

Ved Elixir[®]

HOME REMEDIES, DIET, AND YOGA FOR PROSTATE



Launch of Products in Year 2016



Products of Ayurvedic Herbal concoctions was launched at the Constitution Club, New Delhi on October 11, 2016 in the August presence of many dignitaries.

[From left to right]: [1] Dr. SM Raju IAS, Eminent medicinal plant Scientist and Inventor of these health supplements, [2] Dr. DC Katoch, Advisor to Ministry of AYUSH, Govt. of India, [3] Hon'ble Minister Shri Giriraj Singh, Minister of State for MSME (Independent Charge), Govt of India, [4] Hon'ble Minister Shri Shripad Naik, Minister of State for Ministry of AYUSH (Independent Charge), Govt of India, [5] Hon'ble Justice (Retd) Mr. Rajendra Prasad, Patna High Court, [6] Hon'ble Justice (Retd) Mr. V K Sinha, Patna High Court, [7] Mr. Aditya Pancholi, Actor, Film Producer and Singer, [8] Ms. Zarina Wahab, Actress.

1. Background & Motivation to launch health supplements product range



Dr. SM Raju I.A.S (Rtd.), a pre-eminent medicinal plant scientist, is a recently retired Indian Administrative Service (IAS) officer, having served the country in various positions from 1991 till 2020, across various Departments of the State and Central Government. During his long administrative career, he has been involved in implementing various innovative and path-breaking policies which have been accepted at the State and National Level and have been globally acknowledged for their far-reaching impact on our society.

Dr. SM Raju I.A.S (Rtd.) has been carrying out extensive research on medicinal plants for 40+ years now. The trigger for this research was incurable health disorders faced by himself and his family members.

- His father was diagnosed with Acute Renal failure in YR 2008 and was advised organ transplant. Using the curative powers of medicinal plants, and, the ancient formulations detailed in the Charak Samhita, he was able to 'reverse' his father's kidney failure and he recovered completely from Dialysis.
- His son, at the age of 10 years, was diagnosed with AML (Blood Cancer), in YR 2012. A combination therapy of Allopathic medication and Ayurvedic herbal health supplements formulations over an extended period of 14 months, lead to complete and successful cure of his Blood Cancer.

33,000+ patient case studies and the passionate research of 40+ years in the field of Herbal medication has led to the propoundment of the proprietary science of Neo-Ayurveda by Dr SM Raju. Neo-Ayurveda is an amalgamation of the principles of Ayurveda (ancient Vedic literature), curative powers of medicinal (herbal) plants co-opted to the Allopathic principles of patient care and therapy. It helps to rejuvenate dysfunctional organs in the human body through cell-regeneration process by activation of capillaries and micro-capillaries, thereby allowing people to get healthy again.

The entire product range is 100% herbal | No metals | No use of synthetic ingredients

2. How FOOD works as MEDICINE?

In our ancient Vedic literature, prominence has been given to what we consume. ***Aahar Hi Mahaashad - Charaka (Translation: Food is Medicine)***. What we eat and consume is central to our health and wellbeing.

Vaidya Jivanam: “With a wholesome diet there is no need for separate medical treatment; with an unwholesome diet, even treatment becomes questionable.” In Ayurveda, food is considered as “***Mahabhaishajya***”, the most superior medicine.

In today’s world, where lifestyle based disorders are abundant, AYURVEDA provides long-term and enduring solutions based on a combination of Herbal medications, Diet corrections and Yoga.

[A] Important aspects of “Food as a Medicine”: Different types of Food(s) have differing qualities. Broadly, we need to focus on Pro-biotic & Pre-biotic foods. What are Pro-Biotics: These are good bacteria, found in food sources like curd, yogurt, pickle, cheeses, fermented rice etc. These living micro-organisms provide a range of health benefits for the Gut and live in synergy with the other helpful bacteria. Probiotics also help get rid of toxins from the body and kill harmful bacteria by producing natural antibiotics. What are Pre-Biotics: Prebiotics are basically the food for beneficial microbes, which are in the Gut. Food sources are garlic, ginger, soaked fenugreek seeds (methi), sweet potato, banana fruit etc. These foods could be difficult to digest by the body, but fortunately, the good bacteria in the gut use them as food. They travel undigested, from the small intestine into the colon.

