



Mangrow Technology Development Platform – Nutraceuticals, Ready to commercialize Technologies

- ❖ Vitamin, Mineral & OTC Topical Products
- ❖ Probiotic/Prebiotic Synbiotic Sachets
- ❖ Beauty & Personal Care
- ❖ Ayurvedic Herbal Wellness Range
- ❖ Ayurvedic Wellness for Women Range
- ❖ Bioavailability-Enhanced Curcumin Technology Platform
- ❖ Advanced Herbal/Nutraceutical Capsule & Softgel Range
- ❖ Mainstream Vitamin, Mineral & Condition-Specific Supplement Range
- ❖ Sports Nutrition, Sleep Support & Extended Multivitamin Range
- ❖ Family Multivitamin, Gummy & Combo/Bundle Range



A. Vitamin, Mineral & OTC Topical Products

#	Product Name	Dosage Form		Indication / Category	Active Ingredient(s)
1	Multivitamin & Zinc Tablet (100 Tablets)	Tablet		General micronutrient supplementation; energy-yielding metabolism support; immune system support	Niacin (Niacinamide) 100mg; Vitamin C (Microcrystalline Sodium Ascorbate) 750mg; Vitamin B6 (Pyridoxine HCl) 20mg; Vitamin B1 (Thiamine Mononitrate) 15mg; Vitamin B2 (Riboflavin) 15mg; Vitamin B5 (Calcium Pantothenate) 20mg; Folic Acid 0.49mg; Vitamin B12 (Cyanocobalamin) 12mcg; Vitamin E (d,l-alpha-Tocopheryl Acetate) 60mg; Elemental Zinc (Zinc Sulfate) 22.5mg
2	Beta-Carotene (100 Tablets)	Tablets	Tablet	Provitamin A activity; antioxidant/cell protection from oxidative stress; non-hepatotoxic Vitamin A source	Beta-Carotene (10% dry powder/beadlet) 15.00mg powder ($\equiv$ 1.50mg pure Beta-Carotene)
3	Thiamine, Pyridoxine & Cyanocobalamin Tablets (100 Tablets)	Tablet		Vitamin B1/B6/B12 – energy-yielding metabolism, nervous system function, psychological function	Vitamin B1 (Thiamine Mononitrate) 250mg; Vitamin B6 (Pyridoxine HCl) 250mg; Vitamin B12 (Cyanocobalamin, gelatin-coated bead, 1% assay) 1.00mg bead ($\equiv$ 10.00mcg pure)
4	Trolamine Salicylate Cream (10% w/w)	Topical Emulsion Cream	O/W	Topical relief of minor muscle/joint aches (backache, arthritis, strains, bruises, sprains); counterirritant action; external use only	Trolamine Salicylate (Triethanolamine Salicylate) 100.00mg/g (10.0% w/w)
5	Vitamin B-Complex & Vitamin C Instant Granules (Sachet)	Oral Granules	Instant	Energy-yielding metabolism support; normal nervous system function; immune support (Vitamin C)	Vitamin B1 (Thiamine HCl) 3.60mg; Vitamin B2 (Riboflavin Phosphate Sodium, as supplied) 5.70mg; Niacin (Nicotinamide) 45.00mg; Vitamin B6 (Pyridoxine HCl) 4.50mg; Vitamin B12 (Cyanocobalamin bead, 0.1% assay) 15.00mg bead ($\equiv$ 15.00mcg); Vitamin C (Ascorbic Acid) 150.00mg



B. Probiotic/Prebiotic Synbiotic Sachets

#	Product Name		Dosage Form	Indication / Category	Active Ingredient(s)
1	Mangluco Prebiotic Sachet	Probiotic	Oral Sachet	Metabolic/glucose balance support, Gut microbiome support; antioxidant support; general metabolic/liver support	Proprietary Prebiotic- Probiotic combination with antioxidants and specific bioactive-ingredients
2	Mangastro Prebiotic Sachet	Probiotic	Oral Sachet	Gut microbiome support; antioxidant support	Proprietary Prebiotic- Probiotic combination with antioxidants and specific bioactive-ingredients
3	Mancardo Prebiotic Sachet	Probiotic	Oral Sachet	Cardiovascular wellness support; gut microbiome support; antioxidant and healthy lipid metabolism support; methylation support	Proprietary Prebiotic- Probiotic combination with antioxidants and specific bioactive-ingredients
4	Manreno Prebiotic Sachet	Probiotic	Oral Sachet	Kidney function and mobility support; gut microbiome support; antioxidant support relevant to joint tissue; methylation support	Proprietary Prebiotic- Probiotic combination with antioxidants and specific bioactive-ingredients
5	Manosto Prebiotic Sachet	Probiotic	Oral Sachet	Joint and cartilage matrix support; gut microbiome support; antioxidant support	Proprietary Prebiotic- Probiotic combination with antioxidants and specific bioactive-ingredients

All five sachets share identical probiotic/prebiotic/antioxidant technology platform, each targeted to a different wellness positioning (metabolic, cardiovascular, joint) via its specific bioactive-ingredient combination.



