

ALLIUM SATIVUM

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Scientific Name: Allium sativum

Kingdom: Plantae

Order: Asparagales

Genus: Allium

Species: A. sativum

Family: Amaryllidaceae

Part of plant used: Cloves



Synonyms:

Allium arenarium, Allium controversum, Allium longicuspis, Allium ophioscorodon, Porrum sativum

Uses:

Cardiovascular diseases, regulating blood pressure, lowering blood sugar, cholesterol levels, effective against bacterial, viral, fungal and parasitic infections, enhancing the immune system and having antitumoral and antioxidant features

Phytochemicals:

Allicin, ajoenes, vinylthiins, and flavonoids such as quercetin

LITERATURE AND PROPERTIES

- Garlic has been cultivated around the world for thousands of years and is found in almost every cuisine on the planet.
- Garlic is widely used around the world for its pungent flavour as a seasoning or condiment. Garlic is the second most consumed bulb after onion.
- A herb growing from a strongly aromatic, rounded bulb composed of around 10 to 20 cloves covered in a papery coat. The long, sword-shaped leaves are attached to an underground stem and the greenish-white or pinkish flowers grow in dense, spherical clusters atop a flower stalk.

USES



Controls Diabetes

Garlic reduces glucose metabolism in diabetics, slows the development of arteriosclerosis and lowers the risk of further heart attacks in myocardial infarct patients. Externally, the expressed juice is an excellent antiseptic for treating wounds.



Thrombosis

Garlic fights against thrombosis by reducing platelet aggregation for eye care. Garlic is rich in nutrients like selenium quercetin and vitamin C, all of which help treat infections and swelling.



Treats Acne

Use of Garlic include treating acne. Garlic can be use with other ingredients like honey, cream and turmeric, to treat acne scars and prevents the initial development of acne, garlic acts as a cleanser and an antibiotic substance for soothing skin rashes



Heart Health

Garlic protects our heart against cardiovascular problems like heart attacks and atherosclerosis. With age, the arteries tend to lose their ability to stretch. Garlic, reduce and protect the heart from the damaging effects of free oxygen radicals.

USES



Respiratory Problems

Daily use of garlic reduces the frequency and number of colds. Its antibacterial properties, helps in treating throat irritations. Garlic also reduce the severity of up respiratory tract infections. Its benefits in disorders of the lungs like asthma, difficulty of breathing make it a priceless medicine.



Weight Management

Garlic may help to regulate the formation of fat cells in our body. This may help prevent weight gain.



Cancer

Garlic is used to prevent various cancers, including colorectal, gastric, breast, and prostate cancers. People who eat more garlic or take garlic supplements by mouth have a lower chance of developing stomach cancer.



Nutritional Value

Garlic is low in calories and rich in vitamin C, vitamin B6, and manganese. It also contains trace amounts of various other nutrients



Improves Cholesterol Levels

Garlic supplements reduces total and LDL (bad) cholesterol level which lowers the risk of heart disease



Diet and Adds Flavour

Garlic is delicious and easy to add to your diet. You can use it in savoury dishes, soups, sauces, dressings, and more.



Allium Sativum

Helps to treat cardiovascular ailments, neoplastic growth, rheumatism, diabetes, intestinal worms, flatulence, colic, dysentery, liver diseases, facial paralysis, tuberculosis, bronchitis, high blood pressure, and several other diseases.

PEPPERMINT OIL

Botanical Name:
Mentha Piperita

Part of the Plant Used:
Leaves

Odour and Taste:
Cool and Refreshing

Colour:
Clear Colourless to Faint Yellow

Active Content:
Menthol and Menthone



LITERATURE AND PROPERTIES

- The herb peppermint, a natural cross between two types of mint (water mint and spearmint), grows throughout Europe and North America.
- It is one of the oldest European herbs used for medicinal purposes, with its top uses including pain relief, respiratory aid, allergy relief and increased energy.
- Peppermint is promoted for irritable bowel syndrome (IBS), other digestive problems, common cold, sinus infections, headaches, and other conditions.
- Peppermint oil is used as a fragrance in soaps and cosmetics.
- It has a calming and numbing effect, and is often used to treat headaches, skin irritation, nausea, diarrhea, menstrual cramps, flatulence, and anxiety associated with depression.

USES

- IBS has symptoms such as abdominal pain, diarrhea, constipation. Peppermint oil relaxes muscles of the gastrointestinal tract, has anti-inflammatory effect, and decreases pain sensation in the gastrointestinal tract. Thus, relieving from the symptoms of IBS.

