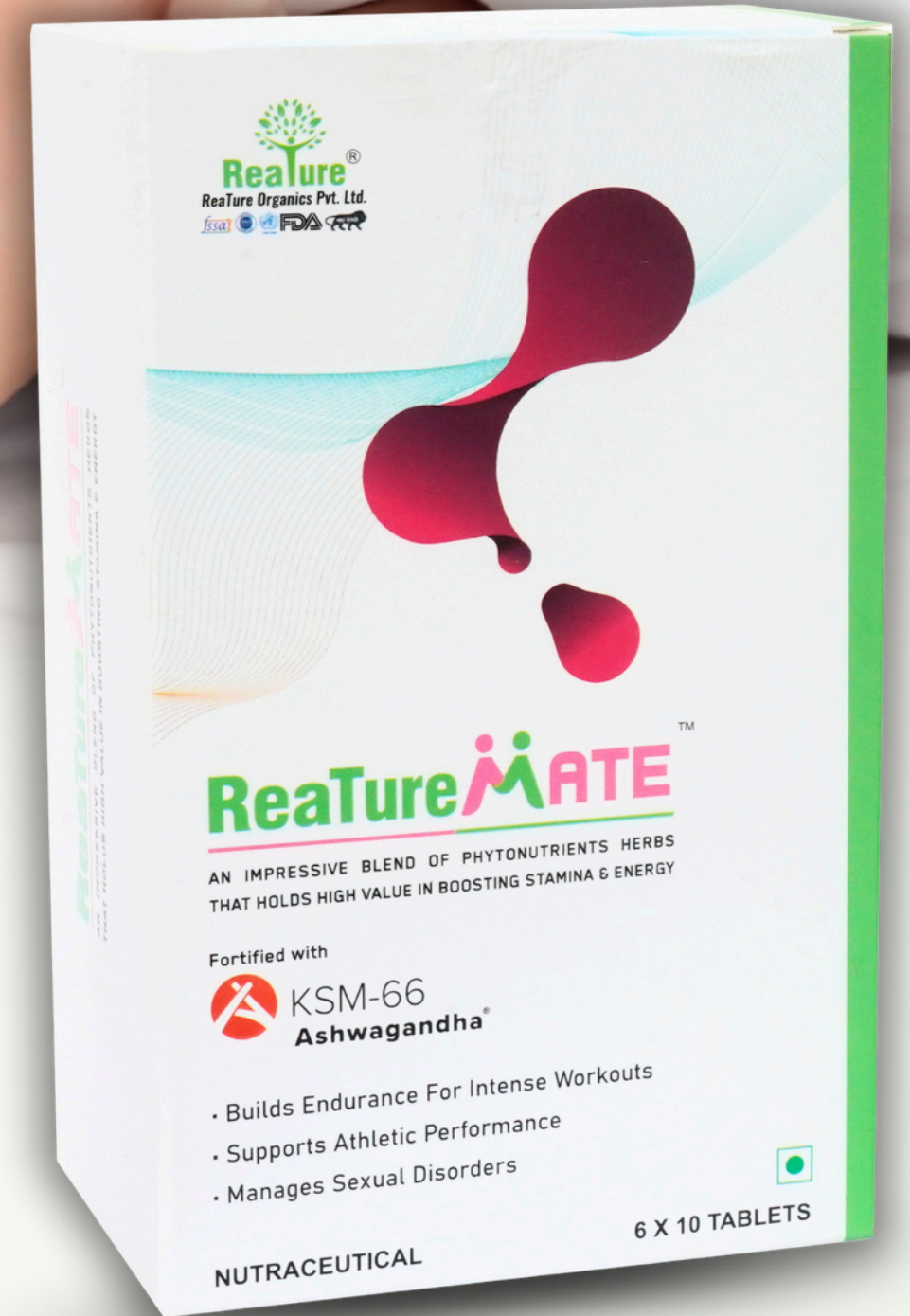


ReaTure[®]
न्यूTRITION



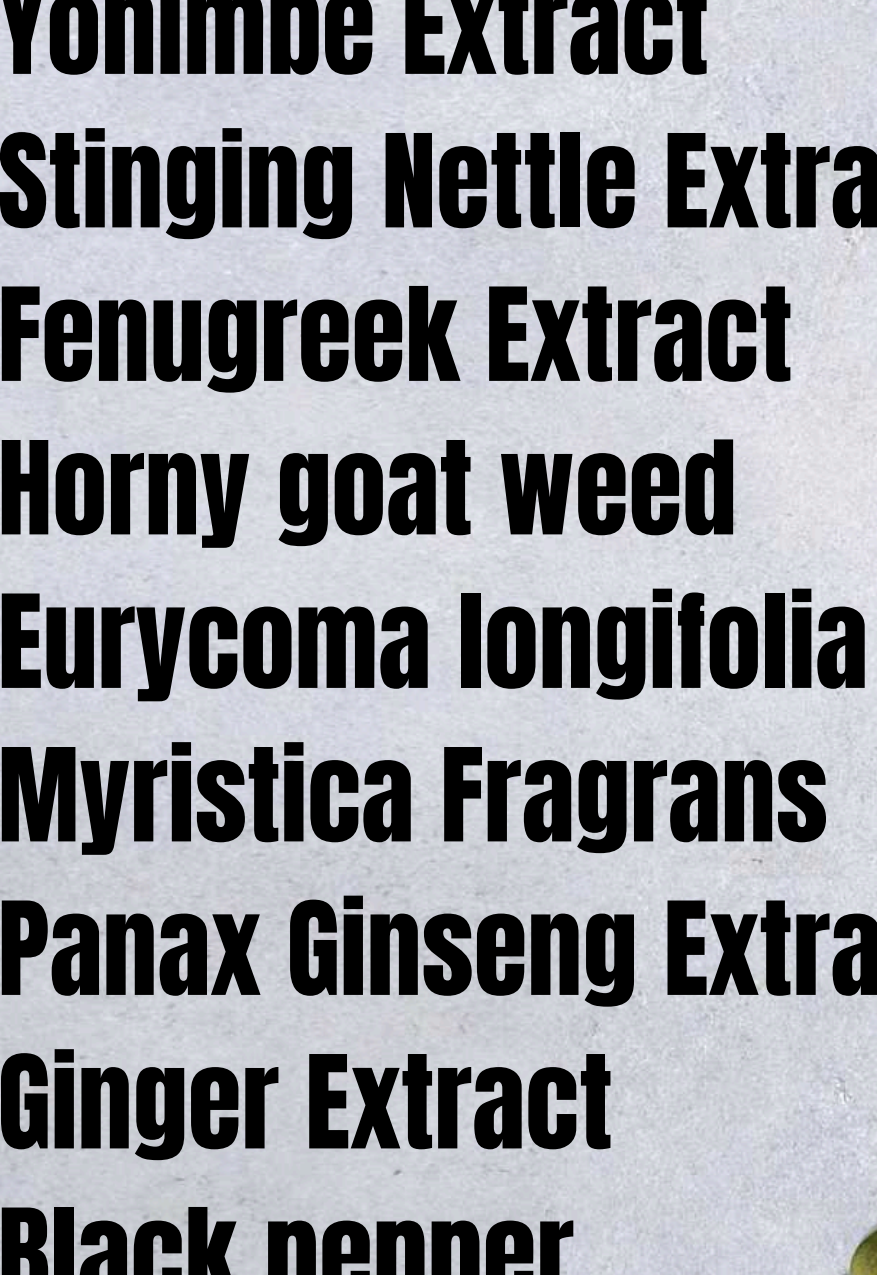
REATUREMATE

- ✓ Builds Endurance for Intense Workouts
- ✓ Supports Athletic Performance
- ✓ Manages Sexual Disorders



INGREDIENTS

- **Shatawari Extract**
- **Ashwagandha Extract**
- **Mucuna pruriens Extract**
- **Akarkara Extract**
- **Rhodiola rosea Extract**
- **Maca Root Extract**
- **Gokshura Extract**
- **Damiana Extract**
- **Hygrophila auriculata Extract**
- **Safed musli Extract**
- **Nitric oxide**

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- **Vidarikand Extract**
 - **Yohimbe Extract**
 - **Stinging Nettle Extract**
 - **Fenugreek Extract**
 - **Horny goat weed**
 - **Eurycoma longifolia**
 - **Myristica Fragrans**
 - **Panax Ginseng Extract**
 - **Ginger Extract**
 - **Black pepper**
 - **Wheat germ oil Extract**





Shatawari Extract Benefits

Regulates menstrual cycles:

It helps balance hormones and supports reproductive wellness, which can be beneficial for irregular cycles and PMS symptoms like cramps and bloating.

