



TABLETS

NO.	RAW MATERIAL	CONTAINS	% RDA
1	MULTIVITAMIN, MULTIMINERAL, AND ANTIOXIDANT TABLET	Big DS 10 X 10 alu - blister	% RDA
	VITAMIN A (AS ACETATE)	2500 I.U.	89
	CHOLECALCIEROL (VIT D3)	200 IU	33
	VITAMIN E (TOCOPHEROL)	7.5 MG	100
	THIAMIN MONO (VIT B1)	1.4 MG	100
	RIBOFLAVIN (VIT B2)	1.9 MG	100
	NIACINAMIDE (VIT B3)	11 MG	100
	CALCIUM D-PANTHO (VIT B5)	5 MG	100
	PYRIDOXIN HYDROCHLORIDE (VIT B6)	1.9 MG	100
	BIOTIN (VIT B7)	30 MCG	100
	FOLIC ACID (VIT B9)	300 MCG	100
	CYANOCOBALAMIN (VIT B12)	2.2 MCG	100
	ASCORBIC ACID (VIT C)	65 MG	100
	ZINC OXIDE	13.3 MG	100
	POTASSIUM	50 MG	1.4
	CALCIUM	100 MG	10
	FERROUS FUMARATE	29 MG	100
	MAGNESIUM OXIDE	30 MG	6.8
	MANGANESE SULPHATE	4.0 MG	100
	COPPER SULPHATE	2.0 MG	100
	PHOSPHROUS	69 MG	6.9
	IODINE	150 MCG	100
	CHROMIC CHLORIDE	50 MCG	100
	SELENIUM	40 MCG	100
	SODIUM MOLYBDATE	45 MCG	100
	AMINO ACIDS		
	L-LEUCIN	50 MG	2.3
	L-ISOLEUCINE	25 MG	2.2
	L-VALINE	25 MG	1.7
	L-GLUTAMINE	25 MG	*
	L-LYSINE	25 MG	1.2
	ANTI-OXIDANT		
	LYCOPENE	250 MCG	*
	GINSENG (PANAX GINSENG-10% GINSENOIDES) ROOT EXTRACT	42.5 MG	*
	BEET (BETA VULGARIS-0.3% BETANIN) ROOT EXTRACT	10 MG	*
	GRAPE (VITIS VINIFERA-95% PROANTHOCYANIDINS) SEED EXTRACT	10 MCG	*
	CITRUS BIOFLAVONOIDS	10 MG	*
	PRE & PROBIOTIC		



	LACTOBACILLUS PLANTARUM, LACTOBACILLUS ACIDOPHILUS, LACTOBACILLUS PARACASEI, LACTOBACILLUS SALIVARIUS, LACTOBACILLUS CASEI, LACTOBACILLUS DELBRUECKII SUB-SP, BULGARICUS, BIFIDOBACTERIUM LACTIS, BIFIDOBACTERIUM BIFIDUM, BIFIDOBACTERIUM BREVE, BIFIDOBACTERIUM LONGUM.	2.4 BILLION CFU	*
	FRUCTOOLIGOSACCHARIDES		*
	ENZYMES		
	PAPAIN	5 MG	*
	LIPASE	5 MG	*
	AMYLASE	5 MG	*
	METABOLISM SUPPORT		
	BLACK PEPPER (PIPER NIGRUM-95% PIPERINE) FRUIT EXTRACT	5 MG	*
	GINGER (ZINGIBER OFFICINALE-5% GINGEROL) RHIZOME EXTRACT	5 MG	*
	% RDA calculated as per ICMR guideline sedentary male, * no RDA established		
2	CALCIUM WITH VITAMIN D3 TABLET	Big DS- 10 X 10 Alu blister	% RDA
	CALCIUM CITRATE	1250 MG	25
	VITAMIN D3	600 IU	100
	ZINC SULPHATE	22.5 MG	75
	MAGNESIUM HYDROXIDE	200 MG	60
	% RDA calculated as per ICMR guideline sedentary male, * no RDA established		
3	IRON, FOLIC & B12 WITH ZINC TABLET	10/32 - 12/32 - 10 X 10 alu alu	
	FERROUS ASCORBATE	100 MG.	100
	FOLIC ACID	1.5 MG	#
	ZINC SULPHATE	27.5 MG	75
	VITAMINE B12	2.5 MCG	100
	% RDA calculated as per ICMR guideline sedentary male, # To meet condition specific requirement, * no RDA established		
4	LYCOPINE, CO-ENZYME Q10, VIT C & D3 TABLET to support male fertility	Big DS - 3 X 10, 10 x 10 alu alu	% RDA
	LYCOPEN 10%	50 MG	*
	L-GLUTATHIONE	300 MG	*
	L-CARNITINE	500 MG	*



