

## Information For the Use

Punarnava 50mg + Badi ilaichi 50mg + Varun Chhal 50mg + Kulthi 50mg + Gokhru 50mg + Pashan Bhed 50mg + Giloy 50mg + Kutki 50mg + Ral safed 25mg + Nagarmotha 25mg + Yavkshar Bham 25mg + Serak Bhasm 25mg

# Livtyle Capsule

**Punarnava, Badi Ilaichi, Varun Chhal, Kulthi, Gokhru, Pashan Bhed, Giloy, Kutki, Ral Safed, Nagarmotha, Yavkshar Bham, Serak Bhasm Capsule**

**Category: Herbal/ Ayurvedic Supplement**  
**Dosage Form: Capsule**

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### Description:

This formulation combines a blend of Ayurvedic herbs traditionally used to promote kidney health, urinary tract function, and overall detoxification. The ingredients in this capsule have been carefully selected for their natural diuretic, anti-inflammatory, and rejuvenating properties. It supports the kidneys, bladder, and urinary tract, helping to manage fluid retention, promote detoxification, and support healthy renal function.

Each ingredient in this combination offers specific benefits for the body, particularly the urinary and digestive systems. The herbs have been utilized in traditional Ayurvedic medicine to balance the Vata, Pitta, and Kapha doshas, thus aiding in the maintenance of overall health and vitality.

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### Composition (Per Capsule):

- **Punarnava (Boerhavia diffusa): 50 mg**

- **Badi Ilaichi (Amomum subulatum): 50 mg**
  - **Varun Chhal (Crataeva nurvala): 50 mg**
  - **Kulthi (Dolichos biflorus): 50 mg**
  - **Gokhru (Tribulus terrestris): 50 mg**
  - **Pashan Bhed (Prisonia alata): 50 mg**
  - **Giloy (Tinospora cordifolia): 50 mg**
  - **Kutki (Picrorhiza kurroa): 50 mg**
  - **Ral Safed (Shorea robusta): 25 mg**
  - **Nagarmotha (Cyperus rotundus): 25 mg**
  - **Yavkshar Bham: 25 mg**
  - **Serak Bhasm: 25 mg**
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### Indications:

This herbal combination is primarily used for:

- 1. Kidney Health Support:**
  - The herbs in this formula are known to help cleanse and support kidney function. Punarnava and Varun Chhal are traditionally used for their diuretic properties and ability to support the kidneys in the removal of excess fluids.
- 2. Urinary Tract Health:**
  - Helps in managing urinary tract infections, inflammation, and promoting the overall health of the urinary system.
- 3. Fluid Retention:**
  - Punarnava, Gokhru, and Pashan Bhed work as natural

diuretics, helping to reduce excess fluid retention in the body and promoting healthy urine output.

**4. Detoxification:**

- Supports the body's natural detoxification processes, particularly in the kidneys, liver, and urinary tract.

**5. Digestive Health:**

- Kutki and Giloy are known for their digestive benefits, including promoting better digestion and boosting immunity.

**6. General Rejuvenation:**

- The combination of these herbs promotes overall wellness and vitality. Giloy and Ral Safed are especially known for their immune-boosting and anti-inflammatory properties.

**7. Reducing Kidney Stones Formation:**

- The herbs in this formulation may help reduce the formation of kidney stones and promote the natural expulsion of smaller stones from the body.

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**Mechanism of Action:**

The active ingredients in this herbal formulation work in the following ways:

- **Diuretic Action:** Many of the herbs like Punarnava, Varun Chhal, and Gokhru have natural diuretic effects, helping to increase urine output and cleanse the kidneys and urinary tract.
- **Anti-inflammatory Properties:** Ingredients like Kutki, Giloy, and Nagarmotha have anti-inflammatory properties that help reduce inflammation in the kidneys and urinary tract.
- **Kidney Stones Reduction:** Pashan Bhed and Varun Chhal are known for their ability to reduce the formation of kidney stones and aid in their expulsion.
- **Digestive and Immune Boosting:** Kutki, Giloy, and Ral Safed support digestion and boost the body's immunity, enhancing overall health.
- **Antioxidant Action:** Serak Bhasm, Yavkshar Bham, and Ral Safed are rich in antioxidants that help detoxify the body by neutralizing harmful free radicals.

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**Dosage and Administration:**

- **Adults:**
  - 1 Capsule twice daily after meals or as directed by a healthcare professional.
- **Children:**
  - Dosage for children should be determined by a healthcare provider based on age and health condition.
- It is advisable to take the capsule with a glass of warm water for optimal absorption.

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**Contraindications:**

- **Allergy to any of the components:**
  - This formulation should not be used in individuals with known allergies to any of the ingredients, such as Punarnava, Giloy, or Badi Ilaichi.
- **Pregnancy and Breastfeeding:**

- **The safety of this formulation during pregnancy and breastfeeding has not been well-studied. Use with caution or consult a healthcare professional before use.**
  - **Severe Kidney or Liver Disorders:**
    - **If you have a history of severe kidney or liver conditions, consult your healthcare provider before using this supplement.**
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### **Warnings and Precautions:**

- 1. Monitor Fluid Intake:**
    - **Due to the diuretic effects, monitor fluid intake and urinary output, especially if used in patients with heart or kidney disorders.**
  - 2. Consult a Healthcare Provider:**
    - **Always consult a healthcare provider before starting this herbal formulation, especially if you have a pre-existing medical condition or are on any medications.**
  - 3. Avoid Overuse:**
    - **Overuse of diuretic herbs may lead to electrolyte imbalances. Do not exceed the recommended dosage.**
  - 4. Allergic Reactions:**
    - **In rare cases, some individuals may experience allergic reactions such as rashes, itching, or swelling. If these symptoms occur, discontinue use and consult a healthcare professional.**
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### **Adverse Effects:**

- **Common Side Effects:**
    - **Mild gastrointestinal discomfort, bloating, or gas may occur initially as the body adjusts to the herbs.**
  - **Serious Side Effects:**
    - **Allergic reactions, dizziness, or dehydration from excessive diuretic effects. If any severe symptoms occur, discontinue use and consult a doctor immediately.**
  - **Long-term Use Effects:**
    - **If used for prolonged periods, monitoring of kidney function and electrolyte levels is recommended.**
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### **Drug Interactions:**

- **Diuretics and Antihypertensive Medications:**
    - **Caution is advised when taking this formulation with prescription diuretics or blood pressure medications, as it may enhance the effects, leading to excessive fluid loss.**
  - **Herbal Interactions:**
    - **Giloy and Kutki can interact with certain immune-suppressing medications, so consult a healthcare provider before combining them with such medications.**
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### **Storage Instructions:**

- **Store in a cool, dry place, away from direct sunlight.**

- **Keep the bottle tightly closed and out of reach of children.**
  - **Ensure the product is not exposed to moisture to maintain its potency.**
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### **Key Points for Use:**

- **This herbal formulation supports kidney and urinary health, offering diuretic, anti-inflammatory, and detoxifying properties.**
- **It is especially useful for individuals experiencing fluid retention, kidney stones, or urinary tract discomfort.**
- **Always follow the prescribed dosage and consult a healthcare provider before use, particularly if you are on other medications or have underlying health conditions.**

**Note: Herbal products may take time to show results. It is important to use them consistently and follow the recommended guidelines for best results.**

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

**(An ISO 9001: 2015 Certified Co.)**

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