



## Health Benefits of Glaminous:

1. It aids in promoting the digestive system.
2. It helps in relieving constipation.
3. It is used to enhance fertility and sexual power.
4. It is beneficial in reducing blood pressure and managing diabetes.
5. It increases sperm count and improves sperm quality, thereby enhancing libido and fertility in men.
6. It aids in weight loss and boosts the immune system.
7. It reduces the presence of wrinkles and signs of aging.
8. It helps in eliminating cholesterol from the body.
9. It promotes bone strength and the development of new bone tissue.
10. It stimulates the body's immune system.
11. It contains strong antioxidants.
12. It helps improve menopausal symptoms and promotes women's sexual health.
13. It strengthens the heart and circulatory system.
14. It enhances memory and stimulates brain cells.
15. It possesses anti-inflammatory properties.
16. It is rich in Vitamin E and Omega-3 fatty acids.
17. It provides the body with the right amount of oxygen and balances the body's pH level.
18. It prevents Alzheimer's disease, arthritis, and liver problems.
19. It supports blood circulation and rejuvenates the body's cells.
20. It reduces allergies and inhibits the release of histamine, thereby preventing inflammation.
21. It provides relief from insomnia, asthma attacks, and chronic cough.
22. It keeps the skin hydrated and glowing.
23. It prevents age-related neurodegenerative disorders and blemishes.
24. It is rich in copper, manganese, and magnesium, which regulate heart rate and blood pressure.

Thanks From Glaminous Wellness

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**GLAMINOUS WELLNESS PVT. LTD.**



## OUR AIM

**IS TO PROVIDE HIGH QUALITY  
NUTRACEUTICAL PRODUCTS  
THAT PROMOTE HEALTH  
AND WELLNESS.**

## MISSION

**HEALTHY INDIA**

**WEALTHY INDIA**





**Mangosteen** : Mangosteen is a tropical fruit that is native to Southeast Asia. It is known for its deliciously sweet and tangy flavor. Apart from being a tasty fruit, mangosteen is also used for its potential health benefits. It is rich in antioxidants, particularly xanthenes, which have anti-inflammatory and antimicrobial properties. Mangosteen is believed to have various health benefits, including boosting the immune system, promoting digestive health, reducing inflammation, and supporting cardiovascular health. It can be consumed fresh, added to smoothies or juices, or used in desserts.

**Red Ginseng** : Red Ginseng is a form of ginseng that has been steamed and dried, which gives it a reddish color. It is a popular herb used in traditional Chinese medicine and is known for its potential medicinal properties. Red ginseng is believed to have adaptogenic properties, meaning it helps the body better cope with stress. It is also considered to be an energy booster and may enhance mental clarity and focus. Red ginseng is often consumed in the form of tea or as a supplement in capsules or extracts.



**Cordyceps Militaris** : Cordyceps Militaris is a type of fungus that has been traditionally used in Chinese medicine for various potential health benefits. Some of the reported benefits include improved energy, enhanced athletic performance, immune system support and potential antioxidant properties. However, it's important to note that while there is some scientific research suggesting these benefits, more studies are needed to fully understand the extent of Cordyceps militaris' effects on human health. Always consult with a healthcare professional before adding any supplements alternative treatments to your routines.

**Avocado** : Avocado is a versatile fruit that is rich in healthy fats, vitamins, and minerals. It is known for its creamy texture and mild flavor. Avocados are a great source of monounsaturated fats, which can help support heart health and reduce bad cholesterol levels. They are also packed with fiber, potassium, vitamin K, vitamin E, and folate. Avocados can be used in a variety of dishes, such as salads, sandwiches, smoothies, and guacamole. They are a popular ingredient in a balanced and nutritious diet.



**Sea buckthorn** : Sea buckthorn is a plant that produces small, bright orange berries. It is native to the coastal areas of 77+ Europe and Asia. The berries of sea buckthorn are rich in nutrients, including vitamins C and E, carotenoids, and omega-7 fatty acids. Sea buckthorn is known for its potential health benefits, such as promoting healthy skin, supporting the immune system, and aiding in digestion. The berries can be consumed fresh, but they are quite tart, so they are often processed into juices, oils, or supplements. Sea buckthorn oil is also used topically in skincare products for its moisturizing and healing properties.