	CO-ENZYME Q 10	200 MG	*
	ASTAXANTHIN	15 MG	*
	SELENIUM	40 MCG	100
	VITAMIN C	80 MG	100
	VITAMIN E	10 MG	100
	VITAMIN D3	600 IU	100
	ZINC SULPHATE	22.5 MG	75
	% RDA calculated as per ICMR guideline sedentary male, * no RDA established		
5	LYCOPENE, L-ARGININE, PIPERINE, ASTAXANTHIN, FOLIC & B12 TABLET to support female fertility	Small DS - 3 X 10, 10 x 10 alu au	% RDA
	L-ARGININE	500 MG	*
	PYRIDOXAL-5 PHOSPHATE (VIT B6)	0.5 MG	26
	FOLIC ACID (VIT B9)	5 MG	#
	VITAMIN B12	2.5 MCG	100
	ZINC SULPHATE	22.5 MG	75
	PIPERINE	5 MG	*
	LYCOPENE (10%)	20 MG	*
	SELENIUM	40 MCG	100
	ASTAXANTHIN	8 MG	*
	IRON	25 MG	86
	MAGNESIUM OXIDE	25 MG	7
	CHROMIUM	25 MCG	50
	IODINE	50 MCG	33
	% RDA calculated as per ICMR guideline sedentary female, # To meet condition specific requirement, * no RDA established		
6	MYOINOSITOL, N-ACETYLCYSTEINE, BERBERINE, VITAMIN D3, FENUGREEK & VITEX AGANUS EXTRACT TABLET -FOR OVULATION SUPPORT	Big DS - 3 X 10, alu alu	% RDA
	MYOINOSITOL	550 MG	*
	D-CHIRO-INOSITOL	13.8 MG	*
	N-ACETYLCYSTEINE	300 MG	100
	BERBERINE	50 MG	*
	FENUGREEK EXTRACT	200 MG	*
	VITAMIN D3	600 IU	100
	CHROMIUM	50 MCG	100
	VITEX AGANUS EXTRACT	50 MG	*
	% RDA calculated as per ICMR guideline sedentary female,* no RDA established		



7	MULTIVITAMIN, MULTIMINERALS TABLET WITH OMEGA 3, EPA & DHA	Small DS - 3 X 10 alu alu	% RDA
	VITAMIN A AS ACETATE 50%	800 MCG	88
	BETA CAROTENE 50%	800 MCG	12
	ZINC SULPHATE	12 MG	82
	VITAMIN D2 AS ERGOCALCIFEROL	400 IU	66
	VITAMIN E	10 MG	100
	POTASSIUM IODIDE	200 MCG	80
	MAGNESIUM OXIDE	206 MG	53
	VITAMIN C	60 MG	75
	VITAMIN B1	1.6 MG	80
	VITAMIN B2	2 MG	74
	VITAMIN B3	18 MG	100
	VITAMIN B5	5 MG	100
	VITAMIN B6	10 MG	434
	VITAMIN B7 AS BIOTIN	30 MCG	100
	L-METHYLFOLATE (VIT B9)	5 MG	#
	VIT B12	2.7 MCG	98
	VIT K2	55 MCG	100
	COPPER SULPHATE	1.7 MG	85
	SELENIUM	40 MCG	100
	MANGANESE	4 MG	100
	CHROMIUM	50 MCG	100
	MOLYBDENUM	45 MCG	100
	BORON	150 MCG	*
	OMEGA 3 :EPA	33 MG	*
	DHA	67 MG	*
8	MULTIVITAMIN, MULTIMINERALS TABLETS WITH OMEGA 3, EPA AND DHA	Small DS - 3 X 10 alu alu	% RDA
	VITAMIN A AS ACETATE 50%	800 MCG	88
	BETA CAROTENE 50%	800 MCG	12.5
	ZINC SULPHATE	12 MG	82
	VITAMIN D2 AS ERGOCALCIFEROL	400 IU	66
	VITAMIN E	10 MG	100
	POTASSIUM IODIDE	200 MCG	80
	VITAMIN C	60 MG	75
	VITAMIN B1	1.6 MG	80
	VITAMIN B2	2 MG	74
	VITAMIN B3	18 MG	100
	VITAMIN B5	5 MG	100
	VITAMIN B 6	3 MG	130
	VITAMIN B 7 AS BIOTIN	30 MCG	100
	L-METHYLFOLATE (VIT B9)	0.5 MG	100



