



Nature's Digest is a tribute to nature. Its endeavour is to bring the best of nature in its purest form available today to its consumers. It relies on research and studies on one hand and the ancient texts of Ayurveda on the other merging the two in synergistic symbiosis.

Nature's Digest is not only limited to products, but any kind of philosophy or guiding beacon that yields life to its fullest potential.

OUR PRODUCTS

OMEGASWIFT Essential Fatty Acids Supplement High-Strength OMEGA 3-6-9

60 Softgels - INR 1380
90 Softgels - INR 2070
180 Softgels - INR 4050

OmeGaswift High Strength Omega 3-6-9 is a unique superlative Essential Fatty Acids dietary supplement as it not only contains a high strength concentration of EPA and DHA in the marine fish oil but also provides the fish oil in its natural triglyceride form. The composition of the supplement besides the high strength fish oil includes Organic Flaxseed oil and Organic Evening Primrose Oil, all sources of Omegas 3, 6 and 9. The source of the marine fish are Anchovies from the sustainable ocean waters off the coast of Peru. Given the high quality of natural and organic raw materials, Nature's Digest OmeGaswift provides a high calibre Omega 3, 6, 9 supplement.

Omega 3 Essential Fatty Acids are vital components of cell structure and contain the active ingredients eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), precursors of certain eicosanoids that are known to reduce inflammation throughout the body. Fish oil and Flaxseed Oil benefits can impact everything from pollution exposure and bone density to fat burning and brain power.

Omega 3 and Omega 6 available in this product protects the heart from elevated triglycerides and adverse cardiac and lipid effects associated with high pollution exposure. Several research studies show lower incidence of Coronary Heart Disease with regular high Omega 3 fish oil consumption and as well as lower risk of stroke. Research shows that for example, for hypertriglyceridaemia (elevated triglycerides) a dose of 4000-5000mg/day is required. For elevated blood pressure a dose of at least 2000mg/day. Along with regular exercise EFAs supplementation can help shed unwanted weight. Other health benefits of Omega 3, 6 and 9 are:

- Boosts brain power and memory
- Improves bone health and bone density
- Maintaining healthy blood pressure
- Anti - aging as it reduces signs of ageing at the DNA level according to a research study
- Improves intestinal health
- Healthy hair, skin and nails helping keep skin supple and young
- Gallbladder Health
- Helps alleviate ADHD symptoms, improve memory and concentration in children

The Organic Evening Primrose Oil, a source of high dietary gamma linolenic acid GLA that also has cardiac health benefits and other health benefits including maintaining healthy skin, healthy hormone levels, support against acne, eczema, psoriasis, asthma, dry itchy and scaly skin and ulcerative colitis. It is also supportive in joint pains, rheumatoid arthritis and improves oxygenation to the lungs.

A significant research study in 2010 uncovered a link between the blood level of fish oil and telomere shortening over a period of five years signifying its anti-aging benefits.





AshwaTulasi is a potent combination extract by Nature's Digest providing the synergistic benefits of both Ashwagandha Root Extract and Tulasi Extract. Ancient Indian medicine has long used Ashwagandha and Tulasi for their adaptogenic properties. Ashwagandha with its researched benefits of increasing energy levels, reducing stress and improving concentration is also popularly known as Indian Ginseng. There have been several studies conducted on Ashwagandha Extract and mostly the therapeutic dose has been at least 300mg of Root Extract taken twice daily. In one study on stress reduction by reducing cortisol levels, Ashwagandha extract showed a reduction of 30% on cortisol levels. In a 60-day study in 64 people with chronic stress, those in the supplemental group reported a 69% average reduction in anxiety and insomnia, compared to 11% in the placebo group. Also, several human studies have confirmed its ability to reduce blood sugar levels in both healthy people and those with Type 2 diabetes. Research has also shown Ashwagandha extract to boost testosterone levels and reproductive health in men. Additionally Ashwagandha extract has proven effects in increasing muscle size and strength, improving Natural Killer Cell activity in the body that helps to fight and ward off infection and maintain immunity. People with auto immune disorders and hyperthyroidism should seek professional guidance before taking Ashwagandha extract.