C. Beauty & Personal Care

#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
1	Skin wellness Collagen	Oral Powder bottle	Skin radiance / “beauty-from-within” support; collagen formation (Vitamin C); cell protection from oxidative stress (Vitamin E); normal skin/hair maintenance (D-Biotin)	Marine Collagen Peptide 5.25g; Sodium Hyaluronate 0.105g; Vitamin C (L-Ascorbic Acid) 0.044g; Vitamin E (DL-alpha-Tocopheryl Acetate) 0.011g; D-Biotin 0.00003g

D. Ayurvedic Herbal Wellness Range – Single & Multi-Herb Products

#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
1	Ashwagandha Tablets	Tablet	Adaptogen / Stress and Vitality Support	Ashwagandha (Withania somnifera, Root) 250mg
2	Gokshura Tablets	Tablet	Vitality Tonic / Diuretic Support	Gokshura (Tribulus terrestris) 250mg
3	Guduchi Tablets	Tablet	Immunomodulator / Rasayana (Rejuvenative)	Guduchi (Tinospora cordifolia) 250mg
4	Arjuna Tablets	Tablet	Cardiotonic / Cardiovascular Support	Arjuna (Terminalia arjuna) 250mg
5	Triphala Tablets	Tablet	Digestive / Antioxidant / Rasayana Support (Classical Combination)	Haritaki (Terminalia chebula) 250mg; Bibhitaki (Terminalia bellirica) 250mg; Amalaki (Phyllanthus emblica) 250mg
6	Tulasi Tablets	Tablet	Adaptogen / Respiratory and Immune Support	Tulasi (Ocimum sanctum) 250mg
7	Brahmi Tablets	Tablet	Nervine Tonic / Cognitive Support	Brahmi (Bacopa monnieri) 250mg
8	Shallaki Tablets	Tablet	Anti-Inflammatory / Joint Health Support	Shallaki (Boswellia serrata) 250mg



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
9	Ashwagandha	Tablet	Adaptogen / Stress and Vitality Support (organic, standardised extract)	Ashwagandha (Withania somnifera, Root) standardised extract 300mg, NLT 0.3% w/w Withanolides
10	Neem Tablets	Tablet	Blood Purifier / Skin and Immune Support	Neem (Azadirachta indica) 250mg
11	Kapikachhu Tablets	Tablet	Nervine Tonic / Natural L-DOPA Source	Kapikachhu (Mucuna pruriens) 250mg
12	Amalaki Tablets	Tablet	Antioxidant / Rasayana, Natural Vitamin C Source	Amalaki (Phyllanthus emblica) 250mg
13	Lasuna Tablets	Tablet	Cardiovascular / Lipid Metabolism Support	Lasuna (Allium sativum, Garlic) 250mg
14	Shatavari Tablets	Tablet	Women's Reproductive Tonic / Galactagogue	Shatavari (Asparagus racemosus) 250mg
15	Hadjod Tablets	Tablet	Bone and Joint Health Support	Hadjod (Cissus quadrangularis) 250mg
16	Punarnava Tablets	Tablet	Diuretic / Kidney and Fluid Balance Support	Punarnava (Boerhavia diffusa) 250mg
17	Yashtimadhu Tablets	Tablet	Demulcent / Respiratory and Digestive Support	Yashtimadhu (Glycyrrhiza glabra, Licorice) 250mg
18	Karela Tablets	Tablet	Blood Glucose Metabolism Support	Karela (Momordica charantia, Bitter Melon) 250mg
19	Tagara Tablets	Tablet	Sedative / Sleep and Nervous System Support	Tagara (Valeriana wallichii) 250mg
20	Shigru Tablets	Tablet	Nutritional / Antioxidant Support	Shigru (Moringa oleifera) 250mg
21	Vrikshamla Tablets	Tablet	Weight Management Support	Vrikshamla (Garcinia cambogia) 250mg
22	Haridra Tablets	Tablet	Anti-Inflammatory / Antioxidant Support	Haridra (Curcuma longa, Turmeric) 250mg



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
23	Meshashringi Tablets	Tablet	Blood Glucose Metabolism Support	Meshashringi (<i>Gymnema sylvestre</i>) 250mg
24	Bael Tablets	Tablet	Digestive Support	Bael (<i>Aegle marmelos</i> , Wood Apple) 250mg
25	Vasaka Tablets	Tablet	Respiratory Support	Vasaka (<i>Adhatoda vasica</i>) 250mg
26	Shuddha-Guggulu Tablets	Tablet	Lipid and Metabolic Support	Shuddha-Guggulu (<i>Commiphora wightii</i> , purified oleogum resin) 250mg
27	Brahmi Syrup	Syrup	Nervine Tonic / Cognitive Support	Brahmi (<i>Bacopa monnieri</i> , Whole Plant) Extract 2.00g/100mL, NLT 20% Bacosides
28	Trikatu Tablets	Tablet	Digestive Support / Bioavailability Enhancer (Classical Combination)	Sunthi (<i>Zingiber officinale</i>) 83.33mg; Maricha (<i>Piper nigrum</i>) 83.33mg; Pippali (<i>Piper longum</i>) 83.34mg
29	Triphala Syrup	Syrup	Digestive / Antioxidant / Rasayana Support (Classical Combination)	Haritaki 0.70g; Bibhitaki 0.70g; Amalaki 0.60g (per 100mL)
30	Manjishtha Tablets	Tablet	Skin and Blood Purifier Support	Manjishtha (<i>Rubia cordifolia</i> , Indian Madder) 250mg
31	Mangrow Organic Gokshura (<i>Tribulus</i>)	Tablet	Vitality Tonic / Diuretic Support (organic, standardised extract)	Gokshura (<i>Tribulus terrestris</i>) standardised extract 300mg
32	Vasaka Syrup	Syrup	Respiratory Support	Vasaka (<i>Adhatoda vasica</i>) Extract 2.00g/100mL
33	Tulasi Syrup	Syrup	Adaptogen / Respiratory and Immune Support	Tulasi (<i>Ocimum sanctum</i>) Extract 2.00g/100mL
34	Organic Bacopa (Brahmi)	Tablet	Nervine Tonic / Cognitive Support (organic, standardised extract)	Brahmi (<i>Bacopa monnieri</i>) standardised extract 300mg
35	Trikatu Syrup	Syrup	Digestive Support / Bioavailability Enhancer (Classical Combination)	Sunthi 0.67g; Maricha 0.67g; Pippali 0.66g (per 100mL)
36	Neem Syrup	Syrup	Blood Purifier / Skin and Immune Support	Neem (<i>Azadirachta indica</i>) Extract 2.00g/100mL
37	Shatavari Syrup	Syrup	Women's Reproductive Tonic / Galactagogue	Shatavari (<i>Asparagus racemosus</i>) Extract 2.00g/100mL