	VITAMIN B12	2.7 MCG	98
	VITAMIN K	55 MCG	100
	FERROUS ASCORBATE EQ. TO ELEMENTAL IRON	60 MG	150
	COPPER SULPHATE	1.7 MG	85
	SELENIUM	40 MCG	100
	MANGANESE	4 MG	100
	CHROMIUM	50 MCG	100
	MOLYBDENUM	45 MCG	100
	BORON	150 MCG	*
	OMEGA 3 :EPA	67 MG	*
	DHA	133 MG	*
9	MULTIVITAMIN, MULTIMINERALS TABLET WITH OMEGA 3, EPA & DHA	Small DS - 3 X 10 alu alu	% RDA
	VITAMIN A AS ACETATE 50%	800 MCG	88
	BETA CAROTENE 50%	800 MCG	12
	ZINC SULPHATE	12 MG	82
	VITAMIN D2 AS ERGOCALCIFEROL	400 IU	66
	VITAMIN E	10 MG	100
	POTASSIUM IODIDE	200 MCG	80
	MAGNESIUM OXIDE	100 MG	25
	VITAMIN C	60 MG	75
	VITAMIN B1	1.6 MG	80
	VITAMIN B2	2 MG	74
	VITAMIN B3	18 MG	100
	VITAMIN B5	5 MG	100
	VITAMIN B6	3 MG	130
	VITAMIN B7 AS BIOTIN	30 MCG	100
	L-METHYLFOLATE (VIT B9)	0.5 MG	100
	VITAMIN B12	2.7 MCG	98
	VITAMIN K2	55 MCG	100
	FERROUS ASCORBATE EQ. TO ELEMENTAL IRON	90 MG	180
	COPPER SULPHATE	1.7 MG	85
	SELENIUM	40 MCG	100
	MANGANESE	4 MG	100
	CHROMIUM	50 MCG	100
	MOLYBDENUM	45 MCG	100
	BORON	150 MCG	*
	OMEGA 3 : EPA	99 MG	*
	DHA	201 MG	*
	% RDA calculated as per ICMR guideline for pregnant women,* no RDA established		