[B] Role & Importance of Probiotics and Prebiotics: Today’s modern lifestyle that encourages consumption of processed and packaged foods, broad spectrum use of Anti-biotics and other Synthetic medications like Blood Thinners that deliver instant relief (but do not address the underlying cause of the problem) lead to creation of chronic problems like Acidity, High Cholesterol, Diabetes, etc. Combination of Probiotic and Prebiotic foods help in maintaining Gut-Health that contributes to proper nourishment, cell regeneration and health. Health benefits: Probiotics help the digestive system function effectively. They also aid weight loss, improve heart health, and lower blood sugar and blood pressure levels.

Probiotics boost your gut's health and ensure a smooth bowel movement. Prebiotics nourish beneficial microbes in the gut, facilitating the formation of healthy colonies of good bacteria. Being a dietary fibre, they help in the smooth movement of food in your digestive tract.

[C] Role of Gut microbes: In our Gut system (Gastro-Intestinal tract), we have millions of beneficial microbes. These microbes get transferred to the Baby from the mother at the time of birth. These gut-microbes are at the heart of extracting' nutrition from consumed foods, and, know which nutrients are required by which cell (organs) of the Body. Accordingly these Microbes release Enzymes that act as a catalyst to separate the nutrients from the food, to nourish the 'under-nourished' cells (organs). Consumption of Probiotics and Prebiotics is an essential ingredient for addressing gut-health and body nourishment requirements. Maintaining and improving gut health is critical for your overall well-being.

Proper nutrition (Food as Medicine) and Enzyme activation leads to Rejuvenation of the dysfunctional organs through cell-generation process by activation of capillaries and micro-capillaries to ensure proper nutrient supply to relevant cells and remove (detox) the toxins and carbon dioxide from there.

For the first time in the World, for 170 unique health disorders, proper dosage and diet standardization has been done to deliver healthy outcomes. This standardization of health supplements and diet protocol will help Ayurvedic medical practitioners to prescribe health supplements appropriately, with appropriate health supplements protocol, to deliver healthy outcomes.

[D] Standardized dosage and administration of herbal health supplements, home remedies, diet and yoga for incurable disease: Till date, no practitioner has attempted standardization of dosage and its administration of medical formulations in Ayurveda - which is the basis of Allopathic medicine practice globally. Dr. SM Raju IAS (Rtd.), in his proprietary science of Neo-Ayurveda had addressed this contemporary requirement successfully, thereby contributing to the scientificity and credibility of Ayurveda in today's time and age.

**FOOD^A_S
MEDICINE**

2.Special Diet

Healthy Foods & Recipes

Avoid following foods



- More than 5gm salt



- Milk and milk-based products
(Except for curds/yogurt without cream)



- Aerated Beverages, Fruit Juices



- All forms of oils and fats



- Processed Baked foods such as cookies, biscuits, etc



- Alcohol

DIET TO BE FOLLOWED

Pre-Biotics

To be consumed once a day:

(a) Garlic – About 2-3 small pieces.

(b) Ginger – About ½ cm sliced.

(c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning in an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively, the nutrients in from the foods helps in nourishing the cells in the body.

Banana Stem Juice

Two times a day, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.

Flax Drink

Two times a day once in the morning and once in the evening.

It contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells).

One portion of flax diet has the nutritional equivalent of 100 KG of peanuts.



Flax Drink

Vegetable juice

Vegetable juice should be consumed twice a day. it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

Leached Cooked Leafy vegetables

Minimum 40-60% of your meal should consist of leached, Leafy vegetables and vegetable preparations.

Pulses

Only 5-10% of your meal should consist of pulses.

Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 40 to 50 % of cereals should be consumed in each meal as cereals contain 13-14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work , otherwise it will accumulate as a fats and which will enhances the glucose level in the body.

Fish

Up to 20% Baked fish with herbs can be consumed in a meal as it supports in regeneration of the kidneys and other organs.

Dry Fruits

Consume abundant dry fruits, particularly coconut , dates and fig fruits. These dry fruits have high medicinal value.

Spice Drink

This can be consumed to help with allergies, fever, cold and cough.