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
38	Mangrow Organic Neem	Tablet	Blood Purifier / Skin and Immune Support (organic, standardised extract)	Neem (Azadirachta indica) standardised extract 300mg
39	Ashwagandha Gummies	Chewable Gummy (pectin-based)	Adaptogen / Stress Support; immune support (Vitamin D3, Zinc)	Ashwagandha Root Extract (Withania somnifera) 125mg; Vitamin D3 (Cholecalciferol) 0.01mg (400 IU); Zinc (as Zinc Citrate) 12.50mg (≈ 2.5mg elemental Zn)

E. Ayurvedic Wellness for Women Range

1	Multiherbal formulation	Tablet	Bone and musculoskeletal support (structure/function framing – see regulatory note on disease-treatment claim wording in source description)	Arjuna (Terminalia arjuna) 100mg; Shuddha-Guggulu (Commiphora wightii) 100mg; Ashwagandha (Withania somnifera) 100mg; Hadjod (Cissus quadrangularis) 100mg; Bala (Sida cordifolia) 75mg; Calcium Carbonate 625mg
2	Multiherbal formulation	Tablet	Menstrual cramp / dysmenorrhea comfort support	Shatavari (Asparagus racemosus) 100mg; Ashoka (Saraca asoca) 100mg; Lodhra (Symplocos racemosa) 100mg; Sunthi (Zingiber officinale) 50mg; Pippali (Piper longum) 25mg
3	Multiherbal formulation	Syrup	Menstrual cycle regulation support	Ashoka 0.50g; Lodhra 0.50g; Shatavari 0.40g; Guduchi (Tinospora cordifolia) 0.30g; Dashamoola (classical ten-root combination) 0.30g (per 100mL)
4	Multiherbal formulation	Topical Vaginal Gel	Feminine hygiene / topical care support	Triphala (classical Haritaki/Bibhitaki/Amalaki combination) 2.00%; Neem (Azadirachta indica) 1.50%; Ashoka 1.00%; Lodhra 1.00%



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
5	Multiherbal formulation	Capsule	Women's reproductive/sexual health support	Ashoka 100mg; Lodhra 100mg; Shatavari 100mg; Dashamoola 75mg; Guduchi 50mg
6	Multiherbal formulation	Capsule	Menopause symptom support	Shatavari 100mg; Ashoka 100mg; Salvia (Salvia officinalis, Sage) 75mg; Jatamansi (Nardostachys jatamansi) 75mg; Vacha (Acorus calamus) 50mg
7	Multiherbal formulation	Syrup	Urinary tract comfort / dysuria support	Pasanabheda (Saxifraga ligulata) 0.50g; Punarnava (Boerhavia diffusa) 0.50g; Gokshura (Tribulus terrestris) 0.40g; Usheera (Vetiveria zizanioides) 0.30g; Chandan (Santalum album, Sandalwood) 0.30g (per 100mL)
8	Multiherbal formulation	Tablet	Menstrual disorder support	Ashoka 125mg; Lodhra 125mg; Shatavari 100mg; Guduchi 75mg; Dashamoola 75mg
9	Multiherbal formulation	Tablet	General women's wellness support	Lodhra 100mg; Usheera 75mg; Naktamala (Pongamia pinnata) 75mg; Amalaki (Phyllanthus emblica) 100mg; Chandan 50mg
10	Multiherbal formulation	Syrup	Leucorrhoea / vaginal discharge support	Ashoka 0.50g; Lodhra 0.50g; Neem 0.40g; Haritaki (Terminalia chebula) 0.30g; Ashwagandha 0.30g (per 100mL)



F. Bioavailability-Enhanced Curcumin Technology Platform (8)

#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
1	Curcumin Phospholipid Complex Powder	Bulk Nutraceu- taceutical Ingredient Powder	Bioavailability-enhanced curcuminoid ingredient (phospholipid molecular complexation / phytosome-type technology) – for downstream capsule/tablet formulation	Curcumin 95% (standardised curcuminoid extract) 30.0kg per 100kg batch
2	Curcumin Phospholipid Complex Capsules, 200mg	Capsules	Enhanced bioavailability curcumin supplementation (200mg curcuminoids per capsule)	Curcumin Phospholipid Complex Powder delivering 200mg curcuminoids
3	Piperine-Combined Curcumin Bulk Intermediate	Bulk Nutraceu- taceutical Ingredient Powder	Bioavailability enhancement via piperine-mediated CYP450/P-glycoprotein inhibition – for downstream capsule formulation	20:1 Curcumin: Piperine ratio
4	Piperine-Combined Curcumin Capsules (5 Strengths)	Capsules	Bioavailability enhancement via piperine – dose-flexible range for varied clinical/commercial positioning	Curcumin and Piperine: 500mg/25mg, 300mg/15mg, 200mg/10mg, 150mg/7.5mg, or 100mg/5mg
5	Nano Curcumin Powder	Bulk Nutraceu- taceutical Ingredient Powder	Bioavailability enhancement via nanoparticle (nanoemulsion/nanosuspension) size reduction – for downstream capsule formulation	Curcumin 95%
6	Nano Curcumin Capsules, 50mg	Capsules	Enhanced bioavailability curcumin supplementation via nanoparticle technology (50mg curcuminoids per capsule)	50mg curcuminoids