**Red Currant** : Red currant is a small, tart berry that is commonly used in culinary applications. It can be used to make jams, jellies, sauces, desserts, and beverages. Red currants are also rich in vitamin C and antioxidants, making them a healthy addition to your diet.



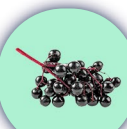
**Amla** : Amla also known as Indian gooseberry, is a fruit that is highly valued in Ayurvedic medicine. It is known for its high vitamin C content and antioxidant properties. Amla is used in various forms, such as fresh fruit, juice, or powdered form, and is believed to have numerous health benefits, including boosting immunity, improving digestion, and promoting hair and skin health.

**Punarnava** : Punarnava also known as Boerhavia diffusa, is an herb widely used in Ayurvedic medicine. It is known for its diuretic properties, which means it promotes the production and flow of urine. Punarnava is used to support kidney and urinary tract health. It is believed to help flush out toxins from the body, reduce water retention, and support healthy kidney function. Punarnava is also used to alleviate symptoms of conditions such as edema, urinary tract infections, and kidney stones.



**Safed Musli** : Safed musli is a medicinal plant native to India. It has JIL. been used in traditional Ayurvedic medicine as an aphrodisiac and to treat sexual disorders. Safed musli is also believed to have antioxidant, anti-inflammatory, and immunomodulatory properties.

**Elderberry** : Elderberry refers to the dark purple berries of the elder tree. These berries are rich in antioxidants and are commonly used to make syrups, jams, and herbal supplements. Elderberry is believed to have immune-boosting properties and is often used to alleviate symptoms of colds and flu.



**Blueberry** : Blueberry are small, sweet berries that are popular for their taste and nutritional value. They are rich in antioxidants, vitamins, and minerals. Blueberries can be enjoyed fresh, added to baked goods, or used in smoothies and salads. They are known for their potential health benefits, including improving brain function, supporting heart health, and aiding in digestion.

**Gokshura** : Gokshura scientifically known as Tribulus terrestris, is a herb commonly used in Ayurveda and traditional medicine. It is renowned for its aphrodisiac and rejuvenating properties. Gokshura is used to support male reproductive health and enhance sexual vitality. It is believed to boost libido, improve erectile function, and increase testosterone levels. Additionally, Gokshura is used as a general tonic to support overall vitality and strength. It is also used in traditional Ayurvedic formulations for various urinary and kidney disorders.



**Ashwagandha** : Ashwagandha is an herb that has been used in Ayurvedic medicine for centuries. It is known for its adaptogenic properties, which means it helps the body adapt to stress. Ashwagandha is believed to have a range of health benefits, including reducing stress and anxiety, improving cognitive function, boosting immunity, and promoting overall well-being.

**Ginkgo Biloba** : Ginkgo biloba is a tree native to China that has been used in traditional medicine for thousands of years. The leaves of the ginkgo tree are used to make herbal supplements. Ginkgo biloba is believed to enhance cognitive function, improve memory, and support healthy brain aging. It is also used to improve blood certain conditions, such as tinnitus and intermittent claudication.



**Manjistha** : Manjistha also known as Indian madder or Rubia cordifolia, is a medicinal plant used in Ayurvedic medicine. It is known for its detoxifying and blood-purifying properties. Manjistha is often used to support healthy skin, treat skin conditions like acne and eczema, and promote wound healing.

**Sigru** : Sigru also known as drumstick tree or Moringa oleifera, is a plant that is highly valued for its nutritional and medicinal properties. Its leaves, pods, and seeds are all used in various forms. Sigru is known for its high content of vitamins, minerals, and antioxidants. It is used to support overall health, boost immunity, enhance digestion, and promote hair and skin health.



**Shatavari** : Shatavari is a herb that has been used in Ayurvedic medicine for its numerous health benefits. It is often referred to as the "queen of herbs" and is known for its rejuvenating and nourishing properties. Shatavari is used to support female reproductive health, balance hormones, improve fertility.