

size should be adjusted by the vendor as per available tooling.

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OAD™
WOMEN
Tablet

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وو مین

**14 INGREDIENTS FOR
VITALITY & GLOW**

COMPOSITION:
Each film coated tablet contains:

Vitamin A	600 mcg.
Vitamin B6	1 mg.
Vitamin D3	87.5 mcg.
Vitamin B12	2 mcg.
Magnesium oxide	50 mg.
Zinc oxide	10 mg.
Ginseng extract	100 mg.
Algae calcium	150 mg.
Chromium (as chloride)	25 mcg.
Maca root extract	200 mg.
L-Arginine	200 mg.
Passion flower (Passiflora) extract	100 mg.
Rhodiola rosea extract	100 mg.
Folic acid	400 mcg.

Product Specs.: In-house

OAD WOMEN contains minerals, Vitamins and other nutrients for normal development and maintenance of women health. This comprehensive formulation is designed to

- Supporting mental and physical well-being
- Support physical strength and Endurance
- Support overall vitality

SUPPLEMENT FACTS:
Vitamin A: Vitamin A is a fat-soluble compound that plays an important role in vision, bone growth, reproduction, cell division, and cell differentiation. Vitamin A is important for healthy immune system.
Vitamin B6: It is water soluble vitamin which body needs for more than 100 enzymatic reactions involved in metabolism. It is also involved in brain development during pregnancy and infancy as well as in improving immune function.
Vitamin B12: Vitamin B12 is a water soluble vitamin needed to produce an adequate amount of healthy red blood cells in the bone marrow. It is also required for certain neurological function and DNA synthesis.
Vitamin D: Vitamin D promotes the absorption of Calcium which is used by the bones. It also helps maintain proper blood level of calcium and phosphorus.
Folic acid: Folic acid helps our body produce and maintain new cells, and also helps prevent changes to DNA that may lead to cancer. Folic acid is used to treat certain types of anemia (lack of red blood cells) caused by folic acid deficiency.

MINERALS:
Algae calcium: 99% of body calcium is stored in bones and teeth where it supports their structure and function. While rest 1% Calcium supports vascular contraction, vasodilatation, muscle function, nerve transmission, intracellular signaling and hormonal secretion. Algae calcium is more "bone cell friendly" form of calcium. Algae Calcium outperformed calcium carbonate and calcium citrate by 300 and 400 percent respectively on DNA synthesis – the ability of osteoblasts to produce new bone building cells.
Chromium: is an essential trace mineral required in the diet for proper protein, carbohydrate and lipid metabolism as well as enhancing insulin sensitivity.
Magnesium: Magnesium is an essential cofactor in 80% of all cellular enzymes. It is

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necessary for the conversion of vitamin D into its active form. It helps the body to absorb and regulate calcium levels.
Magnesium also has a role to play, together with the thyroid and parathyroid glands, in supporting bone health: Stimulating the thyroid's production of calcitonin, which acts as a bone-preserving hormone.
Zinc: Zinc acts as a cofactor for enzymes that are involved in protein and nucleic acid synthesis, wound healing, cell division and is known to play an important role in bone remodeling cycle.

AMINO ACID:
L-Arginine: It is a unique amino acid due to its vasodilatory properties. Arginine is the chemical precursor to nitric oxide, which is able to widen blood vessels; the action referred to as vasodilatation potentially towards genitals and promotes sexual health.

HERBAL EXTRACTS:
Maca root: It has been used extensively in menopausal women as a natural form of hormone replacement therapy; it is associated with improved sexual function and fertility in women as its ability to increase serum luteinizing hormone in the pituitary gland.
Ginseng: It contains ginsenosides which is used for improving thinking, concentration, memory and work efficiency. Useful for improvement in general well being.
Passion flower: It is used as a sedative and anxiolytic. It also been recommended for the treatment of gastrointestinal disorders related to anxiety, asthma; tachycardia; menstrual cramps; seizures; attention-deficit hyperactivity disorder; and hysteria.
Rhodiola rosea: It helps increase work performance, and reduces symptoms associated with stress, such as insomnia, irritability, hypertension, depression, and headaches. It may help induce weight loss by activating the body's store of adipose lipase, a key enzyme that helps burn its fat stores. Rhodiola also strengthens the immune system by reducing the effect of stress, which is known to weaken the body's ability to defend against illness.

DOSAGE IN ADULTS:
● Take one tablet daily after meal or as directed by the registered medical practitioner.
● Not formulated for use in children.

PRECAUTIONARY WARNINGS OR POSSIBLE SIDE EFFECTS:
There have been no reported negative side effects. However, it's best that you ask your health expert first if:
● You are nursing
● You suffer from a serious medical condition
● You are taking other medicines

CONTRAINDICATION:
Do not use the supplement if you are allergic to any of its ingredient.

INSTRUCTIONS:
- Store below 30°C.
- Protect from heat, sunlight & moisture.
- Keep out of the reach of children.

PRESENTATION:
OAD WOMEN Tablet : Pack of 2 x 10 tablets.

ہدایات:
۳۰ درجہ سینٹی گریڈ سے کم درجہ حرارت پر رکھیں۔
گرمی، دھوپ اور نمی سے بچائیں۔
بچوں کی پہنچ سے دور رکھیں۔

خوراک:
ایک گولی روزانہ کھانے کے بعد یا مستند ڈاکٹر کی ہدایت کے مطابق استعمال کریں۔

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