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
7	Liposomal Curcumin Powder	Bulk Nutraceu- taceutical Ingredient Powder	Bioavailability enhancement via phosphatidylcholine-based liposomal (lipid bilayer) encapsulation – for downstream capsule formulation	Curcumin 95%
8	Liposomal Curcumin Capsules, 50mg	Capsule	Enhanced bioavailability curcumin supplementation via liposomal technology (50mg curcuminoids per capsule)	50mg curcuminoids

G. Advanced Herbal/Nutraceutical Capsule & Softgel Range

#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
1	Glutathione & Antioxidant Complex Capsules	Capsule	Glutathione precursor supplementation; heavy metal chelation/detox; liver detoxification and hepatoprotection	Glutamate (L-Glutamic Acid) 200mg; Glycine (L-Glycine) 200mg; NAC (N-Acetyl Cysteine) 350mg; Selenium (Sodium Selenate) 200mcg; Vitamin C (Ascorbic Acid) 100mg
2	Antistress multiherb Capsules	Capsule	Stress adaptation/cortisol reduction; sleep onset improvement; mood elevation	Ashwagandha Extract (5% Withanolides, KSM-66) 300mg; St. John's Wort Extract (0.3% Hypericin, 5% Hyperforin) 200mg; Magnolia Champaca Bark Extract 100mg
3	Gastric & Digestive Support Capsules	Capsule	Anti-H. Pylori support; relief from gastritis/indigestion; anti-inflammatory/antacid effect	DGL (Deglycyrrhizinated Licorice) 300mg; Fennel Seed Extract 150mg; Peppermint Extract (≥10% menthol) 100mg; Ginger Root Extract (5% gingerols) 100mg; Citric Acid 50mg



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
4	Anti-inflammatory Capsules	Capsule	Natural anti-inflammatory (NF-κB/COX-2 inhibition); Th1 cytokine calming; arthritis/spondylitis pain relief	Cissus Quadrangularis Extract 200mg; Rasana (Pluchea lanceolata) Extract 150mg; Curcumin (≥95% curcuminoids) 150mg; Alpinia Galanga Extract 100mg; Ginger Root Extract 100mg; Guggul (2.5% Guggulsterones) 100mg
5	Joint Pain Relief Capsules	Capsule	Natural painkiller (5-LOX blockade); joint pain/swelling reduction; cartilage quality improvement	Boswellia Serrata Extract (≥65% Boswellic Acids, ≥10% AKBA) 400mg; AKBA-enriched Extract (≥30% AKBA) 100mg; Piperine (95%) 5mg
6	Enzyme capsules	Complex Capsule	Broad-spectrum digestion optimisation across all food macromolecules	Amylase (fungal); Papain (Carica papaya); Protease (fungal, multi-pH); Cellulase (fungal); Lipase (fungal); Bromelain (pineapple stem); Lactase (fungal) – each per FCC activity specification
7	Antioxidant Complex	Softgel/Capsule	Lipid antioxidant combination; cellular oxidative damage arrest; DNA damage protection	EPA 180mg; DHA 120mg; Lycopene (6%) 5mg; Coenzyme Q10 30mg; Beta-Carotene (natural) 3mg; Tocotrienol Complex (≥70%) 30mg
8	Blood glucose management capsules	Capsule	Blood glucose management/Type 2 Diabetes support; glucose-lipid metabolism; insulin sensitivity	Berberis Aristata (3–5% Berberine) 300mg; Salacia Reticulata Extract 200mg; Coccinia Indica Extract 150mg; Pterocarpus Marsupium Extract 150mg
9	Respiratory Capsules	Health Capsule	Respiratory health revitalisation; mucus clearance/expectoration; lung anti-inflammatory action	Vasa Extract (≥0.5% Vasicine) 200mg; Kandahari (Inula racemosa) 100mg; Bharangi Extract 100mg; Thippali (≥1% Piperine) 75mg; Thalipathra Extract 75mg; Pepper (95% Piperine) 5mg; Haritaki Extract 75mg; Tylophora Asthmatica Extract 50mg



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
10	Liver protectant capsules	Capsule	Hepatoprotection/liver damage prevention; liver detoxification; liver cell regeneration support	Milk Thistle Extract (80% Silymarin) 300mg; Bhumyamlaki (Phyllanthus Niruri) 150mg; Boerhavia Diffusa 100mg; Caper Bush Root Bark Extract 100mg; Turmeric Extract (≥95% curcuminoids) 100mg
11	Antioxidant Complex Capsules	Capsule	Multi-pathway antioxidant protection; cardiovascular support; lipid antioxidant/thermogenesis	Curcumin (≥95%) 150mg; Pomegranate Seed Extract (≥40% ellagic acid) 100mg; Green Tea Extract (≥50% EGCG) 100mg; Cinnamon Extract (≥10% cinnamaldehyde) 100mg; Rosemary Extract (≥20% carnosic acid) 75mg; Grape Seed Extract (OPC ≥95%) 75mg
12	Prebiotic Fibre Complex Powder/Capsules	Capsule or Powder Sachet	Gut microbiome nourishment; gut flora rebuilding; GALT immunity support	Inulin (chicory, DP 8–60) 200mg; Polydextrose 150mg; Isomalto-oligosaccharides 150mg; Fructo-oligosaccharides 100mg; Resistant Dextrin 100mg
13	Children's Fish Oil Capsules	Softgel	Brain nutrition for children; neuroprotection/cognitive development; heart health	Purified Sardine Oil 1000mg/softgel (EPA 180mg; DHA 120mg; Total Omega-3 300mg)
14	Hair, Skin & Nail Support Capsules	Capsule	Hair growth stimulation/hair fall reduction; skin elasticity/firmness; nail strengthening	Vitex Agnus-Castus Extract 150mg; Ashwagandha Extract (5% Withanolides) 150mg; Biotin 5000mcg; Zinc (Gluconate/Oxide) 10mg; Bacopa Monnieri (20% Bacosides) 100mg; Selenium (Sodium Selenate) 55mcg



