



**ONE OF INDIA'S LARGEST
NUTRACEUTICAL
MANUFACTURER**

[illegible]

E-COMMERCE



Forest Honey

Straight from Mother Earth, Lifespan Forest honey contains all natural antioxidants, vitamins & minerals that comes in raw, unpasteurized & unadulterated form in its purest authentic flavour & taste obtained from the nectar of wild flowers from the forest, that is carefully collected without harming the bees from the forest of Nallamalla(AP) AND Nilgiris (Karnataka) & are untouched by factory machines during sourcing and harvesting.

Benefits of Honey:

Helps in ulcers & digestive problems

Soothes cough and sore throats

Helps to strengthen immunity and is wound healer

It has antimicrobial properties

Suggested Usage: Enjoy the real flavour of Honey in variety of your foods right from bread to various dishes & beverages like smoothies, roti's, Lemon Tea, kheer & desserts or one can directly have spoonful of it.

Shelf Life: Best before 24 months from packaging date

Net Weight: 300 g



EXPERIENCE THE
FABULOUS
FLAVOUR
OF HONEY
*Straight from
Nature's Adobe*



Amla Juice with Honey

Amla juice with Honey is a nutritious drink which helps to get rid of toxins and supports liver function. Amla is undoubtedly a power house of nutrients and one of the most widely acclaimed medicinal herb. It helps control blood sugar levels, boosts eye health, improves digestion and supports in weight loss. Honey contains nutrients, vitamins, amino acids and phytonutrients, which are responsible for anti-oxidants, anti-bacterial, antifungal properties, which help fight oxidative damage from free radicals.

Benefits Amla Juice with Honey:

Excellent natural source of Vitamin C
Helps boost immunity and metabolism

Aids in liver and digestive functions

Acts as natural detoxifier

Healthy refreshing low-calorie drink

Aloe Vera Juice with Honey

Aloe Vera juice is rich in phytonutrients and is traditionally been a part of many Ayurveda preparations, medicines and tonics; it provides nourishment to the body. It is good for liver, helps hydrating, detoxifying and removes impurities from the body. Honey contains nutrients, vitamins, amino acids and phytonutrients, which are responsible for anti-oxidants, anti-bacterial, antifungal properties, which help fight oxidative damage from free radicals.

Benefits Aloe Vera Juice with Honey:

May help breakdown of sugar and fat in the body
Supports and protects overall skin health
Provides relief for stomach ulcers & gum inflammation
Helps in managing digestive disorders
Anti-inflammatory and Anti-bacterial

Wheat Grass Juice with Honey

Wheatgrass is an excellent source of vitamins and minerals. It is especially high in vitamins A, C and E, as well as iron, magnesium, calcium and amino acids. It also contains several important antioxidants that fight free radicals to reduce cell damage and oxidative stress. Honey contains nutrients, vitamins, amino acids and phytonutrients, which are responsible for anti-oxidants, anti-bacterial, antifungal properties, which help fight oxidative damage from free radicals.

Benefits Wheat Grass Juice with Honey:

Rich in nutrients and antioxidants
Helps in maintaining blood sugar levels.

Improves immunity

Reduces cholesterol levels

Suggested Usage:

Adults: 30 ml (2 table spoons) twice daily orally or as suggested by healthcare professional.

Shelf Life: Best before 18 months from manufacturing date

Net Vol: 500 ml



Creamy / Crunchy Peanut Butter

LIFESPAN's creamy/crunchy peanut butter is a blend of roasted peanuts; and is an excellent source of vegetarian protein. It is a ready to eat healthy spread and one can enjoy the yummy goodness of this 100% natural nutty butter with sandwiches, cereals, shakes and smoothies.

Chocolate Peanut Butter

LIFESPAN's chocolate peanut butter is a great choice for growing kids and grown-ups as a nutritious spread, made with roasted peanuts, jaggery & cocoa that gives it a sweet & rich deep chocolatey flavour. Apart from nutrition it is tasty and mouthwatering. This spread can be paired with milk shakes, smoothies, fruit salad, fruit slices, spread on bread, roti and a lot more to encourage kids to have the tasty healthy snacking or just scoop it directly from the jar and relish.

Spicy Peanut Butter

LIFESPAN's spicy peanut butter is a protein packed spread which contains spice like garlic, capsicum and onions; which makes this spread an herbaceous, hot and a flavor full of spices. Add this spicy spread to salad, sandwich or roti for relishing taste or scoop it directly from the jar.

Benefits:

- Superior grade nuts packed with good source of nutrients
- Natural easy spread and delicious
- High in fiber
- Rich in Protein & Helps preserve muscle mass
- Roasted peanuts Enhanced its nutty flavour

Suggested Usage:

Adults: Use as spread on bread, paratha or chapatti or directly scoop it straight from the jar and enjoy.

Shelf Life:

Best before 12 months from manufacturing date

Net Weight: 340 g



Protein Diskettes Vanilla / Chocolate

A snack that has convenience, taste, health and of course, Protein in every bite! Lifespan Protein Diskettes provides good source of protein and other essential nutrients to help fulfil daily nutritional needs in a convenient manner. Protein Diskettes contain casein which is a class one protein. Casein provides all essential amino acids, required for good health. Therefore, having Lifespan Protein diskettes in between meals is a good choice for everyone in the family, and is a great unhealthy snack replacement any time of the day.

