



“Experience wellness like never before”

Product Catalogue



www.benefitswellness.in



BenefitsTM Plus

BENEFITS PLUS:

"YOUR PATH TO OPTIMAL HEALTH"

At **Benefits Plus**, we harnessing the power of nature to optimize your health and well-being. Our unique formula harnesses the potential of Noni Extract, Blackcurrant Extract, Ganoderma Lucidum Extract, Mangosteen Extract, Moringa Extract, Acai Berry Extract, Seabuckthorn Extract, Maca Root Extract, Goji Berry Extract and Pure Shilajit to provide you with an array of health benefits..

Noni Extract: Supports immune function, promotes healthy digestion, and enhances overall well-being.

Blackcurrant Extract: Rich in antioxidants, it helps protect against oxidative stress, boosts brain function, and supports cardiovascular health.

Ganoderma Lucidum Extract: Also known as Reishi mushroom, it strengthens the immune system, promotes relaxation, and supports liver health.

Mangosteen Extract: A potent source of antioxidants, it aids in reducing inflammation, supporting a healthy metabolism, and promoting radiant skin.

Moringa Extract: Packed with essential nutrients, it provides energy, supports healthy blood sugar levels, and promotes natural detoxification.

Acai Berry Extract: Loaded with antioxidants, it supports heart health, boosts energy levels, and enhances overall vitality.

Seabuckthorn Extract: Known for its high vitamin C content, it promotes healthy skin, boosts immune function, and supports digestive health.

Maca Root Extract: A natural adaptogen, it helps balance hormones, increases energy levels, and supports reproductive health.

Goji Berry Extract: Enhances immune function, promotes healthy vision, and supports mental clarity and focus.

Pure Shilajit: Known as the "destroyer of weakness," it boosts energy, supports cognitive function, and promotes overall vitality.

**120
capsules**



*Source of information above are various publishers

JOINT CARE

Glucosamine, MSM, Sodium Hyaluronate, Vitamin C, Rosehip Extract & Boswellia serrata



BENEFITS JOINT CARE:

“THE ULTIMATE SOLUTION FOR JOINT HEALTH AND MOBILITY”

Benefits Joint Care contains a unique blend of ingredients including Glucosamine, Methyl Sulphonyl Methane (MSM), Sodium Hyaluronate, Vitamin C, Rosehip Extract, and Boswellia Serrata. These ingredients work together to provide numerous benefits for your joint health.

GLUCOSAMINE is a natural compound found in the body that helps to keep cartilage healthy. It can reduce joint pain and stiffness caused by arthritis, and it also helps to improve mobility and flexibility.

METHYL SULPHONYL METHANE (MSM) is a natural sulfur compound found in plants and animals. It is believed to help reduce joint pain and inflammation, and it may also help to improve joint flexibility and mobility.

SODIUM HYALURONATE is a natural compound found in the body that helps to lubricate joints and reduce friction. It can improve joint function and reduce joint pain and stiffness caused by arthritis.

VITAMIN C is a powerful antioxidant that helps to protect the body from free radical damage. It also plays an important role in collagen synthesis, which is essential for maintaining healthy joints.

ROSEHIP EXTRACT is rich in antioxidants and has anti-inflammatory properties. It can help to reduce joint pain and stiffness caused by arthritis, and it may also help to improve joint mobility.

BOSWELLIA SERRATA is an herb that has been used for centuries to treat joint pain and inflammation. It works by reducing the production of inflammatory chemicals in the body, which can help to reduce joint pain and stiffness.

BENEFITS OF BENEFITS JOINT CARE:

- Promotes healthy joints and ease discomfort
- Supports the production of collagen and joint fluid
- Reduces inflammation and joint pain
- Improves joint mobility and flexibility
- Protects against future joint damage

*Source of information above are various publishers

120 capsules



WEIGHT LOSS SUPPORT

With Garcinia cambogia,
Green Tea, Green Coffee Bean



BENEFITS WEIGHT LOSS SUPPORT:

“THE NATURAL WAY TO ACHIEVE YOUR WEIGHT LOSS GOALS”

Looking to lose weight naturally? Look no further than **Benefits Weight Loss Support**, the ultimate weight loss supplement that combines the power of Garcinia Cambogia, Green Tea, and Green Coffee Bean.

GARCINIA CAMBOGIA:

Garcinia Cambogia is a fruit that contains hydroxycitric acid (HCA), which is believed to help reduce appetite and increase fat burning. HCA has been shown to block the enzyme citrate lyase, which helps the body store fat. By inhibiting this enzyme, HCA may help the body burn fat instead of storing it, resulting in weight loss.