USES

- Peppermint oil is remedy on pains from tension headaches, Migraine headaches.
- Peppermint oil can reduce itching of the skin.
- It also stimulates hair growth in humans. Thus, preventing hair loss.
- It relieves digestive symptoms such as gas, bloating and indigestion. It eases pains in stomach.
- It reduces nausea and vomiting.
- Peppermint oil kills germs that lead to bad breath, thus it is used as flavouring for toothpaste, mouthwashes and chewing gum.
- It unclogs sinuses thus relieving from cold and allergies. It improves seasonal allergies.
- It improves energy level reducing fatigue.
- It acts as muscle relaxing, relieving menstrual cramps.
- It inhibits several types of bacteria including those which can cause food borne illnesses and contagious illnesses.
- It improves sleep.
- It reduces weight.
- It increases alertness and memory, thus improving concentration.

APPLICATIONS

- Apply topically.
- Defuse in the form of essential oil.
- Inject orally in tablet or capsule form.
- Apply droplets inside the nose. (Intranasally)

DOSAGE

- 1200mg daily

REDUCED GLUTATHIONE

Description:

White Crystalline Powder

Purity:

98.5% to 101.0%

Shelf Life:

3 Years



LITERATURE AND PROPERTIES

- Glutathione is a tripeptide formed from cysteine, glycine and glutamic acid.
- It is found in high concentration in the liver.
- It is a key component of antioxidant system which protects the body from free radicals at cellular level.
- Glutathione exists in two forms- Oxidized and Reduced. Reduced glutathione can act as antioxidant while oxidized one cannot.
- The reduced form is the active state and can neutralize free radicals in the body. It is easily absorbed by the body and is involved in the synthesis and repair of DNA.
- It enhances the antioxidant activity of Vitamin C. Thus, reduced form is the best form of glutathione

USES

- Skin whitening
- Breaking down some free radicals
- Supporting immune system function
- Aging, Alcohol use disorder, Liver disease, Heart disease, Cancer
- It enhances hair growth, strength & Resilience
- Assisting regular cell death
- Forming sperm cells
- Regenerating vitamin C and E
- Weight loss by burning the fat cells and removing toxins from liver
- Prevents nerve damage from the cancer drug Cisplatin

DOSAGE: 500 MG PER DAY

BLUE WATER-1202

- Blue water is a refreshing, bright, breezy fragrance developed for spray perfume.
- This fragrance is alluring combination of aromatic, citrus, fresh, woody, warm, spicy, marine, herbal, green, minty, salty accord.
- This fragrance begins with fresh, juicy bergamot, lemon, refreshing cool mint and green note.
- Heart is amalgam of sweet, airy scent of rose, jasmine, lavender, citrus juicy green apple and ozone note.
- The middle notes of lavender, jasmine and lily of the valley add delicate floral touch while nutmeg and rose contribute a subtle spiciness.
- This scent complete with the sweet, aromatic amber, sensual musk, warm earthy cedar wood, creamy rich sandalwood and mossy woody oak moss.
- This fragrance remind irresistible scent of the ocean waves with the splash of lemon and bergamot.
- This fragrance brings to you a breath of fresh air.
- This fragrance uses for spray perfume, shower gel, and shaving cream.

TOP NOTE

Lemon, Bergamot, Mint, Green Note

HEART NOTE

Rose, Lavender, Jasmine, Green Apple, Ozone Note

BASE NOTE

Amber, Cedarwood, Sandalwood, Musk, Oak Moss

Recommended Dose:

Spray perfume: 8 to 10%

Shower gel: 0.6 to 1.0%

Shaving cream: 0.8 to 1%



HONEY MILK-0813

- Honey Milk is sweet, floral, creamy fragrance developed for soap, body wash and face wash.
- Honey milk fragrance is beautiful combination of sweet, spicy, creamy, floral, powdery, musky, balsamic note.
- This fragrance is open up with the cherry, whipped cream, almond with lovely ozonic and dewy impression of wind.
- Heart is composed with Jasmine, Rose, Carnation, muguet and cherry blossom.
- The base note leaves an impression of Honey, almond, vanilla, patchouli, cedarwood, white musk and amber.
- During use, the milky, fresh, sweet aroma of this fragrance wrap around you and this rich note retain on skin for long.
- After use Creamy, Fresh floral bloom of this fragrance lingers in the bathroom for long hours.

TOP NOTE

Cherry, Whipped Cream, Almond

HEART NOTE

Jasmine, Rose, Carnation, Muguet, Cherry Blossom

BASE NOTE

Honey, Almond, Vanilla, Patchouli, Cedarwood, White Musk, Amber

Recommended Dose:

Fragrance for Soap: 1-1.2%.

Shower Gel: 0.5-0.8%

Facewash: 0.3-0.5%.

