

FORTYFITT TABLETS

Holistic support therapy

COMPOSITION

Each coated tablet contains

Name of ingredients	Latin Name	Qty
Extract of the following:		
Ashwagandha	<i>Withania somnifera Rt</i>	40 mg
Kapikachchhu	<i>Mucuna pruriens Sd</i>	150 mg
Shatavari	<i>Asparagus racemosus Tub.Rt</i>	150 mg
Vidarikand	<i>Pueraria tuberosa Rz</i>	150 mg
Arjun	<i>Terminalia arjuna Bk</i>	150 mg
Guduchi	<i>Tinospora cordifolia St</i>	150 mg
Gokshur	<i>Tribulus terrestris Fr</i>	150 mg
Amalaki	<i>Emblica officinalis Fr</i>	150 mg
Brahmi	<i>Bacopa monnieri Wh. Pl</i>	150 mg
Shwet musli	<i>Chlorophytum arundinaceum Tub.Rt</i>	150 mg

THERAPEUTIC RATIONALE

FORTYFITT is a holistic support therapy in lifestyle disorders like diabetes, hypertension, cognitive problem etc.

Withania somnifera and *Tribulus terrestris* strengthen the immune system. *Withania somnifera* enhances adrenal functions and exerts anti-ageing activity. *Terminalia arjuna* is a cardiac tonic, which provides cardio protection and reduces cholesterol levels. *Emblica officinalis* reduces oxidative stress by increasing the superoxide dismutase (SOD) levels, thus it is an antioxidant. *Chlorophytum arundinaceum* and *Mucuna pruriens* are also proven antioxidants. *Bacopa monnieri* improves cognitive functions. *Withania somnifera* and *Chlorophytum arundinaceum* have adaptogenic properties. Thus FORTYFITT acts as a natural antioxidant.

INDICATIONS

- Decreased muscle strength and mass
- Decreased bone mass
- Increased risk of coronary artery disease (CAD) and hypertension
- Decreased cognition
- Loss of libido

DOSAGE

1 tablet twice a day

PRESENTATION

Blister pack of 30 tablets

Important Ingredients	Action
Ashwagandha	Immunity enhancer, adrenal function enhancer and anti-ageing
Kapikachchhu	Nutritional supplementation, antioxidant
Arjun	Cardiac tonic and reduces cholesterol levels
Gokshur	Immunity enhancer, a natural source of DHEA and also increases muscle strength
Amalaki	Reduces oxidative stress and increases SOD levels, antioxidant
Shwet musli	Antioxidant