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
15	Natural Bowel Relaxant Capsules	Capsule	Gentle natural laxative; bowel regularity; carminative/gas relief	Cassia Angustifolia (≥20% sennosides) 200mg; Terminalia Chebula Extract 150mg; Peppermint (≥10% menthol) 100mg; Operculina Turpethum Extract 75mg; DGL (glycyrrhizin <2%) 75mg; Carum Copticum (≥10% thymol) 50mg
16	Curcumin Capsules - High Bioavailability	Capsule	Potent antioxidant (NF-κB/COX-2/LOX inhibition); anti-inflammatory; joint health/arthritis support	Whole Turmeric Extract (≥5% curcuminoids) 250mg; Curcumin (≥95% curcuminoids) 200mg; Piperine (95%) 5mg
17	Thyroid Support Capsules	Capsule	Thyroid hormone synthesis support; T4-to-T3 conversion support; HPA-thyroid axis balance	Ashwagandha Extract (5% Withanolides) 300mg; Zinc (Gluconate/Oxide) 10mg; Selenium (Sodium Selenate) 55mcg; Iodine (Potassium Iodide) 150mcg
18	Marine Collagen + Vitamin C Capsules	Capsule	Skin strength/elasticity/rejuvenation; anti-ageing hydration; joint and bone health	Hydrolysed Marine Collagen Peptides (Type I, MW ~2–5 kDa) 500mg; Ascorbic Acid (Vitamin C) 80mg
19	Weight Management Capsules	Capsule	Fat metabolism support; thermogenesis/calorie burning; appetite modulation	Garcinia Cambogia (≥60% HCA) 500mg; Green Tea Extract (≥50% EGCG) 200mg; Green Coffee Extract (≥45% chlorogenic acid) 200mg; Nut Grass Extract 100mg



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
20	Immune support virgin Coconut Oil Softgels/capsules	Softgel / capsules	Cognitive function (MCT/ketones); immune support (lauric acid); metabolism/ketosis support	Organic Virgin Coconut Oil (cold-pressed, 100%) 1000mg/softgel (Lauric Acid ~500mg; MCT fraction ~650–700mg)
21	Natural Anti-Allergy Capsules	Capsule	Histamine-induced allergic reaction reduction; immune strengthening against allergens; sinus biofilm support	Curcumin (≥95%) 150mg; Sida Cordifolia (≥0.8% alkaloids) 100mg; Ginger Extract (5% gingerols) 100mg; Andrographis Paniculata (≥10% Andrographolide) 100mg; Holy Basil (≥2% Ursolic Acid) 100mg; Albizia Lebbeck Extract 100mg; Tinospora Cordifolia (≥2.5% Tinosporin) 100mg
22	Natural Antiviral Immune Support Capsules	Capsule	Natural antiviral action; immune system strengthening; pathogen deactivation	Glycyrrhiza Glabra (≥20% glycyrrhizic acid) 200mg; Argyreia Speciosa Seed Extract 150mg; Tinospora Cordifolia (≥2.5% Tinosporin) 150mg; Phyllanthus Niruri Extract 150mg; Andrographis Paniculata (≥10% Andrographolide) 100mg; Holy Basil (≥2% Ursolic Acid) 100mg
23	Pure Chicory Inulin Prebiotic Capsules	Capsule	Gut microbiome nourishment (EFSA-confirmed bowel function claim); gut-brain axis support	Inulin (chicory, ≥90% purity, DP 8–60) 500mg
24	Double Strength Fish Oil Capsules	Softgel	Double-strength cardiovascular support; normal cardiac function (EFSA); brain function/cognitive health	Purified Sardine Oil 1000mg/softgel (EPA 300mg; DHA 200mg; Total Omega-3 500mg)



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
25	Women hormonal Balance Capsules	Capsule	Menstrual cycle regulation; PMS symptom reduction/hormonal balance; PCOD/PCOS support	Symplocos Racemosa (Lodhra) Extract 200mg; Ficus Glomerata Bark Extract 150mg; Saraca Asoca (Ashoka) Extract 150mg; Black Cohosh ($\geq 2.5\%$ Triterpene Glycosides) 80mg; Shatavari ($\geq 10\%$ Sarasapogenin) 150mg
26	Probiotic Capsules	Capsule	SIBO management; intestinal dysbiosis correction; leaky gut support	Bacillus Coagulans 7.5B CFU; Bacillus Clausii 7.5B CFU; Bacillus Subtilis 7.5B CFU; Saccharomyces Boulardii 7.5B CFU (Total 30B CFU, 4 strains)
27	High-Potency Probiotic Capsules	16-Strain Complex Capsule	Comprehensive gut microbiome restoration; inflammation/allergy/migraine support via gut-immune axis	16 strains including Bifidobacterium (Breve, Longum, Lactis, Mesentericus, Infantis), Bacillus (Clausii, Mesentericus), Lactobacillus (Rhamnosus, Acidophilus, Paracasei, Sporogenes), Clostridium Butyricum, Streptococcus (Thermophilus, Faecalis), Saccharomyces Boulardii – Total 20 Billion CFU at manufacture



