



Health



&









Wellness



WELCOME TO HEALTH AND WELLNESS PROGRAM

Welcome to our comprehensive Health Guide, designed to provide you with detailed information on various health products for your well-being. Whether you're seeking support for immunity, digestion, heart health, weight management, or joint discomfort, we've got you covered. Each product in this guide is carefully crafted to address specific health concerns and promote overall wellness. Explore the benefits and recommended usage of each product to embark on your journey towards a healthier lifestyle

-  **Miracle 21 Juice:**
Boost your vitality with potent antioxidants and essential nutrients.
-  **Detox Clean Juice:**
Support your body's detoxification process and improve gastrointestinal health.
-  **Heart Care Juice:**
Enhance cardiovascular wellness and maintain a healthy heart.
-  **Riwaslim:**
Achieve your weight management goals naturally and sustainably.
-  **Ortho Oil:**
Find relief from joint and muscular discomfort with soothing natural ingredients.
-  **Detoxiglo:**
Enhance your sleep quality, relieve your pain and stress, improved blood circulation and boosts your immune system

Discover the power of these health products and take proactive steps towards a healthier, happier you. Let this guide be your companion on your path to optimal well-being



WHAT IS HEALTH & WELLNESS?

Health and wellness programs are initiatives designed to promote and improve the physical and mental well-being. These encompass a wide range of activities and services that aim to support healthy lifestyles and create a positive work environment.

➤ PHYSICAL HEALTH

Fitness activities, health screenings, nutrition counseling.

➤ MENTAL HEALTH

Stress management, mental health resources, counseling services.



5 Healthy Habit Tips for a Healthy Life

Get Enough Sleep

Sleep 7-8 hrs per night to give your body and mind enough rest

Eat a Balanced diet

Eat lots of nutrient –based foods, including fruits and vegetables

Manage Stress

Find ways to manage stress like meditation, yoga, deep breathing etc

Move your Body

Incorporate physical activity in to your daily routine

Practice good hygiene

Wash your hands regularly and avoid touching your face frequently.



Description:

Miracle 21 Juice is a potent blend that combines antibiotics, anti-inflammatory properties, essential multivitamins, and minerals. It acts as a robust antioxidant and detoxifier, supporting overall health and vitality

Health Benefits:

- a. Antibacterial and Anti-inflammatory
- b. Nutrient Boost
- c. Antioxidant Support
- d. Detoxification
- e. Immune Modulation
- f. Vitality Enhancement

Recommended Usage

30 ml on an empty stomach early in the morning with lukewarm water. Drink more water during the day for better results.



MIRACLE 21 JUICE

Composition of each 30 ml

Moringa	300 mg
Alfalfa	100 mg
Mangosteen	200 mg
Gingko Biloba	100 mg
Sea Buckthorn	200 mg
Acai Berry	200 mg
Pomegranate	200 mg
Nano Curcumin	50 mg
Ginseng	100 mg
Tulsi	300 mg
Dandelion	200 mg
Milk Thistle	200 mg
Shilajit	100 mg
Safed Musli	100 mg
Brahmi	200 mg
Grape Seed	200 mg
Shatavari	200 mg
Beet Root	200 mg
Triphala	300 mg
Arjun Chal	100 mg
Banaba	100 mg

Description:

Detox Clean Juice is a blend designed to enhance nutrient absorption and support complete detoxification. It aids in treating hyperacidity, strengthens the digestive system, and provides relief from various gastrointestinal issues

Health Benefits:

- a. Improved Nutrient Absorption
- b. Detoxification:
- c. Gastrointestinal Support
- d. Digestive Health
- e. Relief from Discomfort

Recommended Usage

30 ml on an empty stomach in night after 2 Hrs of Dinner with lukewarm water. Drink more water during the day for better results.

DETOX CLEAN JUICE



Composition of each 30 ml

Tulsi	250 mg
Aloe Vera	300 mg
Wheat Grass	300 mg
Amla	500 mg
Giloy	300 mg
Milk Thistle	300 mg
Dandelion	300 mg
Soya Beej	50 mg
Pudina	50 mg
Nagarmotha	150 mg
Pippali	50 mg
Kali Mirch	50 mg
Saunth	50 mg
Ganoderma	50 mg
Dilseed	50 mg
Marshmallow	50 mg

HEART CARE JUICE

Description:

Heart Care Juice supports heart health by lowering cholesterol and blood pressure levels, improving blood circulation, and enhancing cardiac function. Packed with antioxidants and essential nutrients, it promotes overall cardiovascular wellness

Health Benefits:

- a. Heart Health Support
- b. Improved Circulation
- c. Cardiac Strength
- d. Antioxidant Protection
- e. Overall Wellness

Recommended Usage

10 ml twice a day



Composition of each 10 ml

Zingiber Offcinale	10 ml
Allium Sativum	10 ml
Arjuna	10 mg
Amla	10 ml
Citrus Limon	10 ml
Apple Vinegar	10 ml
Natural Honey	50ml

RIWA SLIM

Description:

Riwaslim is a blend of Ayurvedic herbs and botanicals that support healthy weight management by enhancing digestion, metabolism, detoxification, and appetite control.

