

# Platedge Tablet

**Papaya 150 mg + Tinospora Cordifolia (Guduchi) 150 mg + Goat Milk Powder 100 mg + Wheat Germ Oil (Vitamin E) 40 mg + Swertia Chirata 125 mg (Powerful Formula) Tablet**

**Category: Herbal Supplement (Health Tonic, Immunity Booster)**

**Dosage Form: Oral Tablet**

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## Description

This powerful formula combines the natural goodness of Papaya, Tinospora Cordifolia (Guduchi), Goat Milk Powder, Wheat Germ Oil (Vitamin E), and Swertia Chirata to provide a holistic health tonic. Each ingredient is well-known for its unique therapeutic benefits, including immune system support, detoxification, antioxidant protection, and skin health improvement. The combination of these herbs and nutrients offers comprehensive support for overall well-being.

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## Composition (Per Tablet):

- **Papaya Extract (Carica papaya): 150 mg**
- **Tinospora Cordifolia (Guduchi): 150 mg**
- **Goat Milk Powder: 100 mg**
- **Wheat Germ Oil (Vitamin E): 40 mg**
- **Swertia Chirata: 125 mg**

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## Indications:

- 1. Immune System Support:**
  - Strengthens immunity and helps fight infections.
- 2. Antioxidant Protection:**

- Protects the body from oxidative stress and free radical damage.

- 3. Detoxification:**

- Promotes liver health and detoxification of harmful substances from the body.

- 4. Skin Health:**

- Improves skin texture, reduces blemishes, and supports healthy, glowing skin.

- 5. Digestive Health:**

- Improves digestion and helps with gastrointestinal issues.

- 6. General Well-being:**

- Enhances overall vitality, energy levels, and reduces fatigue.

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## Dosage and Administration:

- **Adults:**
  - Take 1 tablet once or twice daily after meals, or as directed by a healthcare professional.
- **Children (under 12 years):**
  - Use under the supervision of a healthcare provider.

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## Instructions for Use:

- Swallow the tablet whole with a glass of water. Do not chew or break the tablet.
- For optimal results, use regularly as part of a healthy diet and lifestyle.

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## Mechanism of Action:

- 1. Papaya (Carica papaya):**
  - Rich in enzymes like papain, which aids digestion and supports

the body's natural detoxification processes. It also has antioxidant properties, reducing inflammation and promoting skin health.

## 2. **Tinospora Cordifolia (Guduchi):**

- **Known as an adaptogen, Guduchi enhances immunity, helps the body adapt to stress, and supports detoxification. It also has anti-inflammatory and liver-protective properties.**

## 3. **Goat Milk Powder:**

- **A rich source of essential vitamins, minerals, and proteins. It supports the immune system, promotes healthy growth and development, and aids in better digestion.**

## 4. **Wheat Germ Oil (Vitamin E):**

- **A powerful antioxidant that protects cells from oxidative damage. Vitamin E supports skin health, immune function, and protects against environmental stressors.**

## 5. **Swertia Chirata:**

- **Known for its blood-purifying and liver-protective properties. It enhances digestion, boosts immunity, and helps regulate blood sugar levels.**

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### **Contraindications:**

- **Allergic Reactions:**
  - **Should not be used if allergic to any of the ingredients, particularly papaya, goat milk, or wheat germ.**
- **Pregnancy and Lactation:**
  - **Use with caution during pregnancy and breastfeeding. Consult a healthcare provider before use.**
- **Kidney or Liver Disorders:**

- **Consult a doctor before using if you have pre-existing kidney or liver conditions.**

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### **Warnings and Precautions:**

#### **1. Pregnancy and Lactation:**

- **While this formula is generally safe, consult with a healthcare provider before use during pregnancy or breastfeeding.**

#### **2. Chronic Conditions:**

- **Individuals with chronic health conditions such as diabetes, hypertension, or autoimmune disorders should consult their healthcare provider before using this supplement.**

#### **3. Drug Interactions:**

- **No significant drug interactions have been reported, but consult a healthcare provider if you are taking prescription medications, especially for immune system modulation or digestive issues.**

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### **Adverse Effects:**

- **Common Side Effects:**
  - **Mild gastrointestinal discomfort (e.g., bloating, nausea) or mild allergic reactions (e.g., rash) may occur in rare cases.**
- **Serious Side Effects:**
  - **Discontinue use and consult a healthcare provider if any severe allergic reaction, difficulty breathing, or other concerning symptoms occur.**

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### **Storage Instructions:**

- **Store in a cool, dry place at room temperature (15–25°C).**
  - **Protect from light and moisture.**
  - **Keep out of reach of children.**
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### **Key Points for Use:**

- **Regular use of this supplement, combined with a healthy diet and lifestyle, can significantly improve immune function, skin health, and overall well-being.**
- **Suitable for individuals looking for a natural solution to boost immunity and support digestive health.**

**Note: This product is a dietary supplement and is not intended to diagnose, treat, cure, or prevent any disease. Always use under the guidance of a healthcare professional.**

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

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

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