Benefits:

Good protein source helps in the growth and development

Supports muscle growth and strength

Protein Diskettes provide high quality casein with vitamins and minerals

Mouth savouring flavour- Vanilla & Chocolate

Easy and convenient, on the go snack

Healthy replacement for junks

Family snack

Suggested Usage:

Adults: 3 Diskettes twice a day

Children: 2 Diskettes twice a day

Shelf Life: Best before 12 months from manufacturing date



Chyawanprash Diskettes

Chyawanprash is a time tested ayurvedic formulation made with more than 45 herbs, innovated and launched by Lifespan in the form of Diskette, suitable for all age group. It is a powerful herbal remedy for almost all anomalies. This ayurvedic supplement helps in variety of health conditions. It activates the immune system and strengthens the body. The composition in the Diskettes also enhances the production of haemoglobin and white blood cells. It is host for healthful herbs & nutrients for a great health support. A tasty, convenient and a healthful snack.

Shelf Life: Best before 18 months from manufacturing date

Healthy Snacking

Benefits Chyawanprash:

Supports Cardiac functions

Enhances healthy appetite

Beneficial for Overall good health

Improves alertness and concentration

Chyawanprash is known to fight illness

Immunity boosting properties and aids digestion

Supports good skin health and slows the ageing process

ENRICHED
WITH
45⁺
HERBS



Net Weight: 200 g



Kids Protein Diskettes Butterscotch with Vanilla flavour /Chocolate flavour

Kids Protein Diskettes are made from natural and genuine ingredients, which are packed with antioxidants, vitamins & minerals and various other essential nutrients that are ideal for kids and adults too. These diskettes are guaranteed to energize kids and keep them full until their next meal. This also, will fit well in their snack boxes and are on-the-go treat for everyone, Yummy to them, wholesome to you!

Benefits:

Not only delicious, these gluten-free diskettes are nutrients rich in every tube
Made with simple, but wholesome ingredients including gluten-free bengal gram flour, milk protein, vegetable oil, natural flavour etc.

Includes 21 count diskettes, packaged in a conveniently, easy handling and friendly tubes with air tight seal

Digestive friendly

Promotes growth & development

Boosts immunity

Contains fiber and healthy fats

Suggested Usage:

2-3 times daily and 3 diskettes at a time.

Shelf Life: Best before 18 months from manufacturing date

Multi Grain High Fiber Diskette

Looking for a convenient & easy to go healthy snacking option? Try our Multi grain bytes made with superior quality cereal - pulse mix along with casein, MCT & flavored with jeera that makes it super nutritious as it is easily digestible, fiber-rich, helps to curb hunger & promotes satiety.

Benefits:

Enriched with ancient grains, rich in fiber that is easily digestible & gives satiety

Convenient & on the go snack, is perfect during busy mornings, travel or at work

Super nutritious treat

Suggested Usage:

Adults: Multi-grain High fibre bytes should preferably be taken
10 bytes twice or thrice daily.

Shelf Life: Best before 18 months from manufacturing date

*Kids
Friendly
Pack*



Net Weight: 50 g

IMMUNITY BOOSTER

CHEWABLE TABLETS &
NON CHEWABLE TABLETS



15 Tablets



60 Tablets



Tablets R A N G E

Vitamin C Tablets / Chewables

Vitamin C plays a vital role in human body, it aids in the formation of collagen required skin, tendons, ligaments and blood vessels. Vitamin C can't be stored in the body; therefore, regular intake of Vitamin C (ascorbic acid) is important as it helps protect the cells and keeps them healthy.

Benefits:

Rich in Vitamin C & helps to strengthen immune system

Helps in synthesis of collagen

Reduces the risk of chronic disease and enhances Iron absorption thereby improves iron levels.

It is a powerful antioxidant

Helps in wound healing

Suggested Usage:

Adults: 1-2 Tablets twice daily

Adults: 1-2 Chewable a day

Shelf Life: Best before 18 months from manufacturing date



Giloy Tablets

Giloy (*Tinospora Cordifolia*) is processed with proprietary technology to produce external chemical free Giloy extract which helps in boosting immunity and protects from various infections. It is known to possess antipyretic activities which may help in reducing fever; further it helps in recovering fast after an infection or illness. Giloy also helps in reducing the symptoms of common cold, low immunity, general weakness and fatigue.

Benefits of Giloy:

Giloy helps in managing respiratory tract health

Helps in blood purification & has Immunomodulatory properties

Anti-inflammatory and anti-arthritis properties

Supports to fight common illness, good for skin and helps manage urinary disorders

Suggested Usage: 1-2 tablets twice daily or as directed by healthcare professional

Shelf Life: Best before 24 months from manufacturing date

Neem Tablet

Nimba (*Azadirachta Indica/Neem*) is well-known with immense medicinal properties and is most versatile medicinal plant having a wide range of biological activity. Neem is a rich source of limonoid that are endowed with potent antioxidant & anti-inflammatory properties; which helps in controlling various skin problems and may also help in maintaining blood sugar levels. Further, it may also help in reducing stomach and digestive problems.

Benefits of Neem:

Aids in detoxification

Good for skin & helps in reducing acne & pimples

Potent antioxidant & anti-inflammatory

Highest quality standard extract is used

Suggested Usage: 1-2 tablets twice daily or as directed by your physician

Shelf Life: Best before 24 months from manufacturing date

Garlic Tablets

Garlic (*Allium sativum*) tablets are formulated from standardize water extract of garlic bulb, with no chemical treatment. Allicin is the most biologically active compound of garlic and exhibits potential health benefits. It functions as an antioxidant by inhibiting the growth of bacteria. Garlic is mostly promoted as having beneficial effects on cholesterol and heart health.