Supports fertility:

Shatawari helps maintain ovarian health and supports fertility by regulating hormones and enhancing ovulation.

Enhances lactation:

It is a galactagogue, meaning it increases breast milk production in nursing mothers.

Eases menopausal symptoms:

The herb contains phytoestrogens, plant-based estrogens that can help alleviate symptoms like hot flashes.

Post-delivery Rejuvenation:

It can aid recovery from fatigue and promote physical and mental health for new mothers.





Ashwagandha Extract

Reduces stress and anxiety:

As an adaptogen, Ashwagandha helps regulate the body's stress response by reducing cortisol levels, often referred to as the "stress hormone". Multiple studies have shown significant reductions in stress and anxiety levels in participants taking Ashwagandha extract compared to a placebo.

Promotes relaxation:

The somnifera in the plant's scientific name derives from the Latin for "sleep-inducing". It works by enhancing the activity of GABA, a neurotransmitter that calms the central nervous system.

Boosts memory and focus:

Ashwagandha has been shown to improve memory, attention span, and information-processing speed, particularly in individuals with stress or mild cognitive impairment.

Improves male fertility:

Some studies have shown that it can increase sperm count, motility, and semen volume in infertile men





Mucuna Pruriens Extract

Boosts mood and motivation:

By increasing dopamine levels, **Mucuna Pruriens** can help stabilize mood, increase motivation, and promote a sense of well-being.

Reduces stress:

Its Adaptogenic properties may help the body cope with stress by modulating cortisol levels, the primary hormone associated with stress.

Supports cognitive function:

By promoting healthy dopamine levels, the extract can improve focus, concentration, memory, and overall brain health.

Manages Parkinson's disease symptoms:

In traditional Ayurvedic medicine, the seeds have been used for Parkinsonism due to their natural L-DOPA content. Some research suggests it can be more effective than synthetic L-DOPA with fewer side effects.

Has anti-inflammatory properties:

Animal studies have demonstrated its ability to reduce neuroinflammation by blocking certain signaling pathways.





Akarkara Extract Benefits

Enhances libido:

Akarkara acts as an aphrodisiac and is used to boost sexual desire and performance in men.

Supports erectile function:

It is used in Ayurvedic practices to manage conditions like erectile dysfunction.

Improves sperm quality:

Some evidence suggests it may help increase sperm count and improve overall sperm quality.

Boosts vitality:

It is believed to improve stamina and energy levels

Fights oral bacteria:

Its antimicrobial properties help combat germs and bacteria in the mouth, promoting overall dental cleanliness.

Brain Function:

Akarkara is considered a brain tonic in Ayurveda. It may help improve cognitive function, memory, and mental alertness.





Rhodiola Rosea Extract

Stress Reduction:

As an adaptogen, Rhodiola helps normalize the body's functions that are disrupted by stress

Improved Cognitive Function:

Rhodiola has been shown to improve mental performance and concentration, particularly during times of mental fatigue

Reduced Fatigue:

Rhodiola can fight both physical and mental fatigue, likely due to its adaptogenic properties and ability to improve mental performance

Anxiety and Depression:

Research indicates that rhodiola may have mild antidepressant and anti-anxiety effects.

Enhanced physical performance:

Some studies suggest Rhodiola can improve exercise performance and aid in recovery.





Maca Root Extract Benefits

Sexual function and libido:

Maca may improve libido and sexual function in both men and women, though the evidence is limited and based on small studies.

Antioxidants:

Maca contains flavonoids and other antioxidants that help fight free radicals and may support the immune system

Hormone-Sensitive Conditions:

Individuals with conditions like breast, uterine, or ovarian cancer should avoid maca due to its potential effect on hormones.

Thyroid Function:

Maca may interfere with thyroid function, so it should be used with caution by people with thyroid conditions.

Nervous System Support:

It has been used to address nervous disorders, improve memory, and promote restful sleep.

