains  
(~1.100 g)

NUTRIENT	PER SERVING	%RDA
L-Carnitine tartrate (mg)	750	#

# Balance Your Gut Daily



Supports Digestion



Reduces Bloating and Gas



Supports Regular Bowel Movement



Supports Immunity

## What's in my Capsule

6 Lactobacillus Strains  
32+ Billion CFU

Supports smooth digestion and reduces bloating.

4 Bifidobacterium Strains  
21+ Billion CFU

Relieves constipation, irregular bowel movements and supports immune response.

S. Boulardii Strains  
5+ Billion CFU

Restores gut balance by reducing unwanted bacteria and supports long-term gut recovery.

Inulin  
150mg

Acts as food for good bacteria to thrive and supports probiotic effectiveness.

Recommended usage: 1 Capsule daily.

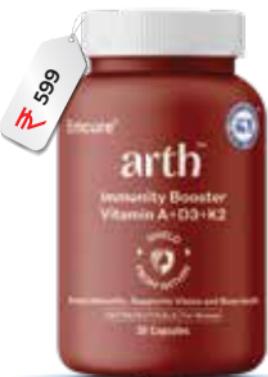
### Composition & Nutritional Information:

Each serving of 0.540 g (One Capsule) contains (approx. value):

Serving Size: 1 Capsule (~0.540 g)

NUTRIENT	PER SERVING	%RDA
Energy (kcal) **	1.499	0.075
Protein (g) *	0.057	0.124
Carbohydrate (g) *	0.207	#
Total Sugar (g)	0.000	#
Total Fat (g) **	0.031	0.046
Dietary Fiber (g)*	0.082	0.328
Sodium (mg)**	2.881	0.144

# Your Daily Immunity Booster Answered



## What's in my Capsule



Daily Immune Protection



To Maintain Healthy Vision



Better Bone Health

Vitamin A



Helps regulate your immune system and supports vision, lungs and gut health.

Vitamin D3



Improves calcium absorption, immune defence, and contributes to bone strength.

Vitamin K2 (MK-7)



Promotes bone density and cardiovascular health when paired with Vitamin D3.

Recommended usage: 1 Capsule daily.

### Composition & Nutritional Information:

Each serving of 0.335 g (One Capsule) contains (approx. value):	Serving Size: 1 Capsule (~ 0.335 g)	
NUTRIENT	PER SERVING	%RDA
Vitamin A (mcg)	840	100.00
Vitamin K2(MK-7) (mcg)	55	100.00
Vitamin D3 (IU)	600	100.00

# Better Mood, Better You



## What's in my Tablet



Promotes Emotional Balance



Promotes Overall Mental Well-Being



Improves Sleep Quality

Magnesium



Helps regulate mood by promoting relaxation and calm.

Vitamin B6



Supports mood regulation through serotonin production and GABA.

Vitamin D2



Known as the sunshine vitamin, Vitamin D2 helps balance mood.

Recommended usage: 1 Tablet daily.

### Composition & Nutritional Information:

Each serving of 1.380 g (One Tablet) contains (approx. value):

Serving Size:  
1 Tablet (~1.380 g)

NUTRIENT	PER SERVING	%RDA
Magnesium (mg)	200	54.05
Vitamin B6 (mg)	1	52.63
Vitamin D2 (IU)	300	50.00

# Because Stronger Bones Make Life Easier



Helps Bone Health and Vitality



Helps Manage Osteoporosis



Assists in Calcium Absorption through Vitamin D



Soothes Joint Pain and Aches

## What's in my Tablet

### Coral Calcium



With 60% more absorption than non-Coral Calcium, Coral Calcium helps fortify bone structure, making it more resilient and robust. Ideal for an active lifestyle.

### Vitamin D3



Vitamin D3 is your bone's superhero, boosting calcium and phosphorus absorption, and keeping those bones healthy to prevent osteoporosis!

Recommended usage: 1 Tablet twice daily.

### Composition & Nutritional Information:

Each serving of 1.650g (One Tablet) contains (approx. value):

Serving Size:  
1 Tablet (~1.650 g)

NUTRIENT	PER SERVING	%RDA
Calcium (mg)	500	50
Vitamin D3 (IU)	300	50

# Goodness Of Veg Omega-3



Supports Everyday Energy & Vitality



Manages Cholesterol Levels



Supports Cardiovascular Health

## Veg Omega-3



Omega-3 (EPA + DHA) helps calm invisible inflammation in the body, promoting better circulation, energy levels, and daily stamina — helping you feel your best.

## What's in my Capsule

Recommended usage: 1 Capsule twice daily.

