






















## ONEDROP PRODUCT BENEFITS

Tulsi	Boosts Immunity	How to Use?
<p><b>Boosts Immunity</b></p>  <p><b>Anxiety Relief</b></p>	<ul style="list-style-type: none"> <li>• Controls asthma, cough &amp; sinus infections</li> <li>• Relieves from exhaustion, tension &amp; depression</li> <li>• Assists in uplifting mood</li> <li>• Relieves from anxiety, fatigue and insomnia</li> <li>• Accelerates recovery from viral infections</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water/ hot water (200 ml)</li> <li>• Add 1-2 drops in green tea / black tea (120 ml)</li> <li>• Add 4-5 drops in a glass of juice / hot milk</li> </ul>
<p><b>Ginger</b></p>	<p><b>Boosts Immunity</b></p>	<p><b>How to Use?</b></p>
<p><b>Improves Digestion</b></p>  <p><b>Natural Pain Killer</b></p>	<ul style="list-style-type: none"> <li>• Treats food poisoning and intestinal infections</li> <li>• Helps dissolve stones created in kidneys</li> <li>• Powerful natural pain killer</li> <li>• Controls Cholesterol &amp; helps avoid blood clots</li> <li>• Effective for male health too; It's a natural aphrodisiac</li> <li>• Helps avoid early ejaculation</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water/ hot water (200 ml)</li> <li>• Add 1-2 drops in green masala/black tea (120ml)</li> <li>• Add 4-5 drops in a glass of juice / soup</li> </ul>
<p><b>Cinnamon</b></p>	<p><b>Helps Manage Weight</b></p>	<p><b>How to Use?</b></p>
<p><b>Control BP</b></p>  <p><b>Healthy Pancreas</b></p>	<ul style="list-style-type: none"> <li>• Keeps the blood pressure in control</li> <li>• Moderates blood glucose levels</li> <li>• Assists in healthy pancreas function</li> <li>• Minimises menstrual cramps</li> <li>• Helps the secretion of breast milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water/ hot water (200 ml)</li> <li>• Add 1-2 drops in green masala/black tea (120ml)</li> <li>• Add 4-5 drops in a glass of juice / soup</li> </ul>
<p><b>Cumin</b></p>	<p><b>Detoxifies Body</b></p>	<p><b>How to Use?</b></p>
<p><b>Removes Gases</b></p>  <p><b>Regulates Periods</b></p>	<ul style="list-style-type: none"> <li>• Improves digestion</li> <li>• Drives away gases</li> <li>• Removes fat by boosting urination</li> <li>• Excellent detoxifier; Eliminates toxins from blood</li> <li>• Helps maintain a regular menstruation cycle</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of buttermilk / soup</li> </ul>
<p><b>Vetiver</b></p>	<p><b>Cools Body</b></p>	<p><b>How to Use?</b></p>
<p><b>Calms Mind</b></p>  <p><b>Deep Sleep</b></p>	<ul style="list-style-type: none"> <li>• Keeps metabolism in order and rejuvenates body</li> <li>• Strengthens and boosts immune function</li> <li>• Cools body and calms mind</li> <li>• Relieves from insomnia (take with milk)</li> <li>• Helps treat kids with (ADHD)</li> <li>• Well-known &amp; effective sedative</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water/ hot water (200 ml)</li> <li>• Add 4-5 drops in glass a of milk (120ml)</li> <li>• Use in aroma diffusers / use in bathing (5ml/ bucket)</li> </ul>