Benefits of Garlic:

Has excellent wound healing properties

Helps reduce blood pressure

Boosts immunity

Helps reduce common illness (flu and common cold)

Good for Cardiovascular health

Antioxidant & anti-inflammatory properties

Suggested Usage: 1-2 tablets twice daily or as directed by healthcare professional.

Shelf Life: Best before 18 months from manufacturing date

Net Content: 60 Tablets



Women Care Tablets

Periods sometime affects skin, sleep, energy levels and mood in all age groups of women. However, these can be managed by women care tablets as it not only helps to deal with the common menstrual symptoms (cramps, pain) but also helps in restoring hormonal balance and make you feel better. It is 100% natural and contains eight ayurvedic herbs which are good for health.

Benefits:

Reduce menstrual cramps
Helps to manage dysmenorrhoea (painful periods)
Helps to rejuvenate & strengthen the body during periods
Helps in management of Leucorrhoea (white discharge)
Aids in controlling heavy bleeding
Treats irregular periods and abdominal cramps

Suggested Usage:

1-2 tablets twice daily or as directed by your Vaidya / Physician

Shelf Life:

Best before 24 months from manufacturing date

Calcium & Vitamin D3 Tablets

Calcium is necessary for normal functioning of nerves, cells and bones. Elemental Calcium is a source, which body absorbs for bone growth and other health benefits. Vitamin D helps to boost bone strength and reduce the risk of fractures and it also helps to support maximum Calcium absorption from Calcium Carbonate.

Benefits:

Helps and may maintain bone density
Support muscle contraction function & nerve health

Vitamin D is known to enhance calcium absorption & bone mineralization

Shelf Life: Best before 24 months from manufacturing date

Immunity Tablets

Immunity for complete family with standardized extract from proven herbs like Amla, Guduchi, Cinnamon and Tulsi, which helps to strengthens body's defense system against cold-cough and seasonal viral infections.

Benefits:

Good for improving immune health
Has Anti-viral, Anti-bacterial properties
Helps in removing toxins and free radicals from the body
Enhances metabolic rate

Suggested Usage: 1 tablet twice a day or as directed by healthcare professional.

Shelf Life: Best before 24 months from manufacturing date

Net Content: 60 Tablets

Vitamin B Complex Tablets

Vitamin B complex is composed of eight B vitamins, B-1 (Thiamine), B-2 (Riboflavin), B-3 (Niacin), B-5 (Pantothenic acid), B-6 (Pyridoxine), B-7 (Biotin), B-9 (Folic acid), and B-12 (Cobalamin). These essential B-vitamins contribute to overall body functions and plays a vital role in supporting and maintaining good health.

Benefits of B Vitamins:

Help support or promote: Immune system, skin health and cellular function
Help support or promote: Good digestion, hormones and maintain cholesterol level
Plays key role in body's metabolism function & Improves Energy levels

Suggested Usage:

Adults: 1 tablet daily preferably with a meal or as directed by healthcare professional.

Shelf Life: Best before 18 months from manufacturing date



LiveLife Tablets

The liver must function on a normal level as it performs more than 500 different functions in body. LivLife is an ayurvedic formulation that supports normal functioning of the liver such as the liver's normal ability to burn fat and supports the body's metabolic process. It also protects the liver, thereby helping all its related functions like blood-clotting, carbohydrate, and protein metabolism.

Benefits:

Promotes healthy liver functioning
Protects liver cells from damage & detoxifies the liver
Stimulate the growth of new liver cells
Improves appetite & digestion

Suggested Usage: 1-2 tablets twice daily or as directed by your Vaidya / Physician

Shelf Life: Best before 18 months from manufacturing date

RenaLife Tablets

Maintaining kidney health is important for our overall health and general well-being. By keeping our kidneys healthy, our body will filter and expel waste properly and produce hormones to help our body function properly. RenaLife is an ayurvedic formulation made with seven natural plant extracts which supports healthy urinary function, kidney function & helps in maintaining a normal balance of fluids in your body.

Benefits:

Helps flush out kidney stones & prevents formation of kidney stones
Provides relief from UTI distress like burning sensation during urination

Helps reduce the change of getting urinary tract infections
Helps in regulating urinary disorders
Aids in rejuvenation of kidney cells

DiabaLife Tablets

High blood sugar, also known as hyperglycemia, is associated with diabetes and prediabetes. Prediabetes is when your blood sugar is high, but not high enough to be classified as diabetes. DiabaLife contains Gudmar which is an ayurveda herb and is commonly known as the 'destroyer of sugar' which supports the normal function of pancreas, secretes insulin & normalizes blood sugar levels. Gymnema acid reduces the binding of carbohydrates to intestine receptors so that glucose absorption by the intestines is inhibited. Along with Gudmar other herbs like Momordica charantia (Karela/Bitter Gourd) & lagerstroemia speciosa (Banaba) are used for the management of diabetes.

Benefits:

Helps normalize blood sugar levels
Improves insulin sensitivity

Helps decrease triglycerides
Helps to relieve neuropathic pain
Reduces oxidative stress

Net Content : 60 Tablets

Suggested Usage:

1-2 tablets twice daily, preferably 30 minutes before meals with lukewarm water or as directed by healthcare professional.

