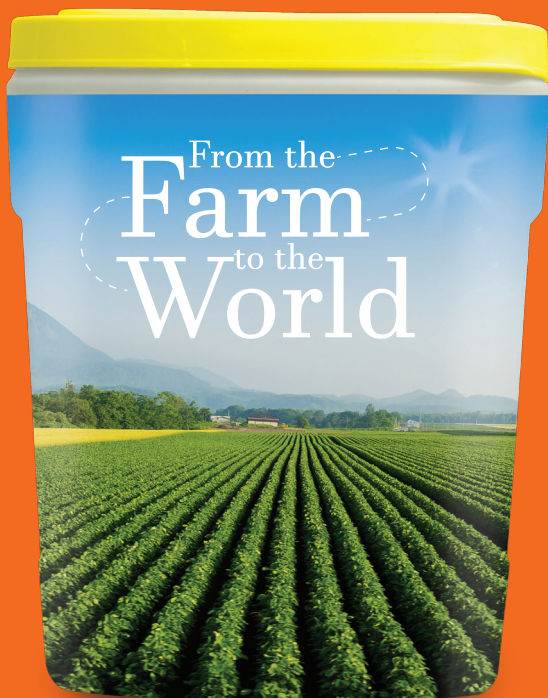




HEALTH CARE SOLUTIONS



**Perfection – Inside
Springs out – Outside**



GERITOVITA

Senior Wellness

Geritovita is a supplement designed, to provide the required nutrition & improve general health for all adults especially the elderly adults (above 60). Geritovita with its fine blend of millets, lentils etc., who help of maintain normal health by providing micronutrients which may aid in improving

muscle as well as may provide relief from the aches and pains associated with normal aging conditions.

UROVITA

Caring Naturally

Urovita promotes maintenance of good health of the kidneys, as it may help to eliminate the toxins during the filtration process, which therefore reduces extra load on the kidneys. Consumption of urovita regularly with warm water, buttermilk will help maintain good urinary tract health.



FOOD MEDICINE

"LET FOOD BE THE MEDICINE AND MEDICINE BE THE FOOD"

WELLOVITA

Growing Children



Love and passion in fine taste

Smart KID

Food for children with Natural Immunity Boosters

Health Begins with Childhood!

KIDSOVITA

Young Children

"Good Morning"
A little extra punch to start the day
5 to 16 Age

HEALTHY FOOD
HEALTHY LIFE,

"KIDS ARE PRECIOUS, MAKE THEM RESILIENT!"

Kids between the ages of 2-5 yrs called the formative yrs. require concentrated quality & quantity of food for the general growth and development of muscles, nerves, brain and cognitive capacity. Kidsovita with the best nourishment coming from whole grains, millets with delicious taste. Encourage good growth with easy digestion. Holin ensures the best quality for your child. Just add 10 gms with warm water/milk and stir. See your child grow with good health and fine taste.



Combining the good goodness of millets, lentils, whole grains & spices aids in the proper development of the skeletal muscular & nervous system. Add 20gms with 200ml warm water / milk and stir. . .



HEALTH CARE SOLUTIONS

KARR'O VITA

Onco + Care

Botanicals in Karrovita along with some of the millets like foxtail millet, barnyard millet, little millet etc., provide many antioxidants including micro-nutrients in form of Vitamins A, B, C. Greengram, horsegram and lentils provide the required protein which helps to overcome malnourishment issues in individuals. The anti-oxidants especially the botanicals aid in removing toxic by products from the body. Karrovita provides iron in a form which can be easily assimilated into the blood stream and improves the Haemoglobin status of the individual which may aid in alleviating the anemic status of the individual. Persons undergoing chemotherapy and radiotherapy experience loss of appetite, digestive disturbances and sometime inability to eat food normally, Karrovita is a BOON for such persons as it is easy to mix consume, digest and improves the general health and strength of the individual.



Wiess

Smiley Heart

"THE CHANGE BEGINS WITH YOU!"

Healthy nutrition is the key in leading a healthy lifestyle. The combination of millets, legumes, pulses and botanicals helps in maintaining/lowering cholesterol, improves blood circulation, reduces stress and strain on the heart as well as maintains normal blood pressure. It helps in providing cardiovascular wellness and also strengthening the heart muscle. Another key factor for good wellness is getting the right amount of sleep as well as body rest.

WIESS Smiley Heart helps your heart to remain healthy and strong. Love your heart with a big smile and live life to the fullest !!



DIABOVITA

Diabetics care



"MANAGING DIABETES WAS NEVER SO EASY!! "

Diabetic patients have issues with

normal glucose metabolism, whereby they have increased glucose in their blood and also improper utilization of glucose in the body. DIABOVITA has special botanicals like Jambu, Gurmar and Ekanayakam which have proven to exhibit anti-diabetic properties. The Gymnemic acids and Gymnemasaponins in Gurmar, Jambulin in jambu act on hyper-glycemia and helps in improving glucose metabolism. Salacia has intestinal α -glucosidase inhibitory nature which aids in anti-diabetic activity.