2.1 Special diets different recipes

2.1.1 Leaching of Vegetables (For removal of potash and other pesticides)

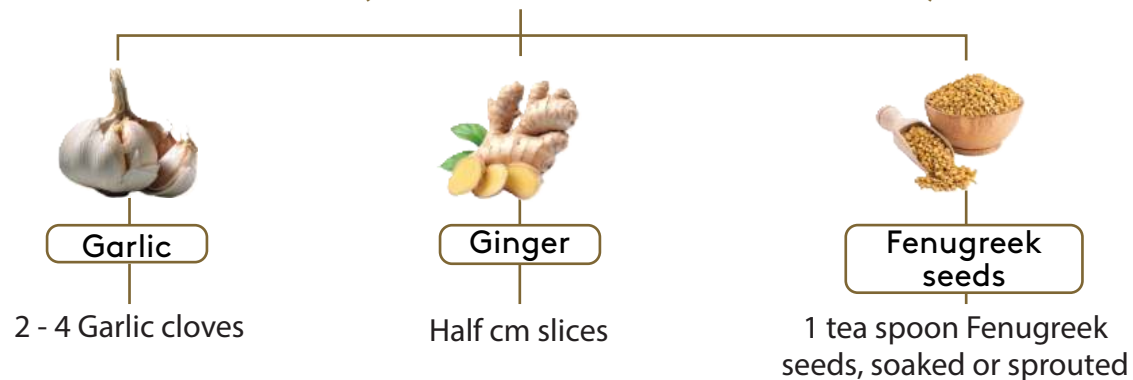
Vegetables and leafy vegetables should be immersed in water overnight, discard the water. Thereafter, wash the vegetables/leafy vegetables in hot water before use for Kidney patients- while preparing the vegetables/leafy vegetables preparations the water released from the vegetables /leafy vegetables should be removed.

Remember, raw vegetable juices are harmful for those suffering from Chronic Kidney Disorders.

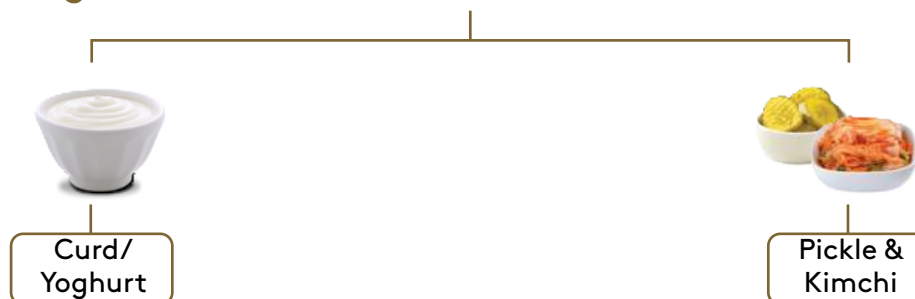


2.1.2 Prebiotics and Probiotics

Prebiotics (Food for beneficial microbes)



Probiotics (Consuming beneficial microbes which are available in the foods)



2.1.3 Flax Drink

Flax seeds contain high levels of Omega 3 and, Omega 6 essential fatty acids and a substantial amount of Lignans. These essential fatty acids help in bolstering cellular metabolic and cellular respiratory activities, and lignans help in detoxifying the cells. One tablespoon of flax seeds, i.e. 15 grams and one table spoon flax oil, have a nutritional value equivalent to 100 kilograms of peanuts, or 6 kilograms of cashew nuts, or 1 kilogram of salmon fish. Adding 1 tablespoon of cold pressed flaxseed oil to flax drink, doubles its nutritional value.

Ingredients

Flax Seeds
1 tbsp (15 grams)
7e6634X
Cold Pressed Flax Seed Oil
1 tbsp (15 grams)
-
Curds (Yogurt)
100 grams

Preparation Guide

In a small mixer grinder or a coffee grinder, grind the flax seeds to a fine powder.

-
In a medium jar of a mixer grinder, add all the ingredients and give it a churn

-
Flax Seed Powder
Cold Pressed Flax Seed Oil
Curds/Yogurt

-
Please not: If suffering from cold and cough use warm water



- Drink the flax drink **within 15 minutes** of preparation
- **Do not consume the flax drink if you are allergic to it.**
- Generally, any forms of seeds will produce heat in the body as it contains oils. To help counteract this, drink buttermilk or pomegranate juice and/or eat salads, green gram, foods rich in vitamin c, fruits and vegetables.
- Only freshly made flax drink must be consumed, it should not be prepared and stored for later consumption.
- **DO NOT roast or heat flax seeds before consumption.**
- **DO NOT powder the flax powder and store it, flax seeds must be powdered just before consumption.**
- **Pregnant women and breastfeeding mothers must not supplement their diet with flax seeds, they must consume the flax drink under the consultation of a nutritionist.**

2.1.4 Banana Stem Juice

Banana stem is loaded with Vitamin B6. The taste of banana stem is bland with a slight bitter after taste. It helps in improving the overall health, assists with weight loss and people suffering from urinary tract infection, heartburn, cholesterol problems, constipation, acidity and ulcers. It helps in increasing the production of insulin and haemoglobin in the body, helps in retaining the muscle tone and helps in detoxifying the body. It also aids in the removal of calcareous deposits in the body such as kidney stones and gall bladder stones, and helps in preventing high blood pressure.



Ingredients

Banana stem
(100 gram for 50 to 75 ml of juice)

Recipe

- Remove the outer layers of the banana stem.
-
- After chopping the stem into small pieces & get the juice from juice extractor.
-
- Add little buttermilk or few drops of lemon juice for more effective.

2.1.5 Raw Vegetable Juice



Ingredients

Beetroot
-
Bottle Gourd
-
Carrot
-
Cabbage
-
Cucumber
-
Celery or Coriander Leaves
About 20 grams
-
Pineapple or apple or any fruits
-
Betel Vine Leaf
1

Preparation Guide

Leach all the raw vegetables and use a juice extractor or any other modes available to extract juice from the vegetables

NOTE

This Juice helps in controlling cholesterol and helps in thinning the blood. All the ingredients (except for coriander leaves and betel vine leaves) should be added to this recipe in equal proportion; all these vegetables must be leached before the preparation of the juice.

2.1.6 Moringa Soup

Moringa leaves are rich in Vitamin C, Calcium, Iron, Ammino Acids, Protein and Potash; all these vitamins and minerals help the body heal and build muscle. It is also packed with anti-oxidants and substances which can protect the cells from damage. Moringa is also known to possibly boost the immune system of the body.

Ingredients

| | |
|------------------------------|---------------------|
| Moringa Leaves 250 grams | Garlic 15 grams |
| - | - |
| Coriander Leaves 30 grams | Green Chillies 1 |
| - | - |
| Black Pepper 4 | Curry Leaves 1 |
| - | - |
| Tomato 1 | Ghee ½ teaspoon |
| - | - |
| Onion 1 | Butter |
| - | |
| Water 1 liter | |
| - | |
| Ginger 15 grams | |
| - | |

Preparation Guide

Add all the ingredients in a cooker or pot and boil it for 10 minutes ; after which grind all the contents in a mixer-blender.

Salt can be added to make the soup palatable HOWEVER people suffering from Kidney, Heart, Liver and Paralysis related problems should limit the amount of salt consumption to less than 5 grams a day.



2.1.7 Graviola Powder (It supports in BP normalisation)



Graviola powder helps people who suffer from High Blood Pressure, Cancer, Liver Problems, Chronic Kidney Disease, Gastrointestinal Problems and Rheumatoid Arthritis.

Add 2.5 grams (1/2 teaspoon) with any of our health supplements or mix it with the flax drink, or it can be consumed as is by mixing it with a little water.