Triple Source Calcium Tablets

Triple source calcium is made with salts of calcium from three sources (Calcium Carbonate, Calcium Citrate Malate and Calcium Gluconate) to get quick availability of calcium in our body. Triple source calcium should be taken with meals, as it requires stomach acid as a medium to dissolve and for better absorption.

Benefits:

Supports healthy bones, muscles, joints and teeth
Contributes to normal blood clotting
Helps in transmission of Nerve Impulses

Suggested Usage:

1 tablet twice a day after meal or as directed by healthcare professional

Shelf Life: Best before 24 months from manufacturing date

Net Content: 100 Tablets



Brain Care

Lifespan Brain care is formulated to support healthy cognitive functions by beneficially modulating acetylcholine, it is a brain neurotransmitter involved with cognition and memory, support proper cerebral circulation and oxygenation and it is a natural brain booster.

Suggested Usage:

Shelf Life:



 *Supports in
**Healthy
Cognitive
Functions***

 *Enhances
**Memory &
Concentration***

 *Provides support in
**Fatigue & Mental
Fogginess***



Co-Q10+

Coenzyme Q10, also known as CoQ10 is a compound that helps in regenerating the cells. Coenzyme Q10 also acts as an antioxidant. The human body can produce this compound naturally, but with ageing, the production of CoQ10 by the body reduces and hence the need for supplementation arises.

Suggested Usage:

Shelf Life:

 *Maintains
**Healthy Heart
Function***

 *Supports
**Cellular Energy
Production***

*Excellent
**Immunity
Booster*** 

 *Relieves
**Joint
Discomfort***

 *Promotes
**Cartilage
Regeneration***

 *Strengthen
Bones*



Co-Q10+

Lifespan Orthocare formula includes key ingredients that support the formation of cartilage, which plays an essential role in joint flexibility and comfort when you're active. An essential building block of your joints, it helps support joint comfort, mobility, flexibility, and contributes to healthy joint fluid (supports joint lubrication & smooth movement).

Suggested Usage:

Shelf Life:

Mg+ Formula

Magnesium is a very important mineral for optimal health. Magnesium deficiency is one of the leading nutrient deficiencies in men and women. Magnesium is an essential mineral for your health.

Suggested Usage:

Shelf Life:



 **Supports
Energy
Production**

 **Essential Mineral for
Healthy Well-being**

 **Supports
Heart, Bone &
Digestive Health**



Nerve Health


Vitamin B12 is absolutely critical for good mental and physical health. Vitamin B12 is essential for the DNA and works with other B vitamins to form all types of blood cells. It supports brain function (memory & focus), immune system, energy production and metabolism of fats, carbohydrates and proteins.

Suggested Usage:

Shelf Life:

 **Protection & Support
Regeneration of
Nerves**

 **May Reduce
Muscle Cramps &
Improves Reflexes**

 **Help improve
Nerve function
in Neuropathy**

 **Helps
Defence Against
Infections**

 **Supports
White Blood
Cell Production**

 **Protect Against
Free Radical Damage**



Vitamin C+ Advance Formula

Curcumin has poor bioavailability due to which it is not absorbed properly and gets eliminated fast from the body limiting its health benefits. Curcumin bioavailability can be improved if it is taken with Piperine, a component found in black pepper. Piperine helps to improve curcumin absorption in the body and thus enable us to have proper health benefits.

Lifespan Vitamin C+ formula contains curcumin extract with piperine and strong antioxidant nature of Echinacea Extract. Thus, this is a high bioavailable turmeric daily care supplement along with Benefits of Vitamin C.

Suggested Usage:

Shelf Life:

Hair Care

Lifespan Hair Care promotes hair growth, glowing skin and strong nails. It contains powerful grape seed extract containing specially combined vitamins, minerals, herbs, and bionutrients important for helping to maintain or obtain healthy hair.

Suggested Usage:

Shelf Life:



Promotes
Natural Hair Growth



Helps
Nourish Hair



Reduces
Hair Loss due to Aging



Fertility Care-Male

Lifespan Fertility support-M is a high-quality fertility health-enhancing formula for men, developed with reliable ingredients to help enhance sperm parameters, such as count, quality, and movement, and improve overall reproductive wellness, which would have affected due to lifestyle and environmental challenges. And offers highly bio available CoQ10 along with the benefits of antioxidant properties.

Suggested Usage:

Shelf Life:



Improves
Sperm Motility, Count & Morphology



Strong
Antioxidant Protects Sperm from Free Radicals



Improves
Semen Quantity & Quality



Strengthens
Reproductive System



Improves
Egg Growth & Quality



Improves
Uterus Environment for Conceiving



Fertility Care-Female

Plant-based Lifespan Fertility support F Tablets with vitamins help to conceive. Made with the goodness of L-Arginine, Zinc, Chasteberry, Vitamin D3 & B12 and Sodium Selenite helps with egg quality and egg health, fertilization, aids in preparing the body for pregnancy, helps to prepare uterus lining.

Suggested Usage:

Shelf Life:



Capsules R A N G E

Ashwagandha Capsules

Ashwagandha is commonly referred to as Indian Ginseng, is a vital herb due to its proven miraculous effect & rejuvenating properties which has been used for centuries in ayurveda to increase vitality and longevity. The root extracts of the plant is very effective in reducing stress and anxiety. Enriched with antioxidants, it protects from damage caused by oxidative stress, helps in maintaining a healthy balance between the nervous system and the immune system.