Health Benefits:

- Weight Management
- Enhanced Metabolism
- Appetite Control
- Improved Digestion
- Detoxification

Recommended Usage

Adult: 1 Tablespoon (5 gm) with a glass of lukewarm water at bedtime



Composition of each 5 gm

Zingiber Officinale	1 gm
Foeniculum Vulgare	1 gm
Cuminum Cyminum	1 gm
Trigonella foe Num Greacum	1 gm
Coriandrum Sativum	1 gm
Piper Nigrum	1 gm
Black Slat	1 gm
Terminalia Chebula	3 gm
Polygonatum Verticilatum	1 gm
Himalayan Pink Salt	1 gm
Cinnamomum tamala	1 gm
Mentha	1 gm
Nigella Sativa	1 gm
Phyllanthus embica	1 gm
Plantago Ovata	3 gm
Linum usitatissium	2 gm
Myristica	1 gm
Curcuma longa	1 gm
Operculia Terpentum	1 gm
Cichorium intybus	1 gm
Terminilla berllica	2 gm
Cassia angustifolia	4 gm
Elettaria cardamomum	1 gm
Cinnamomum Verum	1 gm

RIWA SLIM

Description:

Ortho Oil provides effective relief from joint and muscular discomfort through a blend of natural ingredients carefully selected for their soothing properties..

Health Benefits:

- a. Joint Relief
- b. Muscular Comfort
- c. Soothing Action
- d. Natural Ingredients
- e. Mobility Support

Recommended Usage

Take some drops on your palm & gently massage on the affected area or as directed by the physician.



Composition

Eucalyptus Oil	10 ml
Wintergreen Oil	5 ml
Garlic Oil	5 ml
Thymol	10 ml
Menthol	10 ml
Camphor	10 ml
Mustard oil	5 mg
Clove	5 mg
Ratanjot Root	5 gm
Carrom Seed	5 gm
Fenugreek seed	5 gm
Cinnamon	5 gm

Detoxiglo Foot Patches

Description:

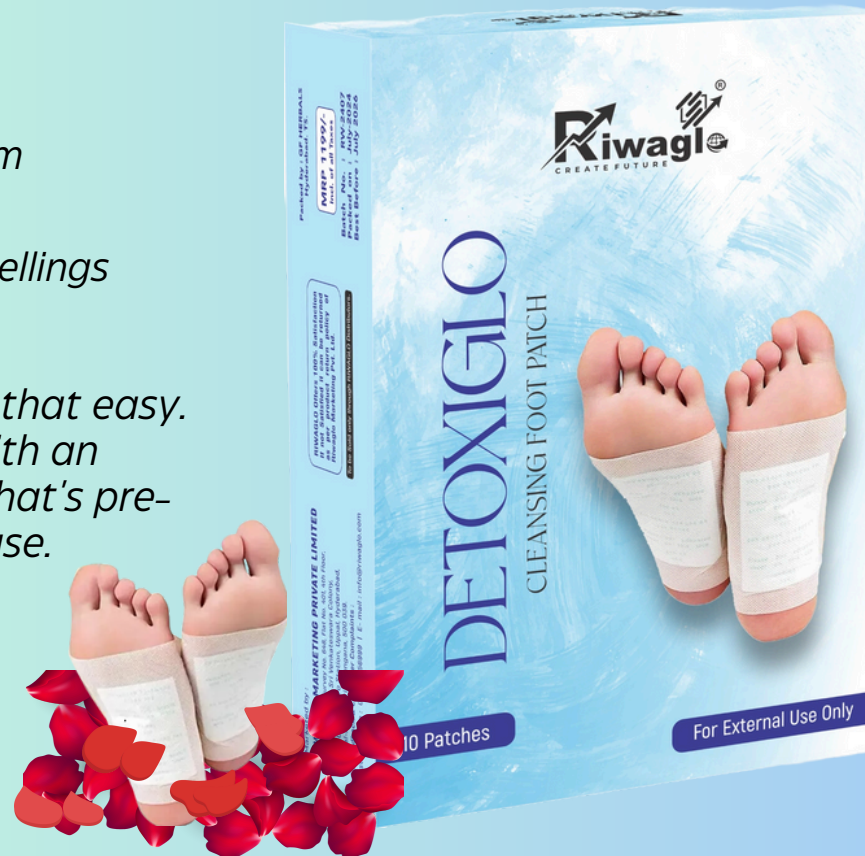
Foot patches are adhesive pads that are applied to the soles of the feet, typically before bed, to help draw out toxins and impurities from the body.

Health Benefits:

- Pain Relief
- Improved quality sleep
- Improved Immune System
- Improved Metabolism
- Relief from pains and swellings

Recommended Usage

Open, Peel and Apply. It's that easy. Each foot patch comes with an adhesive sheet and pad that's pre-assembled and ready to use.



Ingredients

Tourmaline
Chitosan
Wood Vinegar
Bamboo Vinegar
Vegetable Fiber
Pearl Powder
Pure Silica
Vitamin C
Dextrin
Glycolic Acid



Health



Wellness



www.riwaglo.com