GREEN TEA:

Green tea contains catechins, which are antioxidants that can help boost metabolism and aid in weight loss. Catechins have been shown to increase the body's fat-burning capabilities by promoting the breakdown of fat cells. In addition, green tea may help reduce appetite and cravings, making it easier to stick to a healthy diet.

GREEN COFFEE BEAN:

Green coffee bean extract also contains chlorogenic acid, which has been shown to reduce the absorption of carbohydrates in the body and aid in weight loss. Chlorogenic acid may also help reduce inflammation and improve heart health, making it a great addition to any weight loss regimen.

BENEFITS OF BENEFITS WEIGHT LOSS SUPPORT:

- Helps suppress appetite and reduce cravings
- Increases metabolism and aids in fat burning
- Blocks the enzyme responsible for storing fat
- Reduces the absorption of carbohydrates in the body
- May improve heart health and reduce inflammation
- Made with all-natural ingredients.

*Source of information above are various publishers

120
capsules



DIABETIC CARE

Gymnema Sylvestre Ext., Syzygium Cumini Ext., Mangifera Indica Ext., Momordica Charantia Ext., Trigonella Foenum Graecum Ext., Bilberry Ext., Pterocarpus Marsupium Ext. & Piper longum

BENEFITS DIABETIC CARE:

"TAKE CONTROL OF YOUR DIABETES NATURALLY"

Benefits Diabetic Care Is A cutting-edge dietary supplement meticulously crafted to support individuals on their journey to better blood sugar management. Harnessing the power of nature's finest ingredients, including Gymnema Sylvestre Extract, Syzygium Cumini Extract, Mangifera Indica Extract, Momordica Charantia Extract, Trigonella Foenum Graecum Extract, Bilberry Extract, Pterocarpus Marsupium Extract.

Gymnema Sylvestre Extract: Known for its anti-diabetic properties, Gymnema Sylvestre helps reduce sugar absorption in the intestines and supports insulin function.

Syzygium Cumini Extract: Helps lower blood sugar levels and enhances insulin sensitivity, aiding in better glucose utilization.

Mangifera Indica Extract: Rich in antioxidants, Mango extract aids in protecting pancreatic cells and may contribute to better blood sugar control.

Momordica Charantia Extract: Contains compounds that mimic insulin, promoting glucose uptake and reducing insulin resistance.

Trigonella Foenum Graecum Extract: Assists in regulating blood sugar levels and may improve lipid profiles.

Bilberry Extract: Supports healthy blood circulation and may help prevent diabetic complications related to the eyes.

Pterocarpus Marsupium Extract: Known for its potent anti-diabetic properties, it aids in stimulating insulin production and reduces insulin resistance.

Piper Longum: Enhances the bioavailability of other herbal ingredients, maximizing their effectiveness.

120 capsules



*Source of information above are various publishers

THUNDER BLASTER CAPSULE



BENEFITS THUNDER BLASTER:

"YOUR NATURAL ENERGY AND VITALITY BOOSTER"

In a world where energy is precious, **Benefits Thunder Blaster** stands tall as your trusted ally in the pursuit of boundless vitality and well-being. Crafted with a powerful blend of nature's finest ingredients, including Safed Musli Ext., Satavari Ext., Ashwagandha Ext., Gokshura Ext., Atmagupta Ext., Jaiphal Ext., and Nagakesara Ext., **Benefits Thunder Blaster** is here to supercharge your life.

Safed Musli Extract: A renowned Aphrodisiac that enhances sexual health by increasing libido, stamina, and sexual desire. It contributes to a more satisfying and fulfilling sexual experience.

Satavari Extract: An Adaptogen that promotes hormonal balance, particularly in women. It can alleviate stress, supporting a relaxed and enjoyable intimate experience.

Ashwagandha Extract: A powerful Adaptogen that reduces stress and anxiety while boosting energy levels. It improves sexual function by increasing libido and endurance for both men and women.

Gokshura Extract: Supports men's sexual health by maintaining healthy testosterone levels. This helps enhance libido, muscle growth, and overall sexual well-being.

Atmagupta Extract: Also known as Kapikacchu, is an Aphrodisiac that enhances sexual performance, increases desire, and improves mood, contributing to a more satisfying intimate experience.

Jaiphal Extract: Elevates mood, reduces anxiety, and enhances a sense of well-being. It indirectly benefits sexual health by creating a positive emotional.

Nagakesara Extract: Rich in antioxidants, supporting overall health. While it doesn't have direct Aphrodisiac effects, its antioxidant properties contribute to general well-being, which is important for a healthy sex life.