Mild Side Effects:

Some people experience mild side effects, such as gastrointestinal issues, headaches, or insomnia





Gokshura Extract Benefits

Enhances libido and performance:

Gokshura is considered a potent aphrodisiac that can improve sexual desire and overall performance in both men and women.

Assists prostate health:

It may be beneficial in managing prostate gland disorders like benign prostatic hyperplasia (BPH) by improving urine flow and reducing inflammation

Boosts stamina and endurance:

Regular consumption may increase energy levels, stamina, and overall vitality, making it popular among athletes and bodybuilders.

Balances hormones in women:

Gokshura may help regulate hormonal balance in women, potentially assisting with symptoms of Polycystic Ovary Syndrome (PCOS) and low libido.

Supports kidney function:

By aiding in the excretion of excess uric acid, it may help prevent the formation of kidney stones.





Damiana Extract Benefits

Enhances libido and performance:

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Assists prostate health:

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Hygrophila Auriculata Benefits

Male Reproductive System:

The plant is used to stimulate the male genital system, treat sexual debility, erectile failure, and premature ejaculation.

Urinary and Kidney Health:

Its diuretic properties help with kidney stones and other ailments of the urinary tract.

Anti-Inflammatory:

The plant exhibits anti-inflammatory properties that can help with conditions like inflammation.

Anti-Diabetic:

Hygrophila auriculata has demonstrated anti-diabetic and hypoglycemic effects.

Liver Health:

Extracts of Hygrophila auriculata have shown protective effects against chemically-induced liver toxicity and act as antioxidants, supporting liver health and potentially helping with jaundice.





Safed Musli Benefits

Energy and Stamina:

Safed Musli is known as a rejuvenator that boosts physical endurance and helps combat fatigue. It may also aid in muscle building by potentially influencing growth hormone levels.

Immunity and Vitality:

The herb possesses adaptogenic and antioxidant properties, helping the body adapt to stress and boosting the immune system.

Digestion:

Its fiber content can aid digestion, reduce bloating, and relieve constipation.

Stress Management:

As an adaptogen, Safed Musli may help manage stress and anxiety by calming the nervous system.

Blood Sugar Regulation:

It may help regulate blood sugar levels, potentially beneficial for managing diabetes.

Lactation Support: It is traditionally used to promote milk production in breastfeeding mothers.





Vidarikand Extract Benefits

Improved Digestion and Gastric Health: It can help manage stomach inflammation (gastritis), reduce pain and acidity by inhibiting gastric acid production, and support overall gastrointestinal health.

Enhanced Immunity: It is considered an immunity booster due to its antioxidants and bioactive components, helping the body fight microbes and infections. It also exhibits antibacterial, antiviral, and antifungal properties.

Cardioprotective Effects: It may help protect the heart, potentially reducing the risk of heart attacks and strokes due to its antioxidant and cardioprotective properties. It can improve blood circulation and help lower blood pressure by relaxing blood vessels.

Blood Sugar Regulation: It may help manage blood sugar levels by improving insulin sensitivity and enhancing insulin secretion.

Anti-inflammatory Properties: It can help reduce swelling, pain, and internal heat associated with chronic conditions like arthritis.

Supports Reproductive Health: It is traditionally used to improve libido, address infertility issues, and support reproductive health in both men and women. It is also believed to increase milk production in lactating mothers.





Yohimbe Extract Benefits

Improved Digestion and Gastric Health: It can help manage stomach inflammation (gastritis), reduce pain and acidity by inhibiting gastric acid production, and support overall gastrointestinal health.

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Stinging Nettle Extract Benefits

Assists in Blood Sugar Control: Some studies indicate that stinging nettle may help lower blood sugar levels.

Promotes Blood Pressure Reduction: Traditionally used for hypertension, it may help lower blood pressure by acting as a diuretic, promoting vasorelaxation, and potentially acting as a calcium channel blocker.

Supports Liver Health: Its antioxidant properties may protect the liver from damage caused by toxins.

Enhances Blood Circulation: It is rich in iron, vitamin C, and chlorophyll, which can help boost blood circulation and red blood cell production.

Boosts Immune System Function: Nettle is rich in antioxidants and vitamins A and C, which can help the body fight off infections.

Supports Digestive Health: It contains fiber and may stimulate the production of digestive enzymes, potentially aiding digestion and preventing constipation.