H. Mainstream Vitamin, Mineral & Condition-Specific Supplement Range

#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
1	Vitamin D3 + K2 Supplement	Tablet	Bone mineralisation/density support; osteocalcin activation and calcium deposition regulation; immune function support	Vitamin D3 (Cholecalciferol) 2000 IU (50mcg); Vitamin K2 MK-7 (Menaquinone-7) 55mcg
2	Multi strength Fish Oil – Omega-3	Softgel	High-strength EPA+DHA cardiovascular support; brain/cognitive function; normal vision (DHA)	Fish Oil 5× concentrate 2730mg (EPA 900mg; DHA 600mg; Total Omega-3 1590mg); Vitamin A (Retinyl Palmitate) 300mcg RE; Vitamin D3 5mcg (200 IU); Vitamin E 5mg TE; Aloe Vera Extract (200:1) 100mg
3	Women's Multivitamin	Tablet	Comprehensive micronutrient support for women; haematopoiesis/fatigue reduction (Iron); gut microbiome/immune support (probiotics)	Vitamins A/C/D3/E/K1 and B-complex (B1,B2,B3,B5,B6,B7,B9,B12) each 100% NRV; Iron (Ferrous Fumarate) 14mg; Calcium (Carbonate) 120mg; Magnesium (Oxide) 56mg; Zinc (Oxide) 10mg; Selenium 55mcg; Iodine 150mcg; Chromium (Picolinate) 40mcg; Probiotics ≥1B CFU; Superfoods Blend (Spirulina, Moringa, Amla)
4	Spirulina 2000mg	Tablet	Complete plant-based protein source; phycocyanin/chlorophyll/beta-carotene antioxidant support; Iron and B12 (pseudocobalamin) source	Organic Spirulina Powder (Arthrospira platensis) 500mg/tablet (2000mg per 4-tablet serving)



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
5	High Strength Omega-3 Fish Oil 1400mg	Softgel (Gelatin; NOT vegan)	High-strength cardiovascular support; normal cardiac function; brain function/cognitive health	Fish Oil triple-strength concentrate 1400mg (EPA 495mg; DHA 330mg; other Omega-3 75mg; Total Omega-3 900mg)
6	Stamina Booster for Men	Tablet	Testosterone/libido support; stress adaptation/cortisol management; vasodilation and exercise performance	Tribulus Terrestris Extract (standardised saponins) 1000mg; Ashwagandha KSM-66 (5% withanolides) 300mg; L-Citrulline 250mg; Kaunch Beej/Mucuna Pruriens (15% L-Dopa) 100mg; Zinc (Oxide) 10mg; Vitamin D3 10mcg (400 IU); Vitamin B6 2mg
7	Calcium 1200mg + Magnesium + Zinc Tablets	Tablet	High-dose calcium supplementation for bone health; enhanced calcium absorption/bone matrix activation (D3+K2); muscle/nerve function (Magnesium)	Calcium (Carbonate, 40% Ca) 1200mg elemental (=3000mg CaCO ₃); Magnesium (Oxide) 200mg elemental; Zinc (Oxide) 10mg; Vitamin D3 10mcg (400 IU); Vitamin K2 MK-7 45mcg; Vitamin B12 2.5mcg
8	Probiotics + Prebiotics 50 Billion CFU	Capsule	Gut microbiome restoration/maintenance; IBS/bloating/digestive comfort; large intestine health and immune modulation	7-strain probiotic blend, Total 50B CFU (L. Acidophilus ~12B; L. Rhamnosus ~10B; L. Plantarum ~10B; L. Fermentum ~5B; B. Longum ~7B; B. Breve ~4B; S. Boulardii ~2B); Prebiotics FOS/Inulin 150mg



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
9	Magnesium Complex 2000mg	Tablet	Comprehensive magnesium supplementation across tissue types; muscle function/cramp reduction; nervous system function and sleep quality	Magnesium Oxide ~400mg; Magnesium Citrate ~400mg; Magnesium Glycinate ~400mg; Magnesium Aspartate ~400mg; Magnesium Gluconate ~400mg (Total 2000mg/2 tablets; elemental Mg ~400mg)
10	Milk Thistle 800mg	Tablet	Hepatoprotective/liver detoxification support; choleretic/bile flow support; lipotropic hepatic support	Milk Thistle Extract (80% Silymarin) 600mg; Dandelion Root Extract 100mg; L-Methionine 50mg; Vitamin C 40mg; Vitamin E 10mg TE; Zinc (Gluconate) 5mg
11	Glutathione 500mg + Vitamin C	Tablet	Pack 1: antioxidant/skin brightening/anti-ageing; Pack 2: immune support/antioxidant; synergistic Vitamin C regeneration of glutathione	Pack 1: L-Glutathione 500mg; Hyaluronic Acid 25mg; Vitamin E 10mg TE; Lycopene 5mg; Biotin 30mcg. Pack 2: Amla Extract (Vit C 200mg) 1000mg; Zinc (Gluconate) 10mg
12	Chelated Iron + Vit C, B12, Folic Acid & Zinc	Tablet	Iron deficiency anaemia support; enhanced iron absorption (Vitamin C); prevention of neural tube defects (Folic Acid); red blood cell formation	Ferrous Bisglycinate (Chelated Iron, 20% Fe) 28mg elemental (=140mg chelate); Vitamin C (Amla Extract) 40mg; Vitamin B12 (Methylcobalamin) 2.5mcg; Folic Acid 400mcg; Zinc (Gluconate) 5mg
13	Natural Vitamin C 1000mg + Zinc	Tablet	Immune support (natural Vitamin C + Zinc); antioxidant protection with bioflavonoids; collagen biosynthesis support	Amla Extract (≥20% natural Vitamin C) 1000mg (providing ~200mg Vit C); Zinc (Gluconate/Oxide) 10mg
14	Omega-3 1000mg	Fish Oil Softgel	Normal cardiovascular function; brain function/cognitive health; normal vision (DHA)	Salmon Fish Oil 1000mg (EPA 180mg; DHA 120mg; Total Omega-3 300mg)