Moringa Capsules

Moringa Oleifera is a plant that is generally called as “drumstick tree”; it is used for centuries due to its medicinal properties and other health benefits. Moringa leaves are good source for Vitamin C and Potassium. It also has Calcium, Protein, Iron and Amino Acids, which helps body heal and is good for overall health. Apart from such a Nutrient rich profile, Moringa leaves are anti-inflammatory in nature and posses Anti-oxidant properties.

Benefits:

Moringa helps normalize blood glucose levels
Nutrient rich & possess Anti-oxidant properties

Has Anti-inflammatory properties
Good for skin and hair health

Spirulina Capsules

Spirulina is a blue-green algae also a Cyanobacteria and used as food for centuries. It contains proteins, minerals, essential fatty acids, vitamins and pigments. Spirulina is considered to be a good source of Vitamin B12 and Chlorophyll. It is loaded with various nutrients and antioxidants that may benefit human body and brain.

Benefits:

Immunomodulation and antiviral properties
Rich in Iron, Magnesium and other minerals

Reduces risk of allergies
and rich in antioxidants

Suggested Usage: Adults: 1 capsules twice a day after food or as directed by healthcare professional.

Benefits:

Reduces the risk of hypertension
Rejuvenates body and nervous system
Helps manage stress
Immune boosting properties

Suggested Usage: Adults: 1-2 capsules per day or as directed by the healthcare professional

Shelf Life: Best before 18 months from manufacturing date

Net Content : 90 Capsules



Brahmi Capsule

Bacopa Monnieri also known as Brahmi. It is a plant that has been used in traditional Indian medicine. Brahmi is commonly used for improving memory and anxiety. Brahmi also helps Improves certain brain chemicals that are involved in thinking, learning and memory, thus enhancing cognitive abilities and contain compounds like Bacosides that may protect human brain from oxidative stress.

Benefits:

Has mind calming affect
Promotes clarity of thought and memory consolidation
Beneficial for boosting memory and reduces anxiety

Suggested Usage: Adults: 1 capsules twice daily after meal or as directed by the healthcare professional. Take Brahmi capsules with Ashwagandha capsules for better results

Shelf Life: Best Before 18 Months from Manufacturing Date

Weight Management Capsule

Weight Management capsule is a unique combination of Garcinia Cambogia and Green Coffee Extract. It contains standardized extract of Garcinia containing HCA (Hydroxycitric Acid) & CA (Chlorogenic Acid) from standardized green coffee beans. It contains Hydroxy Citric acid that helps reduce fat accumulation and does not let the body store fat. Chlorogenic Acid primarily exerts its effects by inhibiting the enzyme alpha Glucosidase, which is responsible for breaking down of carbohydrates.

Benefits of Garcinia & Green Coffee:

Promotes healthy metabolism
Reduces hunger and appetite
Burns stored fat and boost energy levels
Helps in managing weight

Shelf Life: Best before 18 Months from manufacturing date

Suggested Usage:

Adults: 1 capsules twice a day after Meal or as directed by healthcare professional.

Shatavari Capsules

Shatavari capsules are a rich source of Shatavari, 'A versatile female tonic' that supports women's health and well-being. A time-tested and science-backed dietary supplement that is made superior grade ingredient that significantly improves women's health.

Benefits:

Promotes & increases flow of milk in lactating women
Brings healthy balance in female hormones.
Support immune health

Suggested Usage: Adults: 1 capsule twice daily after meal or as directed by your Vaidya / Physician

Shelf Life: Best before 24 months from manufacturing date

Net Content: 90 Capsules



Iron & Folic Acid Capsules

Impact on health due to lack of iron deficiency in the body is a major concern these days. Due to lack of iron people suffer from various health issues and see a decrease in immunity levels. Iron and folic acid are two essential nutrients that play an important role in strengthening the immune system and are beneficial for overall health.

Benefits:	Helps to increase hemoglobin levels
Promotes formation of healthy red blood cells	Reduces Fatigue & Boosts immunity
Reduces the risk of anemia	

Omega 3 with Vitamin E Capsules

This Capsule is a combination of Omega-3 & Vitamin E, where Omega 3 Fatty Acids not only reduces inflammation but also decreases the tendency of thrombosis & many cardiovascular diseases due to its Anti-inflammatory properties. Vitamin E, in addition supports heart health and acts as a powerful antioxidant.

Benefits:	
Helps lower triglyceride levels	Helps managing inflammation
Helps in lowering blood pressure	Helpful for Cardiac Health
Reduces the risk of blood clots	Good for skin, hair & Brain health

Suggested Usage: Adults: 1-2 capsules daily as directed by healthcare professional

Multi Nutrients with Lycopene

Despite having a balanced diet, most of us suffer from nutritional deficiency. Among most of the nutrients, vitamins and minerals play a significant role in increasing the wellness of the body. This product provides the basic nutrients needed by adults. It contains a range of 10 vitamins, minerals and lycopene to support overall health, including heart, brain and eye health. Lycopene is an antioxidant that provides protection from free radical damage.

Benefits:
Increases natural resistance in the body
Improves energy level and boosts immunity
Improves metabolism rate
Supports healthy digestive system
Good for Cardiovascular functioning

Suggested Usage: Adult: 1 capsule daily with a glass of water preferably with a meal or as directed by healthcare professional.