Promotes Urinary Tract Health: As a diuretic, it may help in the clearance of toxins linked to urinary tract infections.

Aids Skin and Bone Health: Rich in antioxidants and vitamins, it may improve skin health and help maintain strong bones. It is used in skincare products for acne, oily skin, sensitive skin, and eczema.





Fenugreek Extract Benefits

Aids digestion: Fenugreek's high fiber content can help regulate blood sugar levels, improve bowel movements, and potentially relieve constipation and heartburn.

Lowers cholesterol: Fenugreek may help reduce LDL ("bad") cholesterol and triglyceride levels.

Anti-inflammatory effects: Fenugreek contains compounds like flavonoids and saponins with potential anti-inflammatory properties, which may help fight chronic inflammatory diseases.

Antioxidant potential: Fenugreek contains antioxidants that may help protect the body from damage caused by free radicals.

Potential anticancer effects: Emerging research suggests fenugreek may have anticancer properties, potentially inhibiting the growth of certain cancer cells.

Anti-obesity effects: Fenugreek's high fiber content and its ability to hinder the absorption of glucose and lipids may contribute to weight management.

Cardioprotective effects: Fenugreek may reduce cholesterol levels and exhibit antioxidant properties, potentially benefiting heart health.

Relieves menstrual pain: Fenugreek may help reduce pain, fatigue, and nausea associated with menstruation





Horny Goat Weed Extract Benefits

Improved Sexual Function and Libido: Horny goat weed is widely known for its traditional use as an aphrodisiac and to address erectile dysfunction (ED) and low sexual drive. Its active compound, icariin, may act as a PDE5 inhibitor, similar to some ED medications, potentially improving blood flow and aiding erections. Animal studies suggest it may also boost libido.

Bone Health: Research, mainly preclinical, suggests that icariin may help promote bone formation and reduce bone loss, potentially beneficial for conditions like osteoporosis. It may also have phytoestrogenic effects, mimicking estrogen, which is important for bone health.

Antioxidant and Anti-inflammatory Effects: The plant contains bioactive substances like flavonoids and polysaccharides that exhibit antioxidant and anti-inflammatory properties, which may contribute to overall well-being.

Other Potential Uses: Horny goat weed has been explored for other conditions like fatigue, arthritis pain, atherosclerosis, hay fever, nerve pain, and cardiovascular disease. However, most of the evidence for these uses comes from animal or cell studies, and more human research is needed.





Eurycoma longifolia Extract Benefits

Improving Male Sexual Health and Fertility:

Studies indicate that Eurycoma longifolia may help increase testosterone levels, which in turn can improve erectile function, libido, sperm concentration, and sperm motility in men with low testosterone or fertility issues.

Stress Relief and Mood Enhancement:

Eurycoma longifolia may help reduce levels of stress hormones and improve mood, potentially offering a natural option for managing moderate stress and anxiety, though more research is required.

Improving Body Composition and Athletic Performance:

Some studies suggest that Eurycoma longifolia may contribute to increased muscle strength and improved body composition, possibly by helping the body utilize energy more efficiently. However, results are inconsistent, and more research is needed to confirm these effects.





Myristica Fragrans Extract Benefits

Antioxidant and Anti-inflammatory: Nutmeg extracts demonstrate antioxidant and anti-inflammatory properties due to compounds like myristicin, sabinene, and eugenol. These properties can help combat oxidative stress, reduce inflammation in the body, and may be beneficial for those with inflammatory conditions.

Antimicrobial and Antifungal: It shows effectiveness against various bacteria, including Staphylococcus aureus, and fungi like Candida albicans. Nutmeg essential oil has been studied for its use as a natural preservative, antiseptic, and disinfectant.

Digestive Aid: It is traditionally used to improve digestion, relieve gas, bloating, and treat diarrhea.

Neurological Effects: Studies suggest neuroprotective, antidepressant, anxiolytic, and memory-enhancing activities. Myristicin, a component of nutmeg, has been studied for its potential in treating Alzheimer's disease.

Antidiabetic Properties: Nutmeg has been investigated for its potential to control blood sugar levels and improve insulin resistance.





Panax Ginseng Extract Benefits

Improved Energy Levels & Reduced Fatigue: Studies suggest it may help stimulate physical and mental activity, reduce fatigue, and improve physical performance and exercise endurance.

