



MenstruAid Capsules

Normalizes Menstrual Cycle

Direction for use:

1 Capsule twice a day after meal for 3-4 menstrual cycle or as directed by the physician.

Storage condition:

To be stored at room temperature in a cool and dry place, keep away from direct sunlight.

Precaution:

Tighten the container after use.

Keep out of reach of children.

Do not use if seal is broken.

Consult your physician/healthcare professional if you are pregnant or a nursing mother.

Note:

As per international safety standards, this product is tested for heavy metals, steroids and pesticides.
No Preservatives added.

Tips for Healthy Menstrual Cycle

- Eat food which contains more of protein, nuts and pulses to maintain hormonal level
- Drink plenty of water daily including 1 to 2 glass lukewarm water in morning
- Avoid smoking and alcohol consumption
- Go for regular walk and do regular exercise, yoga and pranayama for good digestive health
- Get enough sleep, go to bed early and wake up early in the morning

If you have any queries kindly talk to our expert on 1800 313 3132.