2.1.8 Neem and Peepal Extract



Ingredients

| |
|------------------------------------|
| Neem Leaves <i>8 leaves</i> |
| - |
| Peepal Leaves <i>3-4 leaves</i> |

Preparation Guide

Grind all the leaves with a little water and extract 15 ml of liquid

2.1.9 Oil less Fish

(It is easily digestible protein & it is rich in omega 3 fatty acids)

(acts like a water pill and also supports in cell regeneration in kidney)

Ingredients

Fish
1 kg (cubed or as fingers)
-
Ginger
1.5 inch piece
-
Garlic Paste
1 full pod (all the pieces in the garlic)
-
Green Chilis
3
-
Coriander Leaves
1 fistful
-
Mint Leaves
Half Fistful
-
Lemon Juice
As required

Preparation Guide

Make a paste of all the spices and vegetables
-

Smear this paste on the fish pieces and marinate it for 15 mins
-

This can be cooked in two ways –

Method 1

Steam the fish for 15 to 20 mins

Method 2

Place the marinated fish in a tawa or griddle
-

Add two spoons of water and cook the fish by pressing the pieces with a spoon and cook on all sides on medium heat for 15 mts to 20



Preparation -Fish curry: Fry the paste with few drops of oil and after that add boiled water as per required curry consistency and place the washed fish and further boil it for 10 minutes or till it comes to boil. This curry can be eaten with rice or bread.

2.1.10 Oil less Mushroom (It is easily digestible protein)

(acts like a water pill and also supports in cell regeneration in Liver and other organs)

Ingredients

Mushroom
1 kg (cubed)
-
Ginger
1.5inch piece
-
Garlic Paste
1 full pod (all the pieces in the garlic)
-
Green Chilis
3
-
Coriander Leaves
1 fistful
-
Mint Leaves
Half Fistful
-
Lemon Juice
As required



Preparation Guide

Make a paste of all the spices and vegetables
-

Smear this paste on the mushroom pieces and marinate it for 15 mins
-

This can be cooked in two ways-

Method 1

Steam for 15 to 20 mins

Method 2

Place the marinated mushroom in a tawa or griddle
-

Add two spoons of water and cook the mushroom by pressing the pieces with a spoon and cook on all sides on medium heat for 15 to 20 minutes

2.1.11 Chicken Curry

Ingredients

Chicken
1 kg (Deskinned and cut into medium pieces)

Onion
1 (medium-sized and chopped)

Green Chillies
3 (chopped)

Ginger
1 inch

Garlic
1 pod (1 piece)

Coriander Leaves
2 tbsp (chopped)

Mint Leaves
1 tbsp (chopped)

Tomato
1 (chopped)

Pepper Powder
¼ tsp

Garam Masala
¼ tsp



Preparation Guide

Put all the spices and vegetables in a blender and make a paste of it, add a little water to adjust consistency. Smear this paste on the chicken and marinate it for 30 minutes.

This can be cooked in one of two ways-

Method 1-

- Place the marinated chicken in a pressure cooker, do not add water to it.
- Close the lid and on a medium flame cook it for one whistle. (In other words, boil it for 20 to 25 minutes)
- Switch off the flame and wait for the pressure to normalize.

Method 2-

- Place all the chicken in a pan or a kadai.
- Place a lid on it and cook on a medium flame, add water to adjust consistency.

2.1.12 Vegetable/Leafy vegetable (Rich in calcium) Curry or Any kind of preparation

Ingredients

Leached Vegetables
95 % -As required (Except green banana)

Pulses
5 (Except Red gram and horse gram)

Onion
1

Tomato
1

Coriander Paste
1 tbsp

Mint Leaves Paste
1 tbsp

Green Chili
3

Ginger & Garlic Paste
1 tbsp

Garam Masala
To taste

Turmeric Powder
¼ tsp

Water
400 ml or 2/3rd of all the ingredients



Preparation Guide

Chop the chilis, onion and the tomato (remove the seeds from the tomato)

Add all the ingredients in a pressure cooker

Leached Vegetables/ Leafy vegetables and pulses boil it and remove the water

After that put all other ingredients of masala (spices) as mentioned in sl no 3 to 10 and boil it properly and give tadaka (tempering) with few drops of oil less than ½ tea spoon

Do not add salt

2.1.13 SUPER Cereals food (Easily digestible Carbohydrates)

Ingredients

Rice or Wheat
less than 20 to 25 %

Leached Vegetables
more than 60%

Chopped Onion
1

Coriander Paste
1 tbsp

Green Chili
3

Ginger and Garlic Paste
1 tbsp

Mint Leaves Paste

1 tbsp

Pulses

Should be less than 5 to 10% to of the recipe
(any pluses except red gram and horse gram)
separately cook and add to the preparations
because the boiling point for pulses is more)