10	COLLAGEN PEPTIDE WITH CHONDROITIN SULPHATE, SODIUM HYLURONATE & VITAMIN C TABLET	Small DS 3 X 10, 10 x 10 alu alu	% RDA
	CHONDROITIN SULPHATE SODIUM	200 MG	*
	COLLAGEN PEPTIDES TYPE - I	40 MG	*
	SODIUM HYLURONATE	30 MG	*
	VITAMIN C	12.5 MG	19
	% RDA calculated as per ICMR guideline sedentary female, * no RDA established		
11	AMINO ACIDS WITH MULTIVITAMINS & MULTIMINERALS TABLET	Big DS - 3 X 10, alu alu	% RDA
	GLUCOSAMINE SULPHATE POTASSIUM CHLORIDE	750 MG	*
	CHONDROITIN SULPHATE SODIUM	100 MG	*
	L-METHIONINE	50 MG	*
	L-PROLINE	50 MG	*
	L-CYSTEINE HYDROCHLORIDE	50 MG	*
	L-GLUTAMINE	20 MG	*
	VITAMIN C	5 MG	
	VITAMIN E	20 MG	6
	ZINC AS ZINC SULPHATE	4 MG	200
	MAGANEASE SULPHATE	2.5 MG	30
	COPPER AS COPPER SULPHATE	0.5 MG	62
	BORON AS SODIUM BORATE	0.5 MG	25
	CHROMIUM	25 MCG	*
	SELENIUM AS SODIUM SELENATE	20 MCG	50
	VITAMIN D3	15 MCG	50
	% RDA calculated as per ICMR guideline for sedentary women,* no RDA established		100
12	MULTIVITAMIN, MULTIMINERAL, AND ANTIOXIDANT TABLET	Small DS 10 x 10 alu-blister	% RDA
	VITAMIN B1	1.4 MG	% RDA
	VITAMIN B2	2 MG	100
	NIACINAMIDE (VIT B3)	14 MG	100
	CALCIUM D PANTHOTHENATE (VIT B5)	5 MG	100
	VITAMIN B6	2 MG	100
	BIOTIN (VIT B7)	30 MCG	100
	FOLIC ACID (VIT B9)	335 MCG	100
	VITAMIN B12	2.5 MCG	100
	VITAMIN C (COATED)	80 MG	100
	VITAMIN D3	10 MCG	100
	VITAMIN A	1 MG	100
	VITAMIN E 50%	7.5 MG	100
	ZINC (AS ZINC SULPHATE MONO)	27.5 MG	100
	MAGNESIUM (AS MAGNESIUM OXIDE)	18 MG	100



	MANGANESE (AS MANGANESE SULPHATE)	4 MG	4.5
	COPPER (AS COPPER SULPHATE)	2 MG	100
	SILICA (AS COLLODIAL SILICON DIOXIDE)	1 MG	100
	IODINE (AS POTASSIUM IODINE)	150 MCG	*
	BORON (AS SODIUM BORATE)	150 MCG	100
	SELENIUM (AS SELENIUM DIOXIDE)	40 MCG	*
	CHROMIUM (AS CHROMIUM CHLORIDE)	50 MCG	100
	MOLYBDENUM (AS SODIUM MOLYBDENATE)	45 MCG	100
	GRAP SEED EXTRACT	50 MG	100
	% RDA calculated as per ICMR guideline for sedentary women,* no RDA established		*
13	VITAMIN B12 WITH FOLIC ACID, VITAMIN D3 & DHA TABLET	10/32 - 12/32 Alu alu	% RDA
	FOLIC ACID	5 MG	#
	VITAMIN B12	1500 MCG	#
	DHA	200 MG	#
	PYRIDOXAL 5 PHOSPHATE	0.6 MG	*
	VITAMIN D3	2000 IU	25
	% RDA calculated as per ICMR guideline for pregnant women (pre natal),* no RDA established, # To meet condition specific requirement		100
14	VITAMIN C & ZINC EFFERVASCENT TABLET	1 x10 Tube pack	% RDA
	VITAMIN C	1000 MG	#
	ZINC SULPHATE	27.5 MG	100
	% RDA calculated as per ICMR guideline for sedentary female,* no RDA established, # To meet condition specific requirement		
15	B-COMPLEX WITH L-LYSIN & ZINC TABLET		% RDA
	VITAMIN B1	10 MG	714 #
	VITAMIN B2	10 MG	526 #
	NIACINAMIDE	50 MG	454 #
	CALCIUM D-PANTHO	5 MG	100 #
	VITAMIN B6	3 MG.	157 #
	VITAMIN B7	60 MCG	200 #
	FOLIC ACID	1 MG.	775 #
	VITAMIN B12	15 MCG	600 #
	L-LYCIN	5 MG	0.3
	ZINC SULPHATE AS ZINC	25 MG	50
	% RDA calculated as per ICMR guideline for sedentary female, # To meet condition specific requirement		