<b>Rosemary</b>	<b>Boosts Energy</b>	<b>How to Use?</b>
<p><b>Boosts Attention</b></p>  <p><b>Liver Cleaner</b></p>	<ul style="list-style-type: none"> <li>• Boosts attention, alertness, energy and mood</li> <li>• Effectively handles mental strain and fatigue</li> <li>• Reduces stress hormone cortisol</li> <li>• Improves brain function and memory</li> <li>• Excellent liver cleanser</li> <li>• Powerful antioxidant</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water/ hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea (120ml)</li> <li>• Use as marinade for fish / meat</li> </ul>
<p><b>Basil</b></p> <p><b>Prevents Infections</b></p>  <p><b>Anti-depressant</b></p>	<p><b>Controls Ulcer</b></p> <ul style="list-style-type: none"> <li>• Reduces memory loss due to age or stress</li> <li>• Helps in the treatment of Alzheimer's</li> <li>• An excellent anti-depressant</li> <li>• Helps control blood sugar, triglycerides &amp; cholesterol</li> <li>• Protects against gastric ulcers</li> <li>• Has anti-biotic, anti-microbial and anti-fungal properties</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of juice / smoothies</li> </ul>
<p><b>Turmeric</b></p> <p><b>Boosts Immunity</b></p>  <p><b>Joint Pain Relief</b></p>	<p><b>Fights Inflammation</b></p> <ul style="list-style-type: none"> <li>• Fights inflammation</li> <li>• Stimulates body's own anti-oxidant enzyme</li> <li>• Prevents brain damage by boosting BDNF</li> <li>• Helpful in preventing and treating Alzheimer's</li> <li>• Help treat arthritis</li> <li>• Delays ageing and nights age related diseases</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of milk / soup / juice</li> </ul>
<p><b>Clove Bud</b></p> <p><b>Improves Blood Circulation</b></p>  <p><b>Stimulates Brain</b></p>	<p><b>Boosts Energy</b></p> <ul style="list-style-type: none"> <li>• Improves blood circulation</li> <li>• Increases libido: gives an extra shot of sexual energy</li> <li>• Very effective in soothing stomach pain</li> <li>• Stimulates brain; Feel more energetic</li> <li>• Works as an effective mouthwash</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / masala / black tea (120ml)</li> <li>• Add 4-5 drops in a glass of milk / soup / juice</li> </ul>
<p><b>Clove Leaf</b></p> <p><b>Clears Congestion</b></p>  <p><b>Cleans Mouth</b></p>	<p><b>Fights Fungi</b></p> <ul style="list-style-type: none"> <li>• Relieves from all dental problems</li> <li>• Helps treat candida / fungal infections / parasites in digestive system</li> <li>• Helps clear lung or nasal congestion</li> <li>• Improves Immunity</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green/ masala/black tea (120ml)</li> <li>• Add 4-5 drops in a glass of milk / soup / juice</li> </ul>

<b>Black cumin</b>	<b>Fights Ulcer</b>	<b>How to Use?</b>
<p><b>Protects Liver</b></p>  <p><b>Joint Pain Relief</b></p>	<ul style="list-style-type: none"> <li>• Helps treat internal inflammations</li> <li>• Controls arthritis pain very effectively</li> <li>• Protects liver from damages. Helps treat fatty liver</li> <li>• Helps treating peptic ulcers, especially ulcers arising out of alcohol and medicines</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of milk / soup / juice</li> </ul>
<p><b>Black pepper</b></p> <p><b>Controls Inflammation</b></p>  <p><b>Helps Absorb Nutrients</b></p>	<p><b>Boosts Digestion</b></p> <ul style="list-style-type: none"> <li>• Helps treats inflammations in lungs</li> <li>• Helps minimise effects of Alzheimer's and Parkinson's.</li> <li>• Improves insulin sensitivity in obese persons</li> <li>• Helps absorb nutrients and medicinal compounds in our food and health supplements. Controls appetite in overweight persons</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of milk / soup / juice</li> </ul>
<p><b>Cardamom</b></p> <p><b>Controls Spasms</b></p>  <p><b>Kills Germs</b></p>	<p><b>Boosts Digestion</b></p> <ul style="list-style-type: none"> <li>• Helps treat muscular and respiratory spasm</li> <li>• It is an excellent germicide: controls pathogenic bacteria in mouth and digestive system</li> <li>• Promotes and controls secretion of enzymes, hormones, digestive juices.</li> <li>• Excellent as mouthwash; controls bad breath</li> <li>• Preventing accumulation of calcium and urea in kidney</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green/ masala/black tea (120ml)</li> <li>• Add 4-5 drops in a glass of milk / soup / juice</li> </ul>
<p><b>Malkangani</b></p> <p><b>Improves Brain Function</b></p>  <p><b>Nervine Tonic</b></p>	<p><b>Boosts Memory</b></p> <ul style="list-style-type: none"> <li>• Helps improve intellect and memory power in children</li> <li>• Very effective in all neurodegenerative diseases and is a goof nervine tonic</li> <li>• Helps treat the memory loss and tremors due to ageing</li> <li>• Effective in treating erectile dysfunction and nerve weakness of men</li> <li>• Helps in handling withdrawal symptoms after quitting alcohol and drugs</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of milk / soup</li> </ul>