Green Coffee Beans Extract Capsules

Green Coffee Beans Extract contains high concentration of antioxidants and chlorogenic acid, which is also known as metabolism booster. Chlorogenic acid primarily exerts its effects by inhibiting the enzyme alpha-glucosidase. It helps increase the Basal Metabolic Rate (BMR) to a great extent, helps to minimize the excessive release of glucose from the liver into the blood.

Benefits:
Rich in Antioxidant
Helps in controlling appetite
Helps in reducing stored fat
Helps promote healthy metabolism
May increase natural resistance in the body

Suggested Usage: Adults: 1-2 capsule a day before meals or as directed by Dietician/Healthcare professional.

Shelf Life: Best before 24 months from manufacturing date

Net Content: 90 Capsules





Shilajit Capsules

Shilajit capsules are energy booster supplements for both men and women. It has a dominant adaptogenic and aphrodisiac properties. The key component in Shilajit capsules is fulvic acid, it improves resistance against illnesses, increase immunity, fight inflammation, manage stress and anxiety.

Benefits:

- Builds resistance against diseases
- Helps to boost strength and stamina
- Helps in enhancing physical & mental health
- Enhance antioxidant activity
- Helpful to reduce skin diseases, anaemia, and worm infestation
- The Fulvic acid component helps to improve Vitality & Vigour

Suggested Usage:

Adults: 1-2 capsule a day or as directed by Vaidya/ healthcare physician.

Shelf Life: Best before 18 months from manufacturing date

Net content: 90 Capsules

Multi-Fiber Complex Powder

Dietary fiber is material from plant cells that cannot be broken down by enzymes in the human digestive tract. There are two important types of fiber: water-soluble and water insoluble.

Multi-Fiber complex is a unique blend of 6 different fibers and is a practitioner-grade high-quality multi-fiber nutritional formula conveniently providing 24.68% of soluble and insoluble dietary fiber.

Benefits:

- Helps in feeling full for prolonged period
- Helps reduce cholesterol and glucose levels
- Fiber combination helps in the growth of good bacteria in our gut
- Regulates Healthy bowel movements

**COMPLEX
POWDER OF
UNIQUE FIBERS** **6**



Suggested Usage:

Mix 2 full scoops (7 g approx.) in 100 to 250 ml fresh water or juice. Consume 2-3 times daily.

Shelf Life: Best before 24 months from manufacturing date

Net Weight: 200 g

Benefit:

Promotes muscle growth and helps maintain muscle mass

Gives a feeling of Satiety

Boosts metabolism

Boosts Immune system

**Protein Powder
(Vanilla and Chocolate)**

Protein powder has a very high nutritional value especially the protein needs, and it is one of the finest nutritional sources of high-quality whey protein concentrate. Improves digestion and absorbed quickly compared to other protein powders. It is a unique combination of plant and milk protein providing 9 essential amino acids. It is designed to give an optimum mix of essential amino acids like Leucine, Isoleucine, and Valine (BCAA).

Suggested Usage:

Adults: 1 scoop of protein powder to mix in 200ml of hot, cold or chilled milk or water, stir well and drink twice daily.

PLANT BASE PROTEIN

**Shelf Life:**

Best before 18 months from manufacturing date

Available in: 200 g, 400 g, 1 Kg



**sports
Range**

WINNER OF “DPCL” FIRST SEASON

Mind blowing Achievement- We are super joyfull about our Team Lifespan Lions for their win at 'Doctor's Premier cricket League' 2022.Heartfelt Thanks to all our supporters for the encouragement and standing with us in the moment in achieving the victory.

100 % Whey Protein

Premium 100% gluten-free ultra-filtered whey protein made from whey protein concentrate & isolate is an ideal sport drink that supplies all the natural occurring BCAA along with Glutamine, which not only helps to maintain muscle protein but also builds muscle mass, prevents muscle soreness as well aids muscle recovery due to intense workout & enhances immunity.

Benefits:

Supports muscle recovery

Efficient energy source during exercise

Maintains muscle protein & enhances the growth of muscle mass

Suggested Usage: Add 30 gm (2 tbspn) powder in 250ml of water & blend vigorously till uniform mixing preferably using shaker

Shelf Life: Best before 18 months from manufacturing date



Mass gainer powder

Lifespan Mass gainer powder is specially designed for Athletes or individuals who want to build muscle, which comprise of whey protein concentrate delicious chocolate & cocoa flavor that contains all the naturally occurring BCAA - (Leucine, Isoleucine & Valine) for boosting muscle growth, reducing muscle soreness, and prevent muscle wasting. The inclusion of Glutamic acid helps to reduce muscle fatigue caused to strenuous workout, improve performance & has immunomodulatory properties. It is easily digestible and quickly absorbed, providing one with instant energy.

Benefits:

Fights oxidative stress post workout
Easily digestible & provides quick energy

Provides 17g of Protein in a single scoop
Aids in muscle growth & preserve muscle mass
Helps to improve performance & combat muscular fatigue

Suggested Usage: Add 100gm powder in 200ml of water/Milk & blend vigorously till uniform mixing preferably using shaker

Net Weight: 1kg

Shelf Life: Best before 18 months from manufacturing date



BCAA-Watermelon Flavor

BCAA powder is a 100% vegan, powerful & potent blend of Branch chain amino acids in a 2:1:1 ratio made exclusively for high-intensity workouts & athletes along with certain amino acids (L-Glutamine, L-citrulline, Taurine) which helps one to increase muscle mass, prevent muscle fatigue & soreness, improve endurance, recovery post-workout & comes in refreshing watermelon flavor, further it improves hydration & maintains electrolyte balance.