16	CALCIUM WITH VITAMIN D3 & B12 TABLET		% RDA
	CALCIUM CARBONATE	500 MG	15
	VITAMIN D3	600 IU	100
	METHYL COBELAMINE	2.7 MCG	100
	% RDA calculated as per ICMR guideline for sedentary female.		
17	DHA, ALPHA LIPOIC ACID & MULTIVITAMIN TABLET		% RDA
	DHA	200 MG	*
	ALPHA LIPOIC ACID	100 MG	*
	FOLIC ACID	5 MG.	#
	PYRIDOXAL-5-PHOSPHATE (VIT B6)	3 MG	157
	VITAMIN B1	10 MG.	714 #
	METHYLCOBALAMINE	1500 MCG	#
	VITAMIN D3	2000 IU	333 #
	% RDA calculated as per ICMR guideline for sedentary female, * no RDA established, # To meet condition specific requirement		
18	GINSENG EXTRACT, MULTIVITAMINS & MULTIMINERALS TABLET		% RDA
	GINSENG EXTRACTS	10 MG	*
	VITAMIN C (COATED)	40 MG	50
	NIACINAMIDE	16 MG	145 #
	VITAMIN E 50%	15 MG	200 #
	CALCIUM D-PANTHO	5 MG	100
	VITAMIN B6	2 MG	100
	VITAMIN B2	1.4 MG	100
	VITAMIN B1	1.2 MG	90
	FOLIC ACID	100 MCG	50
	METHYLCOBALAMINE	1 MCG	50
	VITAMIN A	600 I.U.	21
	ZINC SULPHATE	10 MG	20
	MANGANISE CHLORIDE	2 MG	50
	COPPER SULPHATE	0.9 MG	50
	SELENIUM DIOXIDE	60 MCG	150 #
	% RDA calculated as per ICMR guideline for sedentary female, * no RDA established, # To meet condition specific requirement		
19	MULTIVITAMINS & MULTIMINERALS TABLET		% RDA
	VITAMIN A (AS ACETATE)	2500 I.U.	89
	VITAMIN E	7.5 MG	100
	CHOLECALCIEROL	200 IU	33
	THIAMIN MONO	1 MG	71



	RIBOFLAVIN	1.5 MG.	78
	PYRIDOXIN HYDROCHLORIDE	1 MG.	52
	CALCIUM D-PANTHO	5 MG	100
	NIACINAMIDE	20 MG.	180 #
	FOLIC ACID	0.15 MG	100
	ASCORBIC ACID	50 MG	58
	CYANOCOBALAMIN	1 MCG	50
	ZINC OXIDE	15 MG	20
	POTASSIUM IODINE	0.15 MG.	100
	FERROUS FUMARATE	10 MG	15
	MAGNESIUM OXIDE	100 MG	20
	MANGANESE SULPHATE	2.5 MG	40
	COPPER SULPHATE	2 MG	80
	DCP	162 MG	*
	PHOSPHROUS	125 MG	13
	POTTASIUM CHLORIDE	40 MG	1.5
	CHROMIC CHLORIDE	25 MCG	40
	SELENIUM	30 MCG	75
	NICKEL SULPHATE	5 MCG	*
	STANNOUS CHLORIDE	10 MCG	*
	COLLIODIAL SILICON DIOXIDE	2 MG	*
	SODIUM BORTE	150 MCG	100
	BIOTIN	30 MCG	100
	SODIUM MOLYBDATE	25 MCG	55
	% RDA calculated as per ICMR guideline for sedentary female,* no RDA established, # To meet condition specific requirement		
20	MULTIVITAMINS & MULTIMINERALS TABLET		% RDA
	VITAMIN A (AS ACETATE)	5000 I.U.	170 #
	THIAMIN MONO	10 MG	714 #
	RIBOFLAVIN	5 MG.	263 #
	PYRIDOXIN HYDROCHLORIDE	3 MG.	157 #
	CYANOCOBALAMIN	15 MCG	600 #
	VITAMIN C (COATED)	100 MG.	120 #
	VITAMIN D3	400 IU.	66
	VITAMIN E (AS ACETATE) 50%	20 MG	266 #
	FOLIC ACID	1.5 MG	1162 #
	CALCIUM D-PANTHO	5 MG	100
	NIACINAMIDE	50 MG	454 #
	POTASSIUM IODINE AS IODINE	100 MCG	66
	FERROUS FUMARATE	5 MG	8
	ZINC SULPHATE AS ZINC	15 MG	22
	MAGNESIUM HYDROXIDE	40 MG	12
	COPPER SULPHATE	1.5 MG	75