**120
capsules**



*Source of information above are various publishers

Benefits Nigella pro

INTRODUCTION :

Black seed oil (BENEFITS NIGELLA PRO) is a popular natural remedy that has been used for centuries due to its many health benefits. It is extracted from the seeds of the Nigella sativa plant and is rich in thymoquinone, which has anti-inflammatory, antioxidant, and anti cancer properties. Black seed oil capsules are a convenient way to incorporate this beneficial oil into your daily routine. In this brochure, we will explore the health benefits of BENEFITS NIGELLA PRO capsules.

BOOSTS IMMUNITY :

BENEFITS NIGELLA PRO capsules can help to boost your immune system. Studies have shown that Thymoquinone can modulate the immune system, helping it to function more effectively. Black seed oil can also help to reduce inflammation, which can be beneficial in fighting off infections.

PROMOTES HEALTHY SKIN :

BENEFITS NIGELLA PRO is rich in antioxidants, which can help to protect your skin from damage caused by free radicals. Free radicals can cause premature aging, wrinkles, and other skin problems. BENEFITS NIGELLA PRO can also help to moisturize and soothe your skin, reducing the appearance of fine lines and wrinkles.

REDUCES INFIAMMATION :

BENEFITS NIGELLA PRO capsules can help to reduce inflammation in the body, which can be beneficial in managing a wide range of conditions. Inflammation can cause pain, swelling, and stiffness in the joints, and it can also be a contributing factor in many chronic diseases, including heart disease, diabetes, and cancer.

IMPROVES DIGESTION :

BENEFITS NIGELLA PRO can help to improve digestion and alleviate symptoms of digestive issues like constipation, bloating, and gas. It can also help to reduce inflammation in the gut, which can be beneficial in managing conditions like irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

SUPPORTS HEART HEALTH :

BENEFITS NIGELLA PRO capsules can help to support heart health by reducing cholesterol levels and lowering blood pressure. Studies have shown that thymoquinone can help to lower LDL (bad) cholesterol levels and increase HDL (good) cholesterol levels. Black seed oil can also help to reduce inflammation, which can be beneficial in managing heart disease.

ENHANCES MEMORY AND FOCUS :

BENEFITS NIGELLA PRO capsules may help to enhance memory and focus. Thymoquinone has been shown to have neuro protective effects, which can help to protect the brain from damage and improve cognitive function.

ANTI-CANCER PROPERTIES :

BENEFITS NIGELLA PRO capsules may have anti-cancer properties. Studies have shown that thymoquinone has anti-tumor effects in animal and in-vitro studies. It has been shown to inhibit the growth of cancer cells and induce apoptosis (cell death) in cancer cells.

CONCLUSION :

In conclusion, BENEFITS NIGELLA PRO capsules can be a valuable addition to your daily health regimen. They offer numerous health benefits, including boosting immunity, promoting healthy skin, reducing inflammation, improving digestion, supporting heart health, enhancing memory and focus, and potentially having anti-cancer properties.

*Sources of information from various publishers

120 Softgel
capsules



BENEFITS

AQUA BOOSTER

pH BOOSTER DROPS

Do you drink pure water ?

Water is important to every cell, tissue, and organ in your body. The best way to stay hydrated, drink glasses of water throughout the day.

But which kind of water ? Some people claim that alkaline water is better than any water we usually drink.

What is alkaline water ?

Alkaline water enthusiasts claim that its increased hydrogen provides greater hydration than regular water, especially after a hard workout. Water is a combination of hydrogen and oxygen. That's why you call it H₂O. Water's pH level determines how acidic it is and ranges from 0 to 14. A pH of 7 is considered neutral. That "seven" number is considered neutral or balanced between acidic and alkaline. If water is below 7 on the pH scale, it's "acidic." If it's higher than 7, it's "alkaline." Adding alkaline drops to your water increases water pH level 8.5 or 10.0. Blood flows more efficiently resulting in increased oxygen delivery throughout the body.

Fans of the stuff also say that regular drinking water with a pH below 7 creates too much acid in your blood and cells. They blame plain water's low pH for all sorts of health problems, from osteoporosis to cancer. Reduce High Blood Pressure, Blood Sugar, and Cholesterol

Why Alkaline water ?