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
15	Berberine 500mg + Milk Thistle + Cinnamon	Capsule	Blood glucose metabolism support, lipid metabolism/LDL-triglyceride management; liver detoxification/hepatoprotection	Berberine HCl (95%) 500mg; Milk Thistle Extract (80% Silymarin) 100mg; Cinnamon Extract 100mg
16	Vitamin B-Complex 50mg – 8 Essential B Vitamins (120 Tablets)	Tablet	Comprehensive high-dose B-vitamin supplementation; energy metabolism/fatigue reduction; neurological/psychological function support	Vitamin B1 50mg; B2 50mg; B3 (Niacinamide) 50mg NE; B5 50mg; B6 50mg; B7/Biotin 300mcg; B9/Folic Acid 400mcg; B12 (Methylcobalamin) 500mcg
17	Natural Vitamin C 1000mg + Zinc (120 Veg Tablets)	Tablet	Identical formulation to Product #15 (60-tablet pack) – alternate pack size	Amla Extract (≥20% natural Vitamin C) 1000mg (providing ~200mg Vit C); Zinc (Gluconate/Oxide) 10mg
18	Hydrolyzed Collagen Powder	Multi Powder for Oral Solution	Joint cartilage support (multi-type collagen); skin elasticity/anti-ageing; hair and nail strength	Hydrolyzed Marine Collagen Peptides (Type I, II, III, V, X) 5000mg/serving; Vitamin C 40mg; Hyaluronic Acid (fermentation) 50mg; Biotin 30mcg



I. Sports Nutrition, Sleep Support & Extended Multivitamin Range

#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
1	Zinc, Magnesium & Vitamin B6 tablets	Tablets	Sports recovery/anabolic hormone support; normal testosterone metabolism (Zinc); muscle relaxation/sleep quality (Magnesium)	Zinc Monomethionine & Aspartate 30mg elemental Zn; Magnesium Aspartate 450mg (~54mg elemental Mg); Vitamin B6 (Pyridoxine HCl) 10.5mg
2	Melatonin 10mg with Tagara 250mg tablets	Tablets	Sleep onset support/reduced time to fall asleep; sleep quality improvement (Tagara); jet lag management	Melatonin 10mg; Tagara Root Extract (Valeriana wallichii) 250mg
3	Probiotics 30 billion CFU – 16 Strains	Tablets	Comprehensive gut microbiome support; IBS/IBD/digestive discomfort management; large intestine/immune health	16-strain probiotic blend, Total 30B CFU (Lactobacillus species ~20B combined; Bifidobacterium species ~8B combined; S. Boulardii ~2B); Prebiotics FOS 100mg
4	Multivitamin 45 Nutrients – Energy & Strength	Tablets	Comprehensive energy/strength support; cognitive function (Ginkgo); adaptogenic stress support (Ginseng)	Full Vitamin Complex (A, B1-B12, C, D3, E, K2) 100% NRV each; Full Mineral Blend (Ca, Mg, Zn, Fe, Se, Cr, I) 100% NRV each; Probiotics ≥500M CFU; Ginseng Extract (≥80% Ginsenosides) 50mg; Ginkgo Biloba Extract (24% flavonoids) 30mg
5	Multivitamin for Men – 60 plus Nutrients	Tablets	Men's comprehensive micronutrient support; testosterone/hormone support; energy/adaptogenic support	Full Vitamin Complex + Full Mineral Blend (100% NRV each); Ashwagandha (5% Withanolides) 100mg; Ginseng (≥80% Ginsenosides) 50mg; L-Arginine 50mg; Lycopene 2mg; Probiotics ≥500M CFU; Superfoods Blend



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
6	Multivitamin Ingredients – Sports	81 Tablets	Ultra-comprehensive sports nutrition; muscle recovery (BCAA); mitochondrial energy production (CoQ10)	Full Vitamin/Mineral Complex (100% NRV each); BCAA Complex (2:1:1) 200mg; CoQ10 30mg; L-Carnitine L-Tartrate 50mg; Ashwagandha (5% Withanolides) 100mg; Ginseng; Lycopene; Probiotics ≥500M CFU; Superfoods Blend
7	Probiotics 2.75 Billion CFU with Prebiotics	Capsules	Daily gut microbiome maintenance dose; lactose digestion/IBS management; large intestine/immune health	L. Acidophilus 1B CFU; L. Rhamnosus 1B CFU; B. Longum 0.5B CFU; S. Boulardii 0.25B CFU (Total 2.75B CFU); Prebiotics FOS/Inulin 100mg
8	Melatonin Gummies – Night-time Sleep	Gummy	Sleep onset support; relaxation/anxiolytic support (L-Theanine); stress reduction/cortisol management	Melatonin 10mg; L-Theanine 100mg; Ashwagandha Extract (5% Withanolides) 100mg; Vitamin B6 1.5mg
9	Melatonin 5mg with Tagara 125mg	Tablets	Sleep onset support (lower dose); anxiolytic/sedative support (Tagara); dose-escalation starting point for new users	Melatonin 5mg; Tagara Root Extract (Valeriana wallichii) 125mg
10	Melatonin 10mg Tablets	Tablets	High-dose Melatonin for sleep onset/circadian rhythm management; jet lag treatment; antioxidant/neuroprotective properties	Melatonin 10mg
11	Fish Oil 1000mg + Multivitamin Combo	Tablets + Softgels	+ Combined cardiovascular/immune support; cardiovascular and brain health (Omega-3)	TABLET: Full Vitamin/Mineral Complex, Probiotics, Ginseng, Ginkgo (as Product #4). SOFTGEL: Salmon Fish Oil 1000mg (EPA 180mg; DHA 120mg)
12	L-Glutathione Effervescent 600mg (15 Tabs)	Effervescent Tablet	Antioxidant/cellular protection (rapid absorption); skin brightening/anti-ageing support; glutathione regeneration/collagen synthesis (Vit C)	L-Glutathione (GSH) 600mg; Vitamin C 250mg; Hyaluronic Acid 25mg; Vitamin E 10mg TE; Biotin 30mcg