Enhances muscle mass, prevents muscle fatigue & soreness

Sodium & potassium helps to hydrate & maintain electrolyte balance
Help fight oxidative stress

Benefits:

100% vegan BCAA with refreshing watermelon flavor & caffeine-free
Contains 5gm BCAA per serving with an ideal 2:1:1 ratio
Helps improve endurance & recovery post-workout

Suggested Usage: Add 15gm(1 tbsp) Lifespan BCAA powder in 250ml of water & mix it until completely dissolved, preferably using shaker & consume immediately

Net Weight: 1kg

Shelf Life: Best before 18months from manufacturing date

Hydration Powder -Lime Flavor

Rehydrate yourself with your workouts. This refreshing lemon hydration powder is prepared with dextrin & maltose dextrin that is quickly absorbed, yet steadily raises blood sugars compared to glucose, helps replenish muscle glycogen, helps combat muscle cramps & reduces fatigue. The inclusion of Vitamin C & B vitamins makes it unique as it fights oxidative stress, builds immunity, has healing properties & provides instant energy.

Benefits:

Readily absorbed, yet slowly raises blood sugar levels
Helps replenish lost muscle glycogen during the workout
Added Vitamin C Fights oxidative stress & has wound healing properties

Combats muscle cramps & reduces fatigue
Enriched with Vitamin B1 , Vitamin B2 & Vitamin B6
Provides Instant Energy & Hydrates oneself

Suggested Usage: Add 36gm powder in 300ml of water & stir well to dissolve preferably using shaker. Consume on the same day after diluting

Shelf Life: Best before 12 months from manufacturing date



Lifespan Syrup contains digestive enzyme that helps in carbohydrate digestion. This medicine is a natural pro-digestive helps in digestion of starch, carbohydrates, fats and proteins.

A Safe & Effective Formula for Digestive Health



Appetizer — SYRUP —

A Unique Combination of Herbs & Triphala

**RESTORE NORMAL APPETITE
DIGESTIVE ♦ CARMINATIVE**

This syrup is precisely formulated by making use of supreme quality herbs. Formulated through effective and approved methodologies, this syrup is remarkably increases appetite, relieves indigestion and check digestive function.

Relieves indigestion and acidity

Reduces the chance of stomach infection

Prevents ulcers by reducing gastric acid production

200 ml / 100 ml



DigesEaze — SYRUP —

Relieves indigestion & heartburn

Aids in digestion of proteins, fats & carbs

Reduces abdominal discomfort & gas



200 ml

Health Supplement

Lifespan Melatonin can provide support to individuals who need help going to sleep at night or for those travelling and adjusting to a new sleep cycle.

Helps Promotes Natural Sleep

Melatonin naturally regulates the body's sleep/wake cycle.

NON HABIT FORMING | **LIQUID MELATONIN**
100% DRUG FREE

Helps promote sleep quality
Helps establish normal sleep patterns
Relaxes mind and body

SleepAid^{PLUS}
— SYRUP —

Ayurvedic
Proprietary
Medicine 



Activ-fig

— SYRUP —

A Unique Combination of Fig Extract

BEST NATURAL SOLUTION TO EASE CONSTIPATION

ActivFig is a fruity syrup combining dried fig fruit and herbal extracts. The Fig Fruit, rich in fibre, acts as a natural laxative since fibre rich foods help in positive peristaltic movements therefore providing relief from constipation

Relief from irritable bowel syndrome
Restores the bowel functions
Relief from the acute & chronic constipations



200 ml / 100 ml

WAPOUR OIL

Inhalant Decongestant

Lifespan WAPOUR Oil is a mixture of essential pure plant oils for Relief of bronchial, nasal congestion and hay fever by inhalation, and for Symptomatic relief of muscular pain by application to the skin. Non greasy in nature.



Clear stuffy, blocked noses

Open the respiratory passages to help you breathe more easily

Ease sore throats & Relieves aches



Ingredients

Clove oil	0.10%
Eucalyptus oil	35.45%
Juniperberry oil	2.70%
Cajuput Oil	18.50%
Methyl salicylate	3.70%
Mint oil	
Partly dementholised	35.45%

Panch Tulsi Drops

Panch Tulsi drops are extracted from high quality naturally available five different varieties of Tulsi. These leaves are found to have exceptional properties. Tulsi is known to purify blood and improve immunity. Tulsi is known to reduce wheezing symptoms, good for skin, liver and joint health.

Suggested Usage:

Adults: In a glass of water add 2-3 drops of Panch Tulsi; let it stand for 1 minute and drink. Use 4-5 times in a day.

Shelf Life: Best before 24 months from manufacturing date

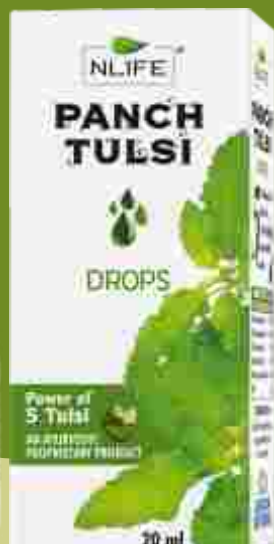
Net Vol: 20 ml

5

Krishna Tulsi
Ban Tulsi
Dulal Tulsi
Lemon Tulsi
Ram Tulsi

Benefits:

Antimicrobial
Antioxidant
Anti-allergic
Anti-inflammatory
May give relief from cold & cough



Cough and Cold Syrup

Cough and cold syrup give prompt symptomatic relief in unproductive or dry cough. The demulcent, anti-inflammatory and decongestant properties soothes down irritated mucosa in the throat and upper respiratory tract. The presence of natural anti-allergic principles relieve nasal congestion, sneezing and bronchial congestion.