In 2016, scientists in Shanghai found that three to six months after drinking alkaline water, people with high blood pressure (hypertension), high blood sugar (diabetes), and high blood lipids (cholesterol) had lower measures in each of these factors. The idea that alkaline water is medicinal, curative, and able to bring about optimal health seems to be based on the belief that acidic properties in the body and blood are the cause of ill health and disease and need to be neutralized. Therefore, a more alkaline body will lead to better health. Alkaline water contains four major minerals that contribute to its remarkable health benefits:

Calcium : Important for bone health, as well as heart, muscle, and nerve function.

Magnesium : Helps turn food into energy and is necessary for over 300 biochemical reactions in the body.

Sodium : Regulates blood pressure and volume, and supports nerve/muscle function.

Potassium : A type of electrolyte that is essential for muscle function and promotes healthy digestion.

There are many claims when it comes to the benefits of drinking alkaline water, including immune system support, weight loss, and cancer resistance. Although these claims are notable, they lack proven scientific research. However, there are several incredible health benefits to drinking alkaline water that have been scientifically proven and we are here to share them with you.

Improves Bone Health

Some researches have been done on the effects of alkaline intake on bones. A study published in the scientific journal Bone found a positive effect on bone resorption with people who consumed alkaline water rich in bicarbonate. Bone resorption is the process where old bone cells are broken down and replaced by new ones. Less bone resorption and more mineral density result in better bone strength. The authors of the study concluded that "a bicarbonate - and calcium-rich alkali mineral water decreased bone resorption more than a calcium-rich acidic mineral water."

Soothes Acid Reflux

A study published in Annals of Otolaryngology & Laryngology found that drinking alkaline water at pH 8.8 can help soothe acid reflux because the higher pH level kills pepsin, an enzyme involved in breaking down food proteins and a main cause for acid reflux. Acid reflux is when the acidic contents of the stomach, splashes back up the food pipe. Acid reflux that keeps happening for a long time can cause damage and a disease known as gastroesophageal reflux disease, or GERD.

Reduce High Blood Pressure, Blood Sugar, and Cholesterol

In 2016, scientists in Shanghai found that three to six months after drinking alkaline water, people with high blood pressure (hypertension), high blood sugar (diabetes), and high blood lipids (cholesterol) had lower measures in each of these factors. Researchers found that a high-pH electrolyte water reduced blood viscosity, the thickness and stickiness of your blood, in 100 adults after exercising. This may help reduce cardiovascular strain due to dehydration.

Enhances Hydration

A 2017 study published in *Biology of Sport* found that drinking alkaline water shows a positive effect on hydration status after anaerobic exercise with a significant decrease of specific urine gravity. Intake of alkaline water also shows a positive effect on urine pH during the anaerobic test protocol, and much more efficient lactate utilization after the high-intensity interval exercise. In addition to enhanced hydration, efficient lactate utilization results in increased energy, as lactate serves as an energy source in skeletal muscles.

In contrast, subjects who consumed regular drinking water showed no changes over the same period of time. These results indicate that the habitual consumption of alkaline water may be a valuable nutritional vector influencing both acid-base balance and hydration status, as well as energy levels in active healthy adults.

Increases Longevity

A study published in 2016 looked at the effect of consuming alkaline water on 150 mice over a period of three years. Results suggested that those who drank alkaline water had signs of greater longevity, in other words, they aged less and were more likely to live longer. Histological examination of mice kidneys, intestines, hearts, livers, and brains was performed in order to verify the risk of diseases correlated to drinking alkaline water. No significant damage, but aging changes, emerged; organs of alkaline watered animals resulted to be relatively super imposable to controls, shedding a further light on the benefits of alkaline water consumption in humans.

Why is Benefits Aqua Booster unique ?

Benefits Aqua Booster features an accessible, effortless, and natural way for you to enhance your body alkaline intake. This compact size product delivers the natural concentrate and goodness of vitamin B6, vitamin B2, vitamin C, potassium and magnesium etc. Aqua Booster are tasteless, colourless and odourless, when added in water helps you in achieving a healthy pH balance because it is a natural concentrate of essential minerals, electrolytes and alkalizing antioxidants

How to Use ?

We need to use 3-5 "AQUA BOOSTER" Drops in 200 ml of normal drinking water Recommended 4 Glasses of 200ml water everyday One Bottle of 100ml "AQUA BOOSTER "is enough to alkaline 100 Litters (Approx) Normal Drinking Water.

Test the alkalinity of water using Benefits pH tester :

In normal drinking water, put 5-7 drops of pH tester provided with the Benefits Aqua Booster drops and match the colour with the pH scale. Do not drink the water after matching the color with "Ph Tester"





CORPORATE OFFICE

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***RESIDE AT
THE HEAVEN OF
WELLNESS***



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