



Ayurvedic Medicine

STRESS MANAGEMENT

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Irritation



**Backache/
Headache**



Sweating



**Anxiety/
Nervousness/
Depression**



**Increased Smoking /
Drinking**

Calmhills Soft Gelatin Capsule

30 Capsule
SKU No.: CM508

900 Capsules
SKU No.: CM043



Calmhills syrup

500ml
SKU No.: S9343



Calmhills Soft Gelatin Capsule

30 Capsule

SKU No.: CM508



900 Capsules

SKU No.: CM043



Composition :

**Each Soft Gelatin Capsule contains
Calmhills Ghruta 500 mg which consists of :**

<u>Quath Dravya of</u>		
Ashwagandha	(Withania somnifera)	125 mg
Brahmi	(Bacopa monnieri)	125 mg
Mandukparnee	(Centella asiatica)	75 mg
Jatamansi	(Nardostachys jatamansi DC)	50 mg
Khurasani Ajwain	(Hyoscyamus niger)	50 mg
Pippali	(Piper longum)	25 mg
Shankpushpi	(Convolvulus pluricaulis)	50 mg
Processed by the method of SIDDHA GHRUTA in		
Cow Milk		500 mg
Go-ghruta		500 mg
Permitted colours used in capsule shell		

Benefits:

- Natural Support for Stress Relief
- Helps Improve Sleep Quality and Relaxation
- Helps to improve Mental & Emotional Well Being
- Helps to enhance Cognitive Function

Dosage: Take 2 soft gel capsules daily in the morning or as recommended by the physician. It should ideally be taken on empty stomach before meals. For better results it should be taken with warm water.

Calmhills syrup

500ml

SKU No.: S9343



Composition :

Each 30ml dose of Calmhills Syrup contains		
Brahmi Powder	(Bacopa Monnieri)	210mg
Shankpushpi Powder	(Convolvulus Prostratus)	210mg
Mandukparnee Powder	(Centella Asiatica)	90 mg
Ashwagandha Powder	(Withania Somnifera)	150mg
Jatamansi Powder	(Nardostachys Jatamansi)	90mg
Shatavari Powder	(Asparagus Racemosus)	150mg
Tagar Powder	(Valeriana Jatamansi)	210mg
Nutmeg Powder	(Myristica Fragrans)	90mg
Yashtimadhu Powder	(Glycyrrhiza Glabra)	300mg
Amla Juice	(Phyllanthus Emblica)	6000mg

Dosage: Take 15ml twice daily - before breakfast & before dinner.

Benefits:

- Helps to Manage Stress Effectively
- Helps to Improve Memory and Cognitive Function
- May help to Reduce Anxiety Levels
- Helps to improve Sleep Quality