<p style="text-align: center;"><b>Garlic</b></p> <p style="text-align: center;">Lowers Bad Cholesterol</p>  <p style="text-align: center;">Improves Bone Health</p>	<p style="text-align: center;"><b>Protects Heart</b></p> <ul style="list-style-type: none"> <li>• Helps relax vascular muscles and lowers blood pressure</li> <li>• Helps reduce cholesterol</li> <li>• Relieves congestion due to dust and pollution</li> <li>• Protects organs from heavy metal toxicity</li> </ul>	<p style="text-align: center;"><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of milk / soup / juice</li> </ul>
<p style="text-align: center;"><b>Coriander Seed</b></p> <p style="text-align: center;">Lowers Blood Sugar</p>  <p style="text-align: center;">Reduces Bloating</p>	<p style="text-align: center;"><b>Boosts Appetite</b></p> <ul style="list-style-type: none"> <li>• Reduces bloating</li> <li>• Boosts appetite</li> <li>• Activates enzymes that help lower blood sugar</li> <li>• Helps lower blood pressure and LDL (bad) cholesterol</li> </ul>	<p style="text-align: center;"><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of soup / juice</li> </ul>
<p style="text-align: center;"><b>Valerian Root</b></p> <p style="text-align: center;">Promotes Calmness</p>  <p style="text-align: center;">Reduces Stress &amp; Anxiety</p>	<p style="text-align: center;"><b>Helps Achieve Deep Sleep</b></p> <ul style="list-style-type: none"> <li>• Improves quality of sleep</li> <li>• Improves mood and reduces anxiety</li> <li>• Prevent and minimises heart palpitations</li> <li>• Helps reduce the severity and discomfort of menstrual cramps</li> </ul>	<p style="text-align: center;"><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of milk / juice</li> </ul>
<p style="text-align: center;"><b>Nutmeg</b></p> <p style="text-align: center;">Improves Gut Health</p>  <p style="text-align: center;">Increases Blood Circulation</p>	<p style="text-align: center;"><b>Oxygen Booster</b></p> <ul style="list-style-type: none"> <li>• Helps reduce muscular and joint pain</li> <li>• Helps manage abdominal pain and inflammation</li> <li>• Helps relieve menstrual cramps and associated mood swings</li> <li>• Good for treating indigestion, flatulence and vomiting</li> </ul>	<p style="text-align: center;"><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of milk / juice / soup</li> </ul>
<p style="text-align: center;"><b>Parseley Seed</b></p> <p style="text-align: center;">Muscular Tonic</p>  <p style="text-align: center;">Controls Flatulence</p>	<p style="text-align: center;"><b>Relieves Bladder Problems</b></p> <ul style="list-style-type: none"> <li>• Protects against a multitude of infections</li> <li>• An excellent detoxifying agent</li> <li>• A good astringent; Induce contractions internally for overall fitness and younger look</li> <li>• Promotes secretion of feminine hormones that maintain uterine health</li> </ul>	<p style="text-align: center;"><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of juice / soup</li> </ul>

<p><b>Thyme</b></p> <p>Improves Mood</p>  <p>Enhances Skin Health</p>	<p><b>Promotes Healthy Heart</b></p> <ul style="list-style-type: none"> <li>• Lowers your overall stress levels</li> <li>• A natural antibiotic. Helps treat infections in the chest</li> <li>• Helps eliminate intestinal worms and maggots</li> <li>• Helps control cough</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice / soup</li> </ul>
<p><b>Fennel</b></p> <p>Smoothens Bowel Movements</p>  <p>Kills Worms</p>	<p><b>Healthy Spleen</b></p> <ul style="list-style-type: none"> <li>• Helps maintain the spleen and keep it toned</li> <li>• Due to antiseptic properties, protects wounds from becoming septic</li> <li>• Acts on intestinal peristaltic motion and smoothens bowel movements</li> <li>• A good tonic; tones up all internal systems</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice / soup</li> </ul>
<p><b>Ajwain</b></p> <p>Lowers BP</p> <p>Helps Treat Peptic Ulcers</p>	<p><b>Improved Digestion</b></p> <ul style="list-style-type: none"> <li>• Fights bacteria and fungi</li> <li>• Helps lower cholesterol and triglycerides</li> <li>• Combats peptic ulcers</li> <li>• Relieves indigestion</li> <li>• Helps lower blood pressure</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 4-5 drops in a glass of milk / juice / soup</li> </ul>
<p><b>Lemon Grass</b></p> <p>Improves Gut Health</p> <p>Prevents Ulcers</p>	<p><b>High in anti-oxidants</b></p> <ul style="list-style-type: none"> <li>• Prevents gastric ulcers</li> <li>• Helps regulate blood sugar and lipids</li> <li>• Helps relieve headaches and migraine</li> <li>• Helps relieve nausea</li> <li>• Helps ease diarrhoea</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea / milk tea (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice / soup</li> </ul>
<p><b>Lemon</b></p> <p>Improves Gut Health</p> <p>Relives Stress</p>	<p><b>Eases Nausea and Vomiting</b></p> <ul style="list-style-type: none"> <li>• Improves skin health</li> <li>• Perks up mood</li> <li>• Improves digestion</li> <li>• Has anti-stress and antidepressant effects</li> