

Ayush Kwath

Immunity Booster

TODAY IMMUNITY IS THE NEED OF AN HOUR

What is Immunity or Immune system?

Immunity is body's defence system to fight against any kind of diseases or infections that enter our body.

Strong Immunity is required to facilitate the proper functioning of cells and tissues in our body, as it helps us to stay fit and healthy.

There are a few natural ways to keep immunity strong which include healthy lifestyle, good food habits and timely sleeping patterns. However, it is equally important to consume a few natural herbs which would help maintaining a strong immunity and act as a savior against diseases and infections.

The combination of these Ayurvedic herbs include Tulsi, Dalchini, Sunthi, Krishna Marich.

Ingredients

Tulsi (Ocimum Sanctum)

- Helps in building immunity.
- It has antibiotic, anti-viral, anti-bacterial and anti-carcinogenic properties.
- It helps in relieving fever, headache, sore throat, cold, cough, flu and chest congestion.
- It is loaded with phytonutrients, essential oils, Vitamin A and C.

Dalchini (Cinnamomum zeylancium)

- It helps to fight bacterial and fungal infections.
- It is great for cough, cold and flu.
- Helps attain better oral health.
- Cinnamon has antiviral and antimicrobial properties.
- It is also said to be great for digestion, keeping diabetes in check and beating heart diseases.

Sunthi (Zingiber Officinale)

- Sunthi is the perfect aid for cold and flu.
- It inhibit the aggregation of platelet and prevents blood clots.
- It has anti-bacterial, anti-viral, anti-inflammatory and antioxidant properties Other than this, it is said to be helpful for nausea, morning sickness, indigestion and menstrual pain.
- It can help to strengthen your immunity system.
- It is also loaded with many other health benefits like - treats chronic indigestion, Lowe's cholesterol, lowers blood suger , prevents cancer etc.

Krishna Marich (Piper nigrum)

- Black pepper may increase the absorption of essential nutrients like calcium and selenium, as well some beneficial plant compounds, such as those found in green tea and turmeric.
- It has antioxidant, anti-bacterial and anti-inflammatory properties.
- It also consists of immune system enhancing properties.
- Helps in producing red blood cells and detoxification of the body.
- Pepper is also good for hair and skin, treats respiratory diseases, reduces joint pain and lowering cholesterol levels.



M.R.P. ₹ 250/-
Net Contents: 90 gm



How to use : 3 gm powder (1 teaspoon) boil with 150 ml water filter it & drink it. It can be consumed once or twice a day.