

ReaTure GOLD SILA PLUS

CAPSULE

“Ayurveda’s Pure Formula
for Daily Strength &
Confidence”



ASHWAGANDHA



GOKSHURA



SAFED MUSLI



SHILAJIT



SWARNA BHASMA

Why Choose...?

REATURE GOLD SILA PLUS



1. Daily performance support
Helps reduce fatigue & supports an active lifestyle
2. Faster absorption & Better energy production
Improves strength and performance
3. Supports brain function
Reduces stress & anxiety
Enhances mood and clarity
4. Helps increase stamina
Supports reproductive wellness
Improves confidence & overall wellbeing





Supports Testosterone & Male Reproductive Health

ASHWAGANDHA

Benefits

1. Reduces Stress and Anxiety:

As an adaptogen, Ashwagandha helps regulate the body's stress response by lowering cortisol, a primary stress hormone. Studies show it can significantly reduce anxiety and perceived stress levels in many individuals.

2. Improves Sleep Quality:

Ashwagandha can promote restful sleep, especially for those with insomnia, by calming the nervous system. A review of studies found it had a small but notable effect on improving overall sleep quality, particularly at doses of 600 mg or more over at least eight weeks.

3. Enhances Cognitive Function:

Some studies suggest that ashwagandha may improve cognitive functions like memory, attention, and reaction time. Its antioxidant properties are believed to protect brain cells from damage.

4. Manages Depression:

Preliminary research suggests that ashwagandha may help reduce symptoms of depression in certain populations, but more research is needed.

5. Increases Muscle Strength and Size:

Ashwagandha supplementation, when combined with resistance training, has been shown to significantly increase muscle mass and strength in young men..

6. Enhances Endurance and Recovery:

By boosting oxygen consumption (VO2 max), the herb can improve cardiovascular fitness and stamina. It may also help with faster recovery from exercise by reducing exercise-induced muscle damage.





**Improves Physical
Performance & Endurance**

GOKSHURA (Tribulus
Terrestris)

Benefits

1. Boosts Testosterone & Libido:

Gokshura helps maintain healthy Testosterone levels, enhancing sexual desire and performance.

2. Improves Fertility:

It's believed to improve sperm count and quality, supporting male fertility.

3. Enhances Sexual Satisfaction & Libido:

Gokshura is known to increase sexual desire and satisfaction in women.

4. Balances Hormones:

It helps regulate hormones, supporting overall reproductive health.

5. Urinary Tract Health:

Gokshura acts as a diuretic, promoting urine production to help flush out toxins and prevent kidney stones.

6. Boosts Stamina and Strength:

Athletes use it to enhance physical performance, muscle strength, and endurance.

7. Cardioprotective Effects:

It can help regulate blood pressure and lower LDL (bad) cholesterol, contributing to heart health.

8. Reduces Inflammation:

Gokshura has properties that can help decrease inflammation and pain in the body.

9. Antioxidant Properties:

An active compound in gokshura helps in lowering blood glucose levels by acting as an antioxidant.



Natural Aphrodisiac & Energy Booster

SAFED MUSLI

Benefits

1. Boosts Sexual Health:

Often called "Herbal Viagra," safed musli can help with erectile dysfunction and premature ejaculation by improving blood circulation to the genitals and boosting testosterone levels.

2. Enhances Fertility:

Its spermatogenic properties can increase sperm count and motility, making it beneficial for treating oligospermia (low sperm count).

3. Increases Stamina and Muscle Mass:

Safed musli can improve physical strength, endurance, and muscle growth. This makes it a popular supplement for athletes and bodybuilders.

4. Supports Reproductive Health:

The herb helps balance hormones, especially during menstruation and menopause. It can also aid in fertility and alleviate symptoms of PCOS..

5. Promotes Postpartum Recovery:

New mothers may use safed musli to regain strength and stimulate lactation, though a doctor should be consulted before use.

6. Addresses Fatigue and Low Libido

By enhancing vitality and reducing stress, it helps combat fatigue and can improve sexual desire in

7. Reduces Stress:

As an adaptogenic herb, safed musli helps the body cope with physical and emotional stress by regulating hormone levels and calming the nervous system.

8. Boosts Energy and Stamina:

It is a natural energy booster that fights chronic fatigue and improves overall vitality.

9. Manages Blood Sugar:

Safed musli may help regulate blood sugar levels by improving insulin secretion and sensitivity.





Enhances Physical & Mental Performance

SHILAJIT

(Asphaltum Punjabianum)
60% Fulvic Acid



Benefits

1. Boosts Testosterone:

Research has shown that shilajit may increase total testosterone and DHEA levels, which can positively impact sexual health, muscle mass, and energy.

2. Improves Energy and Stamina:

As an adaptogen, it helps the body cope with stress and fatigue. It can boost mitochondrial function to increase energy production and endurance, which can benefit physical and sexual performance.

3. Aids Muscle Growth:

Shilajit contains minerals like magnesium, calcium, and zinc, which are vital for muscle health and may support muscle repair and growth.

4. Balances Hormones:

Shilajit can help balance reproductive hormones, which may help regulate menstrual cycles and relieve menstrual cramps.

5. Supports Bone Health:

Shilajit may improve the absorption of calcium and other minerals, which can help strengthen bones. This is particularly beneficial for women, who face a higher risk of osteoporosis after menopause.

