



“HERBAL LIFE INDIA”



# HEIRU

## Soul of Water



# “HERBAL LIFE INDIA”

Introducing HEIRU with antibiotic, anti-fungal and antibacterial properties, which aids to prevent numerous diseases infections. It nurses various existing minerals at our birth, what are being damaged on account of polluted water, food and air.

Our research came to solution to protect these minerals from our polluted exhaled. This blend converts your dead water to precious herbal water to detoxify your body and boost immunity.

It contains no sugar, no alcohol, no preservative, no animal and no artificial ingredients.





**“HERBAL LIFE INDIA”**

**PREVENTS CANCER**

**FAST DIGESTION**



**ENHANCE  
BEAUTY**

**REDUCES HAIR FALL**

**IMPROVE IMMUNITY**

**GLOWING SKIN**



## Description

- ▶ Everyone knows drinking water is important; The average adult body is made up of 60-70% of water. Even though water provides many natural health benefits, but it is easy for some people to follow this advice. Every day we offer tea, coffee, soft drinks, juices and more, which are more attractive choices than good, old-fashioned water. There are many good reasons to drink water; Some are more obvious than others. Hopefully, we can inspire you to drink more water more often.
- ▶ This is the most common benefit of drinking more water. Tiredness, headache, and not enough drinking water are responsible for drinking. Instead of going back for a second or third cup, when you hit that afternoon's recession, then grab one cup of water. Or better yet, a full bottle!
- ▶ Do you know that 70% of your joint cartilage is made of water? Most people do not, but true dehydration can cause joint hardness or discomfort. So no matter how much you stretch, you need to provide your body enough water to ensure that your joints have everything they need.



हर कोई जानता है कि पीने का पानी महत्वपूर्ण है; औसत वयस्क शरीर 60-70% पानी से बना होता है। भले ही पानी कई प्राकृतिक स्वास्थ्य लाभ प्रदान करता है, लेकिन इस सलाह का पालन करना कुछ लोगों के लिए आसान है। हर दिन हम चाय, कॉफी, शीतल पेय, जूस और अधिक की पेशकश करते हैं जो अच्छे, पुराने जमाने के पानी की तुलना में अधिक आकर्षक विकल्प हैं। पानी पीने के कई अच्छे कारण हैं; कुछ दूसरों की तुलना में अधिक स्पष्ट हैं। उम्मीद है, हम आपको अधिक बार अधिक पानी पीने के लिए प्रेरित कर सकते हैं। पीने का पानी... उत्पादकता बढ़ाता है अधिक पानी पीने का यह सबसे आम लाभ है। थकान, सिरदर्द और अधिक पर्याप्त पानी नहीं पीने के लिए जिम्मेदार हैं।





एक दूसरे या तीसरे कप के लिए वापस जाने के बजाय जब आप उस दोपहर की मंटी से टकराते हैं, तो एक कप पानी को पकड़ो। या बेहतर अभी तक, एक पूरी बोतल! जोड़ों और मांसपेशियों को भिगोता है क्या आप जानते हैं कि आपकी संयुक्त उपास्थि का 70% हिस्सा पानी से बना है? ज्यादातर लोग नहीं करते हैं, लेकिन सच निर्जलीकरण संयुक्त कठोरता या बेचैनी का कारण बन सकता है।

इसलिए आप चाहे जितना भी खिंचाव करें, फिर भी आपको अपने शरीर को यह सुनिश्चित करने के लिए पर्याप्त पानी उपलब्ध कराने की आवश्यकता है कि आपके जोड़ों के पास वह सब कुछ है जो उन्हें चाहिए। पाचन में सुधार करता है पानी आपके शरीर की पाचन प्रक्रिया के लिए एक महत्वपूर्ण तरल है। यह आपके शरीर को आपके द्वारा खाए जाने वाले भोजन को और आसानी से तोड़ने में मदद करता है और इसके लिए आवश्यक पोषक तत्वों को बेहतर तरीके से अवशोषित करता है। अपने शरीर को पर्याप्त पानी के साथ आपूर्ति करना भी मल को नरम करता है और सब कुछ थोड़ा और आसानी से आगे बढ़ने में मदद करता है।

# 21 Blends Herbs

**BILWA**



**AKARKARA**



**AJWAIN**



**ASHWGANDHA**



**LAVANG**



**TULSI**



**GILOY**



**GUGGUL**



**KAKMACHI**



**PUNARNAVA**



**SONTH**



**GHRIT KUMARI**



**BHOOMI AMLA**



**SUGARCANE**



**SAUNF**



**SHATAVAR**



**HARAD**



**AMLA**



**BAHERA**



**YASHTIMADHU**



**SHATPUSHPA (SOWA)**





## **BILWA**



- 1.High on Carbs
- 2.Rich in Potassium
- 3.Loaded with Calcium
- 4.Iron Rich
- 5.Abundance of Vitamins
- 6.Powerhouse of Antioxidants





## **AKARKARA**



1. Akarkara Benefits in Headache
2. Akarkara to Get Relief from Common Cold and Cough
3. Akarkara in Tooth Ache
4. Akarkara to Treat Bad Breath
5. Akarkara Benefits in Dental Problem
6. Akarkara Beneficial in Vocal Sound
7. Akarkara to Treat Hiccup
8. Akarkara Powder Benefits in Breathing Problems
9. Akarkara for Dry Cough
10. Akarkara to Treat Abdominal Diseases
11. Akarkara Benefits in Healthy Heart



## AJWAIN



1. Instant Relief from Acidity and Indigestion
2. Treats Common Cold
3. For Ear and Tooth Ache
4. For Cleaning Wounds
5. Oma Water
6. To Stop Greying of Hair
7. Mosquito Repellent
8. Cleansing skin
9. Eases the Pain Due to Arthritis



## ASHWGANDHA



1. It's an Ancient Medicinal Herb
2. It Can Reduce Blood Sugar Levels
3. It Has Anti-Cancer Properties
4. It Can Reduce Cortisol Levels
5. It May Help Reduce Stress and Anxiety
6. It May Reduce Symptoms of Depression
7. It Can Boost Testosterone and Increase Fertility in Men
8. It May Increase Muscle Mass and Strength
9. It May Reduce Inflammation



## LAVANG

- 1.High in Antioxidants
- 2.Protect Against Cancer
- 3.Can Kill Off Bacteria
- 4.Improve Liver Health
- 5.Help Regulate Blood Sugar
- 6.Promote Bone Health
- 7.Reduce Stomach Ulcers





## **TULSI**



- 1.It acts as a detoxifying, cleansing and purifying agent – both from within and without.
- 2.Therefore it is good for skin – both when consumed and applied topically.
3. It is also effective in treating skin disorders, itching and issues like ringworms.
- 4.It can be made into teas or can be had raw, powdered, paste or in form herbal supplements.
5. It has antibiotic, anti-viral, anti-bacterial and anti-carcinogenic properties.
- 6.It helps in relieving from fever, headache, sore throat, cold, cough, flu and chest congestion.
- 7.It is also beneficial in treating respiratory ailments like chronic bronchitis, asthma et cetera.
8. Helps relieve stress, strengthen immunity, and facilitate proper digestion.
9. It is loaded with phytonutrients, essential oils, Vitamin A and C
- 10.Regular tulsi consumption can also aid in balancing various bodily processes.
- 11.Is great for dental health and for healthy gums.



## GILOY



1. Boosts Immunity
2. Treats Chronic Fever
3. Improves Digestion
4. Treats Diabetes
5. Reduces Stress and Anxiety
6. Fights Respiratory Problems
7. Treats Arthritis
8. Reduces Asthmatic Symptoms
9. Improves Vision
10. Reduces Signs Of Aging



## GUGGUL



- 1.Promotes detoxification and rejuvenation
- 2.Purifies the blood
- 3.Helps maintain healthy cholesterol levels already within the normal range.
- 4.Promotes healthy weight management
- 5.Supports comfortable movement of the joints
- 6.Is a natural source of antioxidants
- 7.Supports the immune system
- 8.Helps engender vibrant, healthy skin
- 9.Supports a regular menstrual cycle



## KAKMACHI



1. The juice of Kakamachi fruit is used to treat the toothaches.
2. The fruit of Kakamachi is an excellent remedy for curing liver disorders.
3. Boil the Kakamachi leaves thoroughly and use them like spinach to cure fataya pipes.
4. The fruit pulp of Kakamachi is used as a tonic for treating asthma and excessive thirst.
5. The leaves of Kakamachi is used in cooking like spinach, to treat the mouth ulcer's that happen during winter.
6. The boiled extract of Kakamachi leaves and berries are used to alleviate liver related ailment and jaundice.
7. The juice of the Kakamachi leaves is good for flatulence, peptic ulcers and dysentery
8. The decoction made from fresh and dried leaves helps to reduce fever.





## PUNARNAVA



1. Beneficial for Liver
2. Urinary tract infection
3. Obesity
4. Diabetes
5. Eyes Diseases
6. Congestive Heart Failure
7. Good for Kidney
8. Stomach Disorders
9. Anemia
10. Cancer
11. Gout & High Uric Acid Level in the blood



## SONTH



1. Culinary Uses
2. Toner
3. Stomach Irritation
4. Headache
5. Chest Pain
6. Anti-Inflammatory
7. Common Cold
8. Metabolism
9. Flatulence
10. Urinary Infections
11. Cure for Motion Sickness or Morning Sickness



## GHRIT KUMARI

1. Rich in Antioxidants
2. Boosts Digestion
3. May Help Diabetics
4. May Promote Weight Loss
5. Helps With Digestion
6. Helps Treat Minor Cuts And Rashes On The Skin
7. Ghrith kumari is A Natural Moisturizer
8. Aloe Vera Boosts Hair Growth
9. Aloe Vera And Dandruff Control
10. Aloe Vera Helps Treating Sunburns



## BHOOMI AMLA

1. Bhumi Amla removes toxins from the body and purifies the blood. it has a carminative action on the body.
2. Bhumi Amla can treat skin infections and swelling. It has poison-neutralising properties.
3. Consumption of Bhumi Amla can turn out to be an effective treatment for Asthma. You can attain relief from the symptoms of cough and hiccup by using Bhumi Amla along with sugar syrup as nasal drops.
4. The juice of Bhumi Amla, as well as its powder, can be used to quickly heal wounds and fractured bones.