Curry Leaves

8-10 leaves

Garam Masala

One pinch

Turmeric Powder

¼ tsp

½ tea spoon ghee or cold pressed oil



Preparation Guide

- Rinse and wash the rice or wheat and pulses
- separately cook pulses and add to the vegetables and other ingredients in the preparations because the boiling point for pulses is more.
- Put all the ingredients in a pressure cooker.
- Cook on a high flame for 3-4 whistles or until the khichdi is cooked (In other words, boil it for 20 to 25 minutes).
- Put tadka with very little oil, mustard and curry leaves.

NOTE

The ratio between rice or wheat and leafy vegetables should be 1:3. Do not add salt, fats or oils. •

2.1.14 Super Salad

Ingredients

| | |
|---------------------------|----------------|
| Radish | Carrots |
| Any Leafy vegetables | Cucumbers |
| Green Gram (Sprouted) | Sweet Potato |
| Bengal Gram (Sprouted) | Onion |
| Peanuts (Sprouted) | Tomato |
| | Coconut |
| | Beetroot |
| | Any dry fruits |



Preparation Guide

Leach all the vegetables- (overnight and rinse in hot water)

Grate all the vegetables and mix them together with any type of dry fruits

Add some spices(chat masala) and garnish as required

2.1.15 SPICE DRINK (Enhances body immunity power)

Spice Drink provides relief from cough, cold and fever. The medicinal properties present in this drink also helps with the digestion process and enhances body immunity.

Ingredients required to prepare 250 ml (8.5 fl. Oz.) of Spice Drink

| |
|--|
| Ginger |
| 1 to ½ inch |
| Black Pepper |
| 2.5 grams (0.10 Oz. or 1 teaspoon) (8 no) |
| Cloves |
| 2.5 grams (0.10 Oz. or 1 teaspoon) (4 no) |
| Cardamom |
| 2.5 grams (0.10 Oz. or 1 teaspoon) (1) |
| Cinnamon |
| 2.5 grams (0.10 Oz. or 1 teaspoon)(1 inch) |
| Jaggery |
| 2.5 grams (0.10 Oz. or 1 teaspoon) – For taste |
| Water |
| 150 ml (8.5 fl. Oz.) |



Preparation Guide

Pound all the ingredients and boil it for few minutes

Add the water in a pot along with the ingredients and bring to boil

Once the solution comes to boil, bring down the flame and simmer for the next 5-10 minutes

Pass the solution through a sieve store it in thermos

Consumption Guide

Consume as recommended

Else, drink it twice or thrice a day as required like tea

3. Remember for speedy recovery

3.1 What medicines to be avoided during diet for a speedy recovery?

Except for the medication/tablets consumed for diabetes and blood pressure, all other tablets related to/for cholesterol, blood thinners, water pills (diuretic tablets), gastric tablets, uric acid tablets, Vitamin B12 tablets, Vitamin D tablets, Allergy tablets, anti depression tablets and neuro tablets can be avoided from day one, as all these health supplements can be supplemented through our diet protocol. For example, raw vegetable juice acts like cholesterol and blood thinner tablets.

Note: The aforementioned recommendation is merely a guideline, those wishing to continue with the synthetic medicines can do so, but do keep in mind that synthetic medicines damage the liver and kidney cells, and recovery is very slow.

3.2 Tapering of Diabetic and BP Medication

During the course, the glucose levels start normalizing in about 3-4 days, and the blood pressure starts to normalize in 15-30 days. Those who are taking insulin, on the 4th day, whatever the units they are consuming, it should be tapered by 3 units every time. For example, if you are taking 10 units in the morning, you should now take 7 units, and so on throughout the day. Thereafter, with every passing week of taking this health supplements, per unit dosage of insulin should be reduced by 3 units each time. For example, if you are taking 10 units per dosage in this current week, you should reduce it to 7 units per dosage the next week. By following the recommended diet and treatment protocol, the body starts to produce insulin.

Those who are taking tablets for diabetes, on the 4th day, 25% of the tablet volume should be tapered down, and thereafter by monitoring the glucose levels, the tablets must be tapered further. By following the recommended diet and health supplements protocol, the body starts to produce insulin.