	MANGANESE SULPHATE	3 MG.	76
	CHROMIC CHLORIDE	200 MCG	100
	SODIUM BORTE	1 MG.	0.05
	SODIUM SELENTE EQ TO SELENIUM	100 MCG	100
	% RDA calculated as per ICMR guideline for sedentary female,* no RDA established, # To meet condition specific requirement		
21	MULTIVITAMINS & MULTIMINERALS TABLET		% RDA
	ASCORBIC ACID	100 MG.	120
	NIACINAMIDE	50 MG	454 #
	VITAMIN E (AS ACETATE)	25 MG	333 #
	CALCIUM PANTHO	12.5 MG	210 #
	THIAMIN MONO	10 MG	714 #
	RIBOFLAVIN	10 MG.	526 #
	PYRIDOXIN HYDROCHLORIDE	3 MG.	157 #
	VITAMIN A (AS ACETATE)	5000 I.U.	170 #
	FOLIC ACID	1 MG	775 #
	CYANOCOBALAMIN	5 MCG	200
	ZINC OXIDE EQ TO ELEMENTAL ZINC	15 MG	25
	CUPRIC OXIDE EQ TO ELEMENTAL COPPER	2.5 MG	80
	MANGANESE SULPHATE EQ MANGANESE	1.4 MG.	75
	CHROMIUM CHLORIDE EQ. ELEMENTAL CHROMIUM	65 MCG	92
	SODIUM SELENTE EQ TO SELENIUM	60 MCG	90
	% RDA calculated as per ICMR guideline for sedentary female,* no RDA established, # To meet condition specific requirement		
22	LYCOPENE WITH MULTIVITAMIN & MULTIMINERAL TABLET		% RDA
	LYCOPINE 10%	5000 MCG	*
	VITAMIN C	50 MG.	77
	VITAMIN A	2500 I.U.	89
	VITAMIN E	10 I.U.	100
	ZINC SULPHATE	23.45 MG	30
	SELENIUM DIOXIDE	70 MCG	100
	% RDA calculated as per ICMR guideline for sedentary female,* no RDA established.		
23	LYCOPENE, L-CARTININE, CO-ENZYME Q10, ZINC, ASTAXATHIN, PIPERINE TABLET		% RDA
	LYCOPEN 10%	2500 MCG	*
	L-CARNITINE	50 MG	*
	CO-ENZYME Q 10	100 MG	*
	ZINC SULPHATE EQ TO ELE ZINC	22.5 MG	25
	ASTAXANTHIN	5 MG	*



	PIPERINE 95%	5 MG	*
	% RDA calculated as per ICMR guideline for sedentary female,* no RDA established.		
24	LYCOPENE, GINSENG EXTRACT, AMINO ACIDS WITH MULTIVITAMINS & MULTIMINERALS TABLET		% RDA
	LYCOPEN 10%	5 MG	*
	L-CARNITINE	50 MG	*
	CO-ENZYME Q 10	50 MG	*
	GINSENG EXTRACT	10 MG	*
	L-ARGININE	10 MG	*
	L-GLUTATHIONE	2.5 MG	*
	VITAMIN C COATED	75 MG	90
	VITAMIN E 50%	12.5 MG	202
	VITAMIN B1 HYDRO	5 MG	357 #
	VITAMIN B6	5 MG	263 #
	FOLIC ACID	1.5 MG	1162 #
	VITAMIN A	1250 I.U.	44
	FERROUS FUMARATE	99 MG	98
	MANGANESE CHLORIDE EQ TO MANGANISE	2 MG	70
	COPPER SULPHATE EQ TO COPPER	1 MG	50
	SELENIUM DIOXIDE EQ TO SELENIUM	100 MCG	100
	ZINC SULPHATE EQ TO ELE ZINC	7.5 MG	15