

# 30 days Natural Immunity Boosting Plan for Family of 4



Hb+ Prickly Pear Stevia Fruit Nectar : Take 500ml Empty Bottle , Add 50ml Hb+, squeeze 2 lemons , Add 1 spoon rock salt and fill the bottle with water ,Drink this 500ml every day. Make such 4 bottles for each member.



Sudarshan Ghanvati : 4 Tablets a day, 2 in morning and 2 in evening (Daily 16 Tablet for 4 members family)= 480 Tablets .



GiloyVati : 4 Tablets a day, 2 in morning and 2 in evening (Daily 16 Tablet for 4 members family)= 480 Tablets .



Laxmi Vilas Ras : 2 Tablets a day, 1 in morning and 1 in evening (Daily 8 Tablet for 4 members family)= 240 Tablets .



1 glass of turmeric milk a day (200 ml).



One glass of warm water with ginger powder (200 ml).



Shallow fry few (5-6) garlic cloves in ghee and add turmeric powder with a pinch of salt. Have it before going to bed. Helps heal throat.

# Hb+ Prickly Pear Fruit Nectar Sweetened with Stevia



Prickly Pear is fruit of cactus plant that grows wild in semi arid areas, mostly in deserts. Hb+ is a 100% pulp of Prickly Pear fruit processed with patented technology.

Hb+ Contains essential amino acids makes it tasty superfood juice for daily routine!

## Benefits :

- Rich in Iron & Calcium.
- Increases Hemoglobin.
- Powerhouse of Antioxidants.
- Boost Immunity.
- Suitable for all ages.
- Helpful for chemotherapy patients , pregnant women , Anemic Population.



Patent Certificate

COSYSTEM CARE UP  
NEED WE CARE

## Prickly Pear Fruit



# Sudarshan Ghanvati



Sudarshan Ghanvati is an ayurvedic and herbal medicine. Sudarshan Ghanvati builds up immunity and fights from infection and allergic reactions.

It acts as a diaphoretic agent which increases sweating and brings down the body temperature in fever.

## Benefits

- It acts as an anti-inflammatory.
- It provides relief in headache.
- It provides relief in fever.

# Giloy Vati



Giloy Ghan Vati is beneficial in all types of fevers. It increases immunity, which helps to prevent infections and several other diseases.

Its use is more beneficial and efficacious in chronic fever and chronic diseases. It helps in treating chronic fever, malaise, gout and rheumatoid arthritis.

## Benefits

- It treats chronic fever.
- It helps to reduce high levels of blood sugar.
- It helps reduce respiratory problems like frequent cough, cold, tonsils.
- Giloy contains anti-inflammatory and anti-arthritic properties that help treat arthritis and its several symptoms

**DISCLAIMER : This is an ayurvedic medicine sourced from Dhanvanetri Guj. Herb.**

# Laxmi Vilas



Laxmi vilas Ras is a traditional Ayurvedic formulation that cures cough, cold and rhinitis. It soothes the throat and sinuses. It loosens the mucus accumulated in the chest thus making it easy to cough it up.

## Benefits

- It helps in asthma attack.
- It cures all types of fever.
- It gives strength to heart.
- It cures rhinitis

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# Turmeric Milk



Turmeric is known to have anti-inflammatory, antioxidant and rejuvenating properties. Curcumin, the active component in turmeric, has been used in Ayurvedic medicine for centuries due to its strong antioxidant properties. Antioxidants are compounds that fight cell damage, protecting your body from oxidative stress.

## Benefits

- It reduces inflammation.
- It prevents cell damage and reduces risk of many illnesses
- It improves bone health

# Garlic Cloves with Ghee



Garlic cloves are known to boost the function of the immune system. It also detoxifies heavy metals in the body. It also prevents infections such as the common cold, cough because of its Anti-bacterial, Anti-fungal and Anti-viral property.

## Benefits

- It soothes sore throat .
- It improves the immunity and it is a blood purifier.
- It reduces bad cholesterol in the blood.

## Ginger



Ginger, incidentally, can also help in boosting your immunity. Strong and perfect immunity is all we need at this juncture to combat the virus. Ginger is rich in anti-inflammatory properties along with properties that aid in increasing the body's immunity. The anti-inflammatory properties help in relieving the pain during sore throats

## Benefits

- It reduces the risk of chronic diseases.
- It reduces nausea and vomiting.
- It helps to control blood sugar levels