Benefit:

Antioxidant property
Relieves throat irritation
Helps to control cough
Expectorant properties
Honey based cough syrup

Suggested Usage:

Children: 1 teaspoon 3-4 times a day
Adults: 2 teaspoon 3-4 times a day

Shelf Life: Best before 24 months from manufacturing date

Net Vol: 200 ml

Shiny, Lustrous & Healthy Hair..

Red Onion Hair Oil

Thick, lustrous and free from hair fall is everyone's desire. Onions are rich source of Sulphur, help in providing required nourishment for hair growth. It also strengthens hair from the roots and helps nourish your hair follicles with its rich content of sulphur. The rich sulphur content also may help minimize hair thinning and breakage. LIFESPAN's Red Onion Hair Oil contains, 16 natural herb oil the most important being Neem Oil, Lotus Oil, Haldi Oil, Hibiscus oil etc.

Benefits:

- It helps in controlling the extreme hair fall
- Treats damaged hair
- Helps get rid of dandruff problems
- It helps strengthen your hair growth

Suggested Usage:

Adults: Use required amount of Red Onion Hair Oil from roots to tip of the hair. Massage for 2-5 minutes and wrap/cover it to rest for 30 minutes or leave it overnight and wash. For better results use oil twice a week

Shelf Life:

Best before 36 months
from manufacturing date

NATURES
16
BEST ACTIVE
HERBS

caring is more
stylish...



Net Volume: 200 ml

Rapid Relief Roll On

Rapid Relief Roll On is made for Headache and stress relief. This Roll on gives you incredible relief within minutes. The special ingredients Pudina, Gandhapura & Camphor in roll on gives relief from head ache and stress.

Benefits:

- Reduces pain and inflammation
- Better absorption and quick relief
- Relieves headache
- Fast, easy and convenient solution
- Pocket-sized pain relief roll on



Suggested Usage:

Apply generously to forehead & temples, and repeat if pain persists.
For adults & children above 5 years.

Shelf Life: Best before 18 months
from manufacturing date

Net Vol: 10 ml



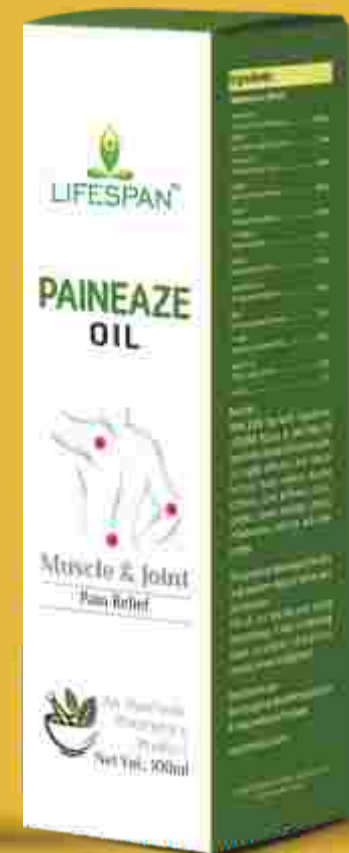
Suggested Usage:

Adults: Apply 5 to 10 ml oil on the affected area or as needed. For better results gently massage on the affected area for few minutes ,twice daily.

Shelf Life:

Best before 36 months
from manufacturing date

Net Vol: 100 ml



PainEaze Oil

PainEaze Oil is extracted from 11 exclusive essential herbs. This ayurvedic oil is formulated for body pain for all age group, helps in blood circulation, may help relive arthritic pain, rheumatic joint pains, joint stiffness and muscle spasms.

Benefits:

- Anti-inflammatory property
- Excellent muscle relaxant
- Helps in blood circulation
- Reduces redness, swelling and pain
- Instant pain relief and relives stress



Lemon Hand Wash

Our Hands are beds of germs. Maintaining good hand hygiene is important for staying healthy. This Hand Wash provides effective cleansing and protects you and your family from number of germs. Lemon Hand Wash is an ideal product to get your hands germ-free and fresh. The trusted formula can protect your hand from various types of germs. This will prevent germs spreading from your hand and thus, will protect others as well. LIFESPAN Lemon Hand Wash makes hands feel fresh throughout the day.

Benefits:

Easy to use, generates enough lather required for wash
Spreads easily and washes away germs from the corner of your hands
Super Lemony fragrance
Friendly packaging, Comes in dispenser bottle pump

Suggested Usage:

Dispense a small amount into wet hands, lather, and rinse thoroughly.

Shelf Life: Best before 36 months from manufacturing date

Net Vol: 250 ml



Hand Sanitizer

Hand Sanitizer is an effective and alcohol-based, which kills 99% of germs, prevents contamination & infection, and ensures total hand hygiene.

Benefits: Easy to use. Helps cleanse hands for clean, safe and for hygiene

Suggested Usage:

Use small amount of the liquid on your palm. Rub well over front and back of the palms, fingernails and grooves until dry.

Shelf Life: Best before 24 months from manufacturing date

Net Vol: 100 ml



Poor hand hygiene
contributes to nearly

50%

of all foodborne
illness outbreaks





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