



## Men's Health Programme

**Power Up. Perform Better. Live Strong.**

- Formulated with Ashwagandha, Safed Musli & Gokshura. Complete Ayurvedic support for modern men's health.
- Boosts stamina, strength, and overall vitality.
- Helps improve energy, endurance, and muscle tone.
- Supports hormonal balance and testosterone levels.
- Reduces fatigue, stress, and mental exhaustion.
- Promotes reproductive health and confidence.
- Powered by Ashwagandha, Shilajit & Safed Musli.
- Complete Ayurvedic support for men's active lifestyle.



**HERBAL HILLS®**



# HEALTH PROGRAMME KIT



## Weight Management Programme

**Break the Cycle. Burn Fat. Regain Control.**

- Helps maintain extra weight. fuels BP, Sugar and fatigue.
- Reduces belly fat and stubborn bloating.
- Improves digestion and gut cleansing daily.
- Boosts metabolism for natural fat burning.
- Eases movement for better daily activity.
- Helps control sugar and cholesterol levels.
- Complete Ayurvedic support for healthy weight loss.



## Diabetes Management Programme

**Science-Based Ayurvedic Kit for Blood Sugar Balance & Daily Strength**

- Tired of managing sugar levels every day?
- Doctor suggests walking-but you feel too tired?
- Feeling weak, drained, or low in energy daily?
- Looking for sugar control with herbal support?
- Our kit blends syrup + tablets with researched Ayurvedic herbs.
- Supports energy, digestion, and blood sugar stability.
- Feel better. Move better. Live naturally-every day.

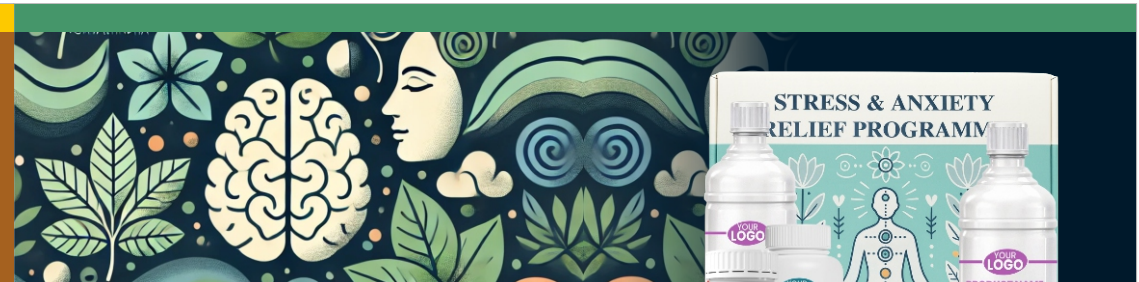




## Joint Care Programme

For Stronger Joints, Flexible Movement & Daily Comfort

- Struggling to walk 5,000 steps daily?
- Avoiding stairs due to knee pain?
- Morning stiffness slowing your start?
- Knees hurt during temple or travel?
- Trouble sitting cross-legged on floor?
- Difficulty bending, turning, or squatting?
- Joints feel heavy in cold weather?



## Stress & Anxiety Relief Programme

For Calm Mind, Deep Sleep & Inner Balance

- Calms racing thoughts and overthinking.
- Promotes deeper, more restful sleep.
- Relieves stress-linked acidity and tension.
- Supports mental clarity and calm focus.
- Reduces irritability and emotional burnout.
- Relaxes nerves, balances mood naturally.
- Complete Ayurvedic care for mind and sleep.







## Hair Care Programme

### Ayurvedic Hair Spa at Home For Nourished Roots, Strong Strands & Natural Shine

- Ayurvedic Hair Spa at Home - easy, effective & chemical-free.
- Keshohills Oil – Deep scalp nourishment that reduces hair fall and strengthens follicles.
- Keshohills Shampoo -Gentle herbal cleansing to remove buildup and protect natural oils.
- Keshohills Hair Pack - Ayurvedic deep conditioning to restore softness and shine.
- Use 2–3 times a week for long-lasting scalp and hair health.
- Regular use prevents dryness, breakage and premature greying.
- Turn your weekly hair routine into a relaxing herbal rejuvenation ritual.



## Cough & Cold Care Programme

### Your Family's Everyday Ayurvedic Shield for Cough, Cold & Pollution



- Cough & cold strike families suddenly - this kit provides instant Ayurvedic support.
- Kofhills Syrup - Soothes sore throat, clears mucus and calms dry or wet cough naturally.
- Kofhills Tablets - Target respiratory congestion and relieve inflammation in lungs and throat.
- Panch Hills Tulsi Drops – Build immunity and help fight infection and viral discomfort from within.
- Safe for daily use-no chemicals or steroids, suitable for adults and older children.
- Effective against pollution, dust or weather-induced respiratory issues.
- An essential Ayurvedic remedy to keep handy at home-always.



## Advanced Ayurvedic Hair Care Programme

### 360° Ayurvedic Hair Care – Inside & Out

- Ayurvedic care that works inside & out.
- Oil to strengthen roots & reduce fall.
- Shampoo to cleanse without chemicals.
- Hair pack to restore shine & softness.
- Capsules to nourish hair from within.
- Fights hair fall, greying & thinning.
- One kit, complete care, visible results.



## Digestive Care Programme

### Cleanse Deep. Relieve Gas. Strengthen Digestion.

- Helps relieve gas, acidity, and indigestion discomfort.
- Reduces bloating and heaviness after meals.
- Improves digestion and supports regular bowel movement.
- Detoxifies the gut with herbs like Haritaki and Triphala.
- Boosts liver function and digestive enzyme activity.
- Enhances nutrient absorption for better energy.
- Complete Ayurvedic support for daily digestive wellness.



## Daily Health Supplement for Women



**Balance Hormones. Boost Energy.  
Nourish Naturally.**

- Supports daily energy, vitality, and hormonal balance.
- Helps manage PMS, mood swings, and fatigue.
- Promotes skin glow and inner wellness.
- Strengthens immunity and improves metabolism.
- Supports bone health and reproductive wellness.
- Powered by Shatavari, Ashoka, and herbal extracts.
- Complete Ayurvedic support for modern women's health.



## Daily Health Supplement for Men



**Boost Strength. Stay Active.  
Support Vitality.**

- Supports stamina, energy, and daily performance.
- Helps reduce stress, fatigue, and weakness.
- Improves muscle strength and physical endurance.
- Promotes healthy testosterone and vitality.
- Enhances immunity and overall wellness.