6. Provides Anti-Aging Benefits:

The antioxidants in shilajit help combat cellular damage, which can lead to a more youthful appearance and better skin elasticity.

7. Anti-Inflammatory and Antioxidant:

The high levels of fulvic acid help protect against cellular damage caused by free radicals and inflammation.

8. Supports Cognitive Health:

Some studies indicate that shilajit may have protective effects on the brain, potentially helping to prevent conditions like Alzheimer's.





Improves Memory & Concentration



SWARNA BHASMA

Benefits

1. Immunity:

It is believed to strengthen the body's immune response, increasing resistance to infections.

2. Cognitive Function:

Swarna Bhasma is thought to act as a nerve tonic that improves memory, concentration, and overall brain function.

3. Heart Health:

It is considered a cardiac tonic that strengthens heart muscles, improves blood circulation, and helps protect against heart-related illnesses.

4. Anti-Aging and Vitality:

As a powerful rasayana (rejuvenator), it is believed to promote longevity, combat fatigue, and increase energy and stamina.

5. Digestive Health:

It can help improve digestion, increase appetite, and relieve issues like bloating and acidity.

6. Anti-Inflammatory Effects:

Its anti-inflammatory properties may help manage chronic conditions like arthritis and other inflammatory disorders.

7. Sexual Health:

Swarna Bhasma is known as an aphrodisiac that can boost libido and improve sexual stamina.

8. Infertility:

It is traditionally used to improve sperm count, motility, and semen quality. It can also help treat conditions like erectile dysfunction and premature ejaculation.

9. Skin Health:

The rejuvenating properties of Swarna Bhasma are believed to improve skin radiance and reduce blemishes and signs of aging.





Natural Detoxifier & Digestion Support

TRIPHALA

(Harad, Baheda, Amla Extract & Powder)

Benefits

1. Aids Digestion:

It helps break down food, improves nutrient absorption, and flushes out toxins.

2. Regulates Gut Function:

Triphala helps regulate the function of the gastrointestinal tract and can help manage hyperacidity.

3. Fights free Radicals:

Rich in antioxidants, such as gallic acid and tannins, triphala helps neutralize free radicals that cause cellular damage and premature aging.

4. Reduces Inflammation:

Its anti-inflammatory properties can be beneficial for many health conditions.

5. Digestive Health:

It can help improve digestion, increase appetite, and relieve issues like bloating and acidity.

6. Boosts Immunity:

Triphala can strengthen the immune system and help the body fight off infections.

7. Supports Metabolism:

It may promote metabolic function and aid in weight management by helping the body reduce fat deposits.

8. Liver Health:

Triphala supports liver function by helping to detoxify and eliminate toxins from the body.

9. Heart Health:

Some research indicates it may help lower cholesterol and blood pressure, contributing to a healthier heart.



Supports Joint & Bone Health

ERAND MOOL (Ricinus communis)

Benefits

1. Pain and Inflammation:

Erand Mool is used to relieve pain and swelling associated with arthritis, gout, joint pain, and back pain. It's also applied externally as a compress or poultice for muscle pain and skin conditions.

2. Digestive Health:

It can help maintain digestive health and treat chronic constipation. It acts as a laxative due to its properties that promote bowel movement and help eliminate waste.

3. Renal Issues:

It may aid in treating renal problems like kidney stones.

4. Anti-Inflammatory Properties

Beyond joint pain, its anti-inflammatory action can help with other inflammatory conditions.

5. Digestive Health:

It can help improve digestion, increase appetite, and relieve issues like bloating and acidity.

6. Antimicrobial Action:

Triphala can strengthen the immune system and help the body fight off infections.

7. Supports Metabolism:

It helps in managing fungal infections and is used to treat cuts and scratches on the skin.

8. Respiratory Relief:

It may be used in formulations for asthma and cough due to its soothing properties.

9. Detoxification:

It may assist the body's natural detoxification processes.



Supports Liver & Gut Function

ALOE VERA (Aloe Barbadensis Miller)



Benefits

1. Detoxification:

Aloe vera is believed to aid detoxification by helping the body flush out harmful toxins. By promoting better liver function, it allows the liver to process fats and sugars more efficiently.

2. Reduced Inflammation:

Its anti-inflammatory compounds can help reduce liver inflammation and protect liver cells from damage. In animal studies, aloe vera has been shown to reduce markers of oxidative stress and inflammation in the liver.

3. Antioxidant Support:

The gel contains antioxidants like vitamins C and E, which protect liver cells from oxidative stress and free radical damage.

4. Anti-Inflammatory Properties

Beyond joint pain, its anti-inflammatory action can help with other inflammatory conditions.

5. Fatty liver Disease:

Some research suggests that aloe vera may help with non-alcoholic fatty liver disease (NAFLD) by reducing fat accumulation in the liver. However, this has been primarily studied in animal models, and further research is needed in humans.

6. Relieves Constipation:

The latex found in the inner lining of the aloe vera leaf contains anthraquinones, which have a laxative effect.

7. Supports the Gut Microbiome:

This can help nourish the beneficial bacteria in your digestive tract and improve overall gut health.

8. Aids Digestion:

The juice contains enzymes like amylase and lipase, which help break down fats and sugars, promoting smoother digestion and nutrient absorption.