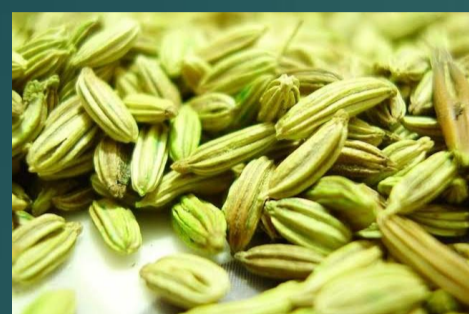
## SUGARCANE



1. One of the most important health benefits of sugarcane juice is that it **is a diuretic** which means that it helps treat urinary tract infections, kidney stones and ensure proper functioning of the kidneys.
2. According to Ayurveda, sugarcane juice helps strengthen your liver and is thus suggested as a remedy for jaundice. Jaundice is a condition where you find yellow pigmentation of the skin and membrane due to elevated levels of a substance known as bilirubin in the bodily fluids and is triggered by poor functioning liver.
3. Another important health benefit of sugarcane juice is due to it being rich in the good kind of carbohydrates, protein, iron, potassium and other essential nutrients that make it the ideal energy drinks. Especially in the summer months, a glass of cold sugarcane juice and really life both your health and your depleting levels of energy. It builds up plasma and body fluids and helps counter dryness and fatigue.



## SAUNF



1.Fennel seeds serve your skin by providing various vitamins, which in turn give you a younger looking skin. Fennel tea, when consumed on a daily basis, helps in improving the overall texture of the skin as it treats acne and makes your skin look flawless and glowing.

2.Fennel is a good source of potassium, Vitamin C, iron, and folic acid, which cuts the risk of anaemia and other immunity issues associated with women. Having a fennel-based tea twice a day on a regular basis can improve breast milk production in nursing mothers apart from cleaning out accumulated toxins from the body.

3.Cholesterol absorption in the arteries is prevented by the action of the fibre binding the bile salts, thanks to fennel seeds. The fibre present in fennel seeds decreases re-absorption of cholesterol thereby helping to prevent heart-related diseases.



## SHATAVAR



1. It may help boost your immune system
2. It may help relieve cough
3. It may help treat diarrhea
4. It may act as a diuretic
5. It may help treat ulcers
6. It may help treat kidney stones
7. It may help maintain blood sugar
8. It may be anti-aging
9. It may help treat depression



## HARAD



1. Harad or Haritaki is beneficial on the reverse - Harad For Nausea And Vomiting
2. Use of myrobalan in piles is beneficial
3. Use of Harad in digestive power is beneficial- Harad For Digestion
4. Use of myrobalan in inflammation is beneficial





## AMLA



1. Regular consumption of amla juice helps in reducing cholesterol levels.
2. Amino acids and antioxidants aid in the overall functioning of heart.
3. It is also helpful in managing diabetes better as well as respiratory ailments like asthma.
4. It supports liver function and flushes out toxins from the body.



## BAHERA



1. Enhance your body's resistance against ailments and fight diseases with regular consumption of Bahera. The fruit can be used to treat diseases such as bronchitis, sore throat, biliousness, inflammations, strangury, asthma and ailment of the eye, nose, heart and bladder.



## YASHTIMADHU



1. Fights Upper Respiratory Tract Infections
2. Prevents Tooth Decay And Fights Oral Infections
3. Helps Memory And Learning
4. Eases Stress And Revitalizes The Brain
5. Controls Diabetes Symptoms Of Excessive Thirst And Hunger
6. Reduces Menopausal Hot Flashes
7. Counters Skin Problems And Improves Skin Tone
8. Tackles Peptic Ulcers
9. Keeps Your Heart In Good Shape
10. Protects The Liver



## SHATPUSHPA (SOWA)



1. Dill Helps Digestion
2. Dill Seeds for Menstruation
3. Dill Safe for Pregnancy
4. Dill for High Blood Pressure
5. Dill for Insomnia
6. Dill Improves Bone Health
7. Dill for Diabetes
8. Sowa for Hiccups
9. Dill Boosts Your Immune System
10. Dill for Cancer



## Why Choose Heiru?

Purest Bottled Water ✓

Wholesale & Retailers ✓

Quality in Every Drop ✓



✓ Award Winners

✓ Rush Delivery Service

✓ Finest Home Water



**“HERBAL LIFE INDIA”**

**CUSTOMER CARE NUMBER : 011-40192574**