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
13	Cod Liver Oil Capsules – with EPA, DHA & Vit D3	Softgel	Omega-3 fatty acids for cardiovascular health; naturally occurring Vitamin D3 for bone/immune health; naturally occurring Vitamin A	Cod Liver Oil 500mg (Omega-3 total 300mg: EPA 90mg, DHA 120mg); Vitamin A (natural) 250mcg RE; Vitamin D3 (natural) 5mcg (200 IU)
14	Creatine Monohydrate Powder – Fruit Punch	Powder for Oral Solution	Increased physical performance in high-intensity exercise (EU authorised health claim); phosphocreatine/ATP regeneration; lean muscle mass support	Creatine Monohydrate (Micronized) 3500mg/serving
15	Probiotics Effervescent Tablets	Effervescent Tablet	Convenient fast-dissolving probiotic delivery; gut microbiome support; immune support (Vitamin C)	4-strain probiotic blend, Total 5B CFU (L. Acidophilus ~1.5B; L. Rhamnosus ~1.5B; B. Longum ~1.5B; S. Boulardii ~0.5B); Prebiotics FOS 100mg; Vitamin C 40mg
16	Biotin 10,000mcg + Amla + Brahmi + Bamboo	Tablet	High-dose Biotin for hair growth/strength/thickness; antioxidant/natural Vitamin C support; cognitive support/hair follicle nourishment	Biotin 10,000mcg; Amla Extract (≥20% Vit C) 500mg; Brahmi Extract (20% Bacosides) 200mg; Bamboo Shoot Extract (≥70% Silica) 200mg; Zinc (Gluconate) 10mg; Selenium 40mcg
17	Biotin + 50 Multivitamin Ingredients	Tablet	High-dose Biotin for hair/skin/nail health; full multivitamin/mineral spectrum; haematopoiesis (Iron, Folate, B12)	Biotin 10,000mcg; Full Vitamin Complex + Full Mineral Blend (100% NRV each); Superfoods Blend
18	Ashwagandha KSM-66 600mg	Capsule	Stress/anxiety reduction (cortisol reduction, HPA axis modulation); adaptogenic resilience support; testosterone/sexual health support in men	Ashwagandha Root Extract KSM-66 (5% Withanolides, full-spectrum) 600mg; Piperine (95%) 5mg



#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
19	Vegan Protein Powder – Chocolate flavour	Powder for Oral Solution/Protein Shake (Vegan)	Plant-based complete protein supplementation; muscle protein synthesis support post-exercise; digestive enzyme support for protein utilisation	Pea Protein Isolate (≥80%) per serving; Brown Rice Protein (≥80%) per serving; Multivitamin/Mineral Blend (15+ nutrients); Spirulina; Moringa Leaf Powder; Digestive Enzyme Blend (Protease, Amylase, Lipase, Bromelain)
20	Probiotics 2.75 Billion CFU with Prebiotics – 100 Caps (Alt SKU)	Capsule	Identical formulation to Product #7 (Probiotics 2.75 Billion CFU) – alternate SKU	L. Acidophilus 1B CFU; L. Rhamnosus 1B CFU; B. Longum 0.5B CFU; S. Boulardii 0.25B CFU; Prebiotics FOS/Inulin 100mg

J. Family Multivitamin, Gummy & Combo/Bundle Range

#	Product Name	Dosage Form	Indication / Category	Active Ingredient(s)
1	Women health 50 plus Tablets	Tablet	Immune function support; bone health maintenance; reduction of tiredness/fatigue	24 actives: Vitamins A/C/D2/E/K1/B-complex (full spectrum) + Calcium, Iron, Zinc, Iodine, Magnesium, Manganese, Copper, Selenium, Chromium, Molybdenum + Plant-based Hyaluronate 20mg
2	Men Health Tablets	Tablet	Immune function support; bone/muscle health; antioxidant/cardiovascular support (Grape Seed)	24 actives: Vitamins A/C/D2/E/K1/B-complex (full spectrum) + Calcium, Iron, Zinc, Iodine, Magnesium, Manganese, Copper, Selenium, Chromium, Molybdenum + Grape Seed Extract (OPC ≥95%) 50mg



#	Product Name	Dosage Form		Indication / Category	Active Ingredient(s)
3	Adults health 50+	Tablet		Joint mobility/anti-inflammatory support (Boswellia); age-related bone density support; cognitive/neurological support	24 actives: Vitamins A/C/D2/E/K1/B-complex (full spectrum) + Calcium, Iron, Zinc, Iodine, Magnesium, Manganese, Copper, Selenium, Chromium, Molybdenum + Boswellia Serrata Extract (≥65% Boswellic Acids, ≥10% AKBA) 100mg
4	Kids 50 Gummies	Gummy (Pectin-based, Vegan, gelatin-free)		Normal growth/development support in children; immune function support; gut microbiome/digestive health (probiotic)	13 actives: Vitamins A/C/D2/E/B1/B3/B5/B6/B7/B9/B12 (child-appropriate doses) + Zinc + Bacillus Coagulans GBI-30 6086, 1B CFU
5	OstoCalcium Chewable	Total	Chewable (Vegan)	Tablet	Calcium supplementation for bone mineralisation; calcium deficiency management; enhanced calcium absorption (Vitamin D2)
					Calcium (Carbonate, 40% Ca) 500mg elemental (=1250mg CaCO ₃); Vitamin D2 5mcg (200 IU)