

# KEVA BONE & JOINT HEALTH TABLETS





# YOU AND YOUR JOINTS

A joint is the connection between two bones. Joints and their surrounding structures allow you to bend your elbows and knees, wiggle your hips, bend your back, turn your head, and wave your fingers





# YOU AND YOUR JOINTS

Smooth tissue called cartilage and synovium and a lubricant called synovial fluid cushion the joints so bones do not rub together. But increasing age, injury or carrying too much weight can wear and tear your cartilage. This can lead to a reaction that can damage your joints and lead to arthritis



#### PROMOTES THE HEALTH OF YOUR JOINTS AND BONES







Bone is continuously being remodelled, that is old bone tissue is replaced by new. Bone formation and bone resorption (replacement of old bone tissue) take place throughout life, although at different rates at different times and at different sites within the skeleton.



In childhood the process enables the bones to grow; in adulthood the purpose is maintenance. Bone formation and bone resorption are influenced by a variety of factors including diet and physical activity. Peak bone mass is influenced by genetic factors such as build and ethnic group



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As we progress through adulthood, bone resorption occurs at a faster rate than bone formation.The consequence of this is a gradual fall in bone mass as we age.



In women, bone loss is accelerated following the menopause, particularly during the first 5-10 years. This is because the hormone oestrogen (production of which ceases after the menopause) protects bone, and bone formation and loss is influenced by such hormones



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Apart from this, High impact sports, muscle weakness, and repetitive stress injuries can cause Joints to weaken



# A wonderful formula to ease Joints movement and flexibility to help you enjoy everyday activities





The herbs in this product are known as the key for the formation of cartilage, an essential building block of your joints to support your mobility and flexibility



EALTH TABLETS May help to support joint strength by helping to resist compression in the joint and further help in supporting healthy bones, joints and cartilage

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This powerful formula is specialized for joint health and mobility

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Our combination of herbs may help in the rebuilding of joint cartilage, maintaining the health of the cartilage, and reducing the painful inflammation associated with physical activity

> If you struggle with joint pain or discomfort, these nutrients may help offer natural comfort

The Herbal extract in this may enhance the antioxidant capacity of the body which may increase the immunity

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#### KEVA BONE & JOINT HEALTH CONTAINS

Asthishrinkhla (Cissus quadrangularis) Rasna (Pluchea lanceolata) Dashmool Ph.Pr Powders of Kukutawantvak Bhasam Sallaki (Boswellia Serrata) Laksha (Laccifer Lacca) Daruhaldi (Berberis lycium)

**Eranda (Ricinus Communis)** 

Ashwagandha (Withania Somnifera)

Prishnaparni (Uraria picta)

Lashun (Alluum sativum)

Bulb Babbula (Acacia nilotica)



#### ASTHISHRINKHLA (CISSUS QUADRANGULARIS)

Cissus quadrangularis is a traditional medicine for joint and bone health (as well as various feminine disorders and menopause), and shows promise in promoting bone growth rates. It is popular as a joint aid for athletes, with preliminary evidence supporting this property of cissus.





### **RASNA (PLUCHEA LANCEOLATA)**

The plant is used for the inflammations and bronchitis, psoriasis, cough and piles. It is also used as antipyretic, analgesic, laxative and nervine tonic. The decoction of plant is used to prevent the swellings of joint in arthritis, rheumatism and neurological diseases.





#### SALLAKI (BOSWELLIA SERRATA)

Because boswellia is an effective anti-inflammatory, it can be an effective painkiller and may prevent the loss of cartilage. Some studies have found that it may even be useful in treating certain cancers, such as leukemia and breast cancer.





### LAKSHA (LACCIFER LACCA)

Laksha is used in Ayurveda, Siddha and Unani medicine system for treatment of a variety of diseases due to its following medicinal properties. It is helpful for bone fracture healing and to strengthen bones





## ERANDA (RICINUS COMMUNIS)

Ricinus Communis seeds and oil is used from ancient times to cure disorders like rheumatism, work infestation, severe constipation and abdominal disorders.





#### ASHWAGANDHA (WITHANIA Somnifera)

Ashwagandha is used for arthritis, anxiety, bipolar disorder, trouble sleeping (insomnia), tumors, tuberculosis, asthma, bronchitis, backache, menstrual problems, hiccups, Parkinson's disease, and chronic liver disease.





#### PRISHNAPARNI (URARIA PICTA)

The Uraria species is useful in quick healing of bone fractures. It is used as a cardio and nervine tonic and has anti-inflammatory, expectorant, and diuretic properties. The root of the plant is one of the ingredients of 'dasamoola' in Ayurveda





## LASHUN (ALLUUM SATIVUM)

Garlic (Allium sativum), is used widely as a flavoring in cooking, but it has also been used as a medicine throughout ancient and modern history; it has been taken to prevent and treat a wide range of conditions and diseases. Like bronchitis, hypertension (high blood pressure), TB (tuberculosis), liver disorders, dysentery, flatulence, colic, intestinal worms, rheumatism, diabetes, and fevers.





#### BULB BABBULA (ACACIA NILOTICA)

As a medicine, acacia is taken by mouth for high cholesterol, irritable bowel syndrome (IBS), and weight loss. It is also used to remove toxins from the body and as a prebiotic to promote "good" bacteria in the intestine.



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## HOW TO TAKE KEVA BONE & JOINT HEALTH



Take one tablet twice a day morning and evening on an empty stomach or half an hour before meal

For better results use for at least 6 -12 months



# CONTACT

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# Thank You

This product is not a medicine and not intended to treat, diagnose, prevent or cure any disease. Please consult your healthcare professional.