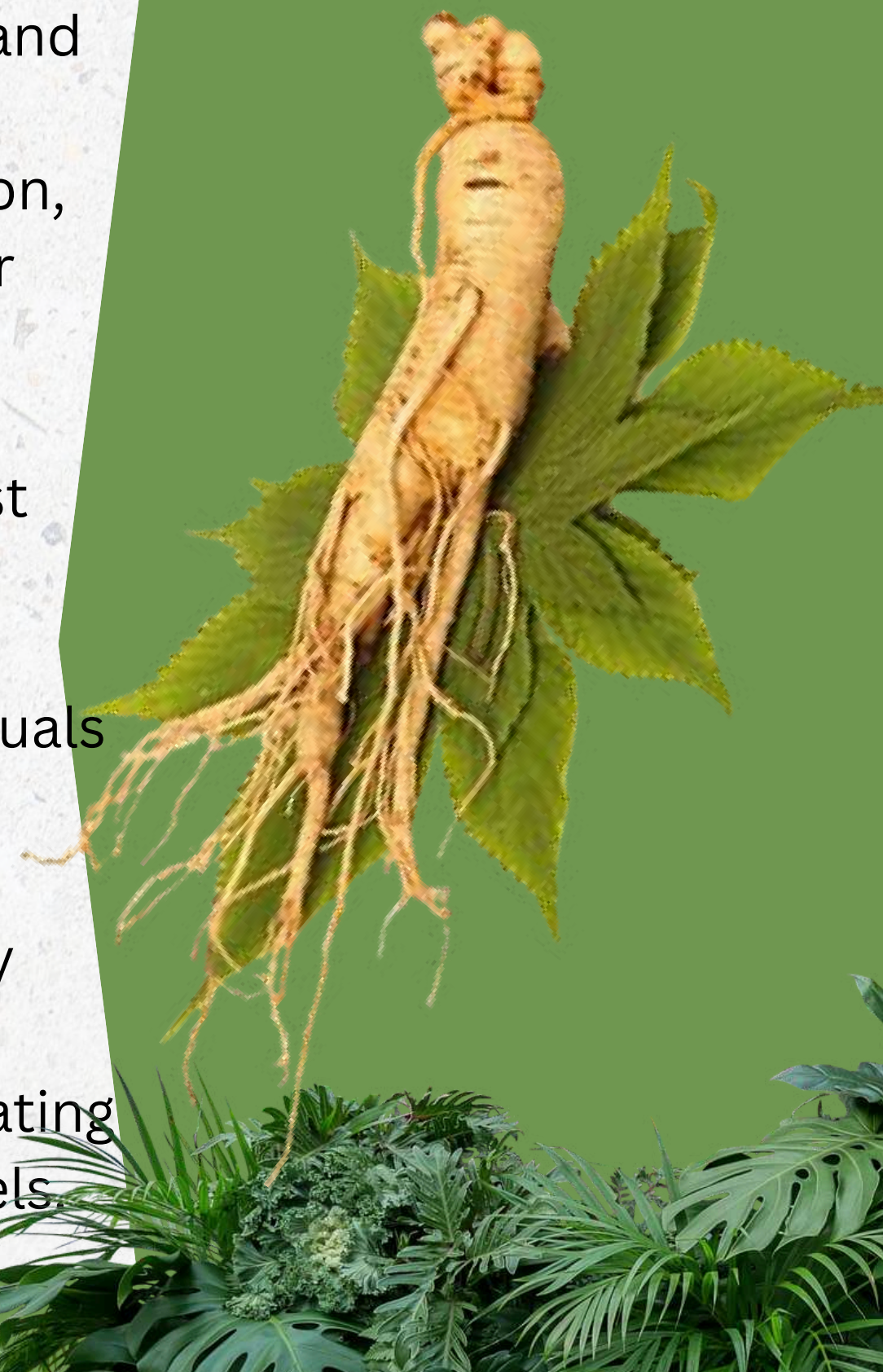
Enhanced Cognitive Function: Associated with improved mood, cognitive function, memory, attention, and mental clarity. Long-term intake has been linked to better cognitive function in older adults.

Immune System Support: Possesses antioxidant, antibacterial, antifungal, and antiviral properties, potentially boosting immune cell activity and defense against infections.