Tulasi has antibacterial, antifungal, antiviral, and anti-inflammatory properties. One animal study found that the oil in holy basil (eugenol) lowers stress-induced cholesterol levels. Tulasi extract can also prevent symptoms of diabetes such as weight gain, hyperinsulinemia, high cholesterol and hypertension. In studies on Tulasi extract, rats that received holy basil extract saw a 24 percent decrease in blood sugar after 30 days. There was also a reduction of total cholesterol in the kidney, liver, or heart in rats with and without diabetes after they ate holy basil leaf powder. Both Ashwagandha and Tulsi extract have benefits in fighting depression and anxiety, improving male and female fertility, improving memory, focus, increasing good cholesterol and lowering bad cholesterol and triglycerides.

CURCUMA

30 Veg Capsules - INR 900

60 Veg Capsules - INR 1760

90 Veg Capsules - INR 2400

Curcumin - The active ingredient from Turmeric Extract - 95%

500mg with Organic Black Pepper Extract 5mg for higher absorption

One of nature's miracle ingredients Of all of nature's abundance there are a few herbs and spices that have an unparalleled therapeutic impact on living beings. Curcuminoids, the active ingredients in turmeric extract is one of those jewels of nature!

Nature's Digest Curcuma uses Organic Turmeric Extract and has combined it with Organic Black Pepper Extract for higher absorption. One of the rare and only combinations on the market using research that has shown that Black Pepper enhances absorption on Curcumin by over 2000% in the formulation for the best results of its consumers. Curcumin is a potent anti-inflammatory and free radical scavenger as it has shown to increase enzymes such as NO, catalase, SOD and glutathione peroxidase all of which show antioxidant activity. Most of its health benefit are owing to this anti-inflammatory nature. It aids in liver health, kidney health, maintaining healthy blood pressure, heart health, brain health, protection from stress and anxiety, recovering from sports injuries, symptoms of PMS, digestive healing, skin health such as psoriasis, eczema, alopecia and is simply one of the few supplements that you can take daily for eliminating harmful effects of environmental toxins.



GYMNEMA

90 Veg Capsules - INR 1350

Gymnema Extract 75% - 450mg - Ayurvedic plant known as "sugar destroyer"



Gymnema sylvestre is a woody climbing shrub that's native to the tropical forests of India, Africa and Australia. Its leaves have been used for thousands of year in the Indian medicinal practice of Ayurveda.

It predominant use is in helping prevent and control diabetes as the Gymnemic acids in its leaves can block the sugar receptors on your tongue leading to reduced sugar cravings. Similar to its effects on taste buds Gymnema Extract can also block sugar receptors in your intestines thereby lowering post meal sugar levels. For people with high blood sugar or a high HbA1c, Gymnema sylvestre can help reduce fasting, post-meal and long-term blood sugar levels. In one study Gymnema Extract over 90 days helped control high blood sugar with people with Type 2 Diabetes. However, if you're taking blood-sugar-lowering medications, consult with your doctor first.

Gymnema's role in insulin secretion and cell regeneration may also contribute to its blood-sugar-lowering capabilities. Gymnema sylvestre may stimulate insulin production in your pancreas, promoting the regeneration of insulin-producing islet cells. This can help lower your blood sugar levels. Research shows that other than its sugar lowering properties, it may also influence fat absorption and lipid levels. In a study in moderately-obese people Gymnema extract decreased triglycerides and bad "LDL" cholesterol by 20.2% and 19%, respectively. What's more, it increased "good" HDL cholesterol levels by 22%.

It has also shown promise in weight balance. A study in 60 moderately-obese people taking a Gymnema extract found a 5-6% decrease in body weight, as well as reduced food intake. Gymnema sylvestre is considered safe for most people, but it should not be taken by children or women who are pregnant, breastfeeding or planning to get pregnant.