The blood pressure starts normalizing after one or two weeks after taking this health supplements; therefore, Blood Pressure medication should also be tapered under the guidance of a doctor.

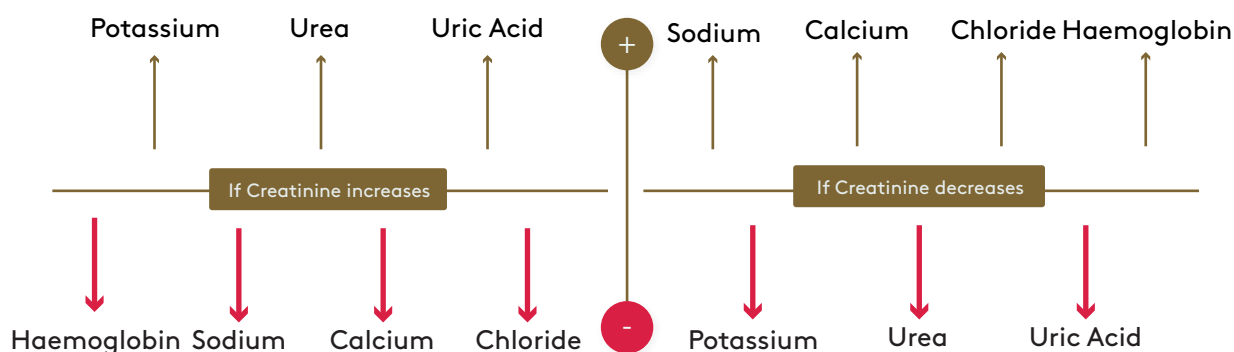
Note – All of the above-mentioned recommendations should only be executed under the guidance of a doctor.

4. Important information for people suffering from Chronic Kidney Disease

a. The reason Creatinine level increases

When the Glomerulus Capillary Filters are damaged, the following parameters in the blood vary:

- Creatinine, Potash, Urea and Uric Acid increases
- Haemoglobin, Sodium, Calcium and Chlorides start to decrease



For those suffering from Chronic Kidney Disease, various reasons could lead to the damaging of the Glomerulus Capillary Filters such as



Chronic Diabetes



High Blood Pressure



Ingestion Of Synthetic Tablets



Pain Killers

This hinders the kidneys ability to filter end products of protein such as nitrogenous products like creatinine, urea, uric acid, potash (more than 5.5% of potash level affects the normal functioning of the heart). Accumulation of these toxins will affect all other functions of the kidney which leads to the reduction of hemoglobin levels, calcium levels, sodium levels and the levels of other important micro and macro nutrients.

Creatinine is a nitrogenous end product of proteins, therefore it is very important for people suffering from Chronic Kidney Disease to know which food contains easily digestible proteins and the harder or indigestible proteins. The harder to digest protein or indigestible proteins are wheat and rice which contains about 13-14% of protein, pulses which contain about 20-25% of protein, and meats like beef, chicken, pork and lamb which contain 25-30% of proteins. Examples of easily digestible proteins are leafy vegetables and vegetables which contain 2.9-3% of protein, fish which contains 13-20% of protein and mushrooms which contain 10-20% of protein.

Therefore, during this period, those suffering from Chronic Kidney diseases should try and incorporate easily digestible proteins into their meals, and stick to the strict diet as defined in this book. Although many nephrology dieticians do not advise the consumption of leafy vegetables, and vegetables, the inventor of these health supplements has experimented this successfully on his father. It is important to remember to leach the leafy vegetables and the vegetables before consumption.



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 instagram.com/vedelixirglobalofficial/  Contact No. 080-6897 1209

Marketed by

VedElixir Global Pvt. Ltd.,
Sri Venkateshwara Manor, 490, 80 Ft Road, R.T. Nagar (Main Road),
Bengaluru, Karnataka, India 560 032.
Email: support@vedelixir.com, Phone: 080 68971209

Manufacturing Unit

Mallur Flora & Hospitality Pvt Ltd.
Sy No. 14, Halasuru Dinne Village, Sidlaghatta Taluk, (Near Devanahalli
International Airport), Bangalore Karnataka, India – 562 102

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