Blood Sugar Regulation: May improve glucose metabolism, stimulate insulin production, and enhance glucose uptake in tissues, potentially benefiting individuals with diabetes or insulin resistance.

Heart Health Benefits: Studies indicate potential vasodilatory effects, anti-inflammatory properties, and the ability to regulate cholesterol levels, which may support cardiovascular wellness.

Stress Reduction: As an adaptogen, it may help the body manage stress by regulating the hypothalamic-pituitary-adrenal (HPA) axis and balancing stress hormone levels.





Ginger Extract Benefits

Boosts Immune System: Ginger's antioxidant, anti-inflammatory, antiviral, and antibacterial properties can contribute to strengthening the immune system and fighting infections.

Lowers Blood Sugar: Some research suggests ginger may help lower blood sugar levels and improve insulin sensitivity.

Aids in Weight Loss: Studies indicate that ginger may play a role in weight management by potentially reducing hunger and increasing calorie burning during digestion.

Reduces Cholesterol: Ginger consumption may lead to a decrease in triglycerides and LDL (bad) cholesterol, while increasing HDL (good) cholesterol.

Improves Brain Function: Compounds in ginger, like 6-shogaol and 6-gingerol, may help prevent neurodegenerative conditions and improve memory.

Antioxidant Properties: Ginger extract contains antioxidants that protect cells from damage caused by free radicals.

Relieves Nausea: Ginger extract can be effective against nausea associated with pregnancy (morning sickness), motion sickness, and chemotherapy.





Black Pepper Extract Benefits

Reduces gas and bloating: By enhancing blood flow to the gastrointestinal tract, black pepper helps reduce the formation of gas and alleviates discomfort.

Relieves constipation: The stimulation of hydrochloric acid can promote regular bowel movements and help prevent waste from becoming compacted.

Fights free radicals: Piperine is a powerful antioxidant that helps combat oxidative stress and protects cells from damage caused by unstable molecules called free radicals.

Supports cognitive function: Animal studies indicate that piperine has neuroprotective properties that may help maintain brain function and improve memory and learning.

Lowers cholesterol: Animal studies show that black pepper extract can decrease bad (LDL) cholesterol and increase good (HDL) cholesterol levels. Piperine works by inhibiting an enzyme involved in cholesterol synthesis in the liver.

Cancer-fighting properties: Test-tube studies have shown that piperine can slow the replication of cancer cells and increase the effectiveness of chemotherapy drugs.

Pain relief: The piperine in black pepper may have analgesic properties that help relieve pain, particularly related to joint pain and arthritis.





Wheat Germ Oil Extract Benefits

Moisturizes and Protects:

Rich in Vitamin E and essential fatty acids, it deeply hydrates the skin, improves elasticity, and helps in repairing damaged skin

Cardiovascular Health:

Omega-3 fatty acids and other components in the oil can help regulate cholesterol levels, support heart function, and maintain healthy blood flow.

Energy and Stamina:

A rich source of proteins and B vitamins, it helps in maintaining healthy muscles, repairing tissues, and regulating energy levels, thus boosting overall stamina.

Cellular Metabolism:

It aids in transforming carbohydrates, lipids, and glucose into usable energy, keeping one alert and energized.

Immune System Support:

The oil's nutrient content, including zinc and magnesium, can help strengthen the immune system.

Antioxidant Power:

High levels of antioxidants, particularly Vitamin E, help protect the body's cells from oxidative stress.





Nitric Oxide Benefits

Lowers Blood Pressure:

Nitric oxide acts as a vasodilator, expanding blood vessels to improve blood flow and help manage high blood pressure.

Improves Heart Health:

Enhanced blood circulation leads to more effective transport of oxygen and nutrients to the body's tissues and organs.

Boosts Performance:

Nitric oxide supplementation can increase energy, endurance, and improve recovery time after exercise by delivering more oxygen to muscles.

Reduces Muscle Soreness:

Some evidence suggests nitric oxide can decrease delayed-onset muscle soreness.

Immune System Support:

Nitric oxide has antimicrobial properties and helps the immune system fight infections and abnormal cell growth.

Brain Function:

Increased blood flow to the brain can improve cognitive function and potentially reduce inflammation.