### Composition & Nutritional Information:

Each serving of 0.625g (One Capsule) contains (approx. value):

Serving Size:  
1 Capsule (~0.625 g)

#### NUTRIENT

#### PER SERVING

#### %RDA

Omega-3 fatty acids 500 mg containing:

Eicosapentaenoic Acid (mg)

120

#

Docosahexaenoic Acid (mg)

80

#

# Get The Glow From Within



Boosts Skin Radiance & Luminosity



Improves Skin Firmness & Elasticity



Reduces Fine Lines & Wrinkles



Hydrates Skin for a Youthful Glow



Combats Aging with Powerful Antioxidants

## What's in my Sachet

Veg Collagen



Your daily dose of plant-based collagen support-designed to firm, lift, and repair your skin's structure from within.

Glutathione



Often called the "master antioxidant", it helps brighten dull skin, combat pigmentation, and promote an even skin tone.

Resveratrol



Found in grapes and berries, this powerful antioxidant fights free radical damage and helps maintain youthful skin.

## Composition & Nutritional Information:

Nutritional Information (Approximate Values)	100 g Per Serving	10 g Per Serving	% RDA
Serving size: 10 g			
No. of servings: 20			
Collagen (mg)	83900	8390	#
Glutathione (mg)	2000	200	#
Resveratrol (mg)	500	50	#
Goji berry (mg)	500	50	#
Grape seed extract (mg)	500	50	#

# Recharge

## Recover. Rehydrate



Quick Hydration,  
Anytime



Muscle Recovery  
& Function



Energy &  
Endurance Boost



Boosts Immunity  
& Muscle Health

### What's in my Sachet



Supports muscle recovery, immunity and helps maintain energy levels.



Helps in reducing muscle cramps and promotes relaxation.



Maintains electrolyte balance and supports fatigue reduction.



Maintains fluid balance and helps in preventing dehydration.

### Composition & Nutritional Information:

Nutritional Information (Approximate Values) Serving size: 1 Sachet 20g No. of servings: 20	Per 100 g	Per Serve (20 g)	% RDA* Per Serve
L-Glutamine (mg)	1212	242.4	#
Sodium (mg)	666	133.2	6.66
Potassium (mg)	212	42.4	1.21
Magnesium (mg)	15	3	0.81

# Bitter is Better



Improves Digestion



Assists in Detox



Reduces Gas &  
Bloating

Blend of potent  
herbs in  
each drop

Karela  
(Bitter Gourd)



Stimulates the production  
of gastric juices and  
promotes bile secretion,  
which helps break down  
food more efficiently.

Haridra  
(Turmeric)



Reduces inflammation,  
promotes healthy gut  
bacteria, and rich in  
antioxidants.

Shunthi  
(Dry Ginger)



Supports digestion,  
reduces bloating, and  
improves gut motility.

Recommended usage: 25 drops (1.25 ml) thrice a day.

#### Composition & Nutritional Information:

Each serving of 1.25 ml (25 Drops) contains (approx. value):	Serving Size: 25 Drops (~1.25 ml)		
NUTRIENT	Per 100 ml	Per 1.25 ml	% RDA
Momordica charantia (mg)	500.00	6.250	#
Berberis aristata (mg)	227.00	2.837	#
Centratherum antihelminthicum (mg)	225.00	2.812	#
Taraxacum officinale(mg)	155.00	1.937	#
Artemisia absinthium (mg)	131.00	1.637	#
Angelica glauca (mg)	102.00	1.275	#
Andrographis paniculata (mg)	94.00	1.175	#
Achillea millefolium (mg)	80.00	1.000	#
Zingiber officinale(mg)	70.00	0.875	#
Elettaria cardamomum (mg)	48.00	0.600	#
Curcuma longa (mg)	35.00	0.437	#
Curcuma zedoaria (mg)	30.00	0.375	#
Foeniculum vulgare (mg)	16.00	0.200	#
Carum carvi (mg)	14.00	0.175	#

# Tender Loving Care



Helps Ease Breast  
Tenderness



Helps With Breast  
Soreness



Helps Relieve Breast  
Sensitivity



Additionally Promotes  
Skin and Hair Health

## What's in my Capsule



Evening  
Primrose Oil

Helps in Reducing  
breast soreness  
and promoting  
hormonal balance.

Vitamin E



Supports  
Alleviating  
breast  
tenderness and  
skin health.

Vitamin B6



Manages  
breast pain and  
hormonal  
sensitivity.

Recommended usage: 1 Capsule daily.

## Composition & Nutritional Information:

Each serving of 0.730g (One Capsule)  
contains (approx. value):

Serving Size: 1 Capsule  
1 Capsule (~0.73 g)

NUTRIENT	PER SERVING	%RDA
Evening primrose oil (mg)	500	#
Vitamin E (mg)	5	50.00
Vitamin B6 (mg)	0.95	50.00

[arthbyemcure.com](http://arthbyemcure.com)