In general, Diabetic individuals has increased appetite and craving for food, DIABOVITA with its increased fibre and good quality protein helps in providing feeling of satiety for a longer period of time and decreases the food craving which further helps in reversing diabetes.

HOLONOX

PRO+

**NUTRITION
& FITNESS**

Sports persons always require more calories, proteins and other nutrients more than normal individuals (depending on the intensity of the sports) and consuming only their regular food might not provide the much required carbohydrates, vitamins and proteins (amino acids) required for post-exercise recovery for the muscles. Holonox with the exceptionally healthy lentils like Green gram, horse gram, soya bean which are specially sprouted and processed, blended with whey protein and inulin to increase the nutritional efficacy and potency of the product, which helps quick action and recovery of the muscles. The multivitamins and minerals obtained from each serving further helps in better absorption and strengthening of your core which is essential for the athlete in you!





ELEPHAN O VITA

Pro Gain

"EXHALE STRESS! INHALE ENERGY!"

ELEPHANOVITA is a unique formula, which meets the demands of men to enable them to lead a stress-free and physically healthy life. The formula enables men to receive daily requirement of proteins, minerals, especially calcium and vitamins which is essential to maintain low stress levels and regulates and potentiates the sexual desire and activity in men and increase quantity, quality & flow of sperms thereby improving the problems associated with erectile dysfunction. Millets, lentils and cereals improve general health and promotes normal physical growth and the botanicals help relaxing the body & mind. Elephanovita aids in keeping you energetic & active which is very essential to lead a successful day to day life.

VALEN O VITA

Enhances Fertility

"HELPS FULFILL YOUR PARENTAL DREAMS!"

A Temple without god, a home without Children is the same according to legend.

Valenovita the BOON for parenthood. It helps dreams to come true for couples having challenges with bearing children. Valenovita has the millets and lentils which provide strength and energy for the uterus to receive the fertilized egg and provides healthy and safe haven for the developing foetus. Valenovita has a blend of exclusive botanicals which contains anti-oxidants which may help eradicate toxins from the body. It may help balance the haemoglobin content in the blood thereby preventing anemia and few botanicals like Crystalline glycoside of Ashoka and estrogenic action of Yastimadhu regulates menstruation treats irregular menstruation cycle, amenorrhoe, fibroids and cysts, cleans the uterus and prepares the endometrial layer for implanting the foetus and placenta and minimizes hormonal imbalances which causes fertility in women.



HONOURING

THE HEALING WISDOM OF MOTHER NATURE

FEMO'VITA

Wellness for women



"HAPPY PERIOD TO YOU"

Balances hormones, Strengthens the Uterus, Control cramps during periods.

Pain is the most common challenge that women face during their periods. More than half of the women who have periods, get pain at the time of menstruation. During the monthly cycle, some may feel heaviness in the lower abdominal area, some others spasms while few others may experience cramps which is different from Pre-Menstrual Syndrome (PMS).

FEMOVITA with its ingredients like Millets, Lentils and Cereals help in strengthening the body and its botanicals like Ashwagandha, Yastimadhu, Satavari, Gokshur, Shigru, Jatamansi, Punarva, Ashoka and Lodhra strengthens the uterus, promotes normal and painless menstruation further, it improves blood status and general health of the individual.

SLIM'O'VITA B

Eliminate Flab

"BALANCE YOUR WEIGHT, WITH THE HEALTHLY OPTION!"

Being overweight and obese are life-style challenges which may lead to major health challenges like diabetes, high cholesterol and fat-shaming which may also lead to persons developing depression and many forms of mental disorders. Fasting, high-workout exercises till you burn out are only temporary measures.

Healthy diet, with exercise is the best way to maintain healthy weight and develop lean muscle mass. Slimovita with the goodness of millets, lentils and cereals provide feeling of satiety, along with nature's botanicals like Amla, Bibhitaki, Guggul, Satavari, Khuss grass ensure the fat is burned by increasing the body's metabolism. Slimovita **Bloombend** is an ideal supplement which provides balanced nutrition, lowers serum cholesterol at the same time provides sufficient energy for you to remain active as well as maintain lean muscle mass. Slimovita is a healthy, tasty supplement to enjoy as any one meal of the day.



HOLIN - Our range of health supplements are unique in providing health and wellness support to people by way of its concept and methodology. We have curated products for different group of people and also some products, which address specific health concerns. 'Food is Medicine and Medicine is Food', infers 'Cure and Care' work hand in hand. Holistic health care is essential for sustained health management and a cure cannot be complete without nutritional support. HOLIN products have a balance of nature's nutrition and botanicals to boost health management support.

HOLIN products have various Millets, Pulses and Cereals as key ingredients for nutrition and these ingredients are soaked and sprouted in clay pots instead of steel or metallic utensils to avoid unnecessary addition of inorganic content. To increase their nutritional strength, specific botanicals are blended with these nutrients to act on targeted health conditions, improving the health of humanity, and also unlocking the power of nature's science to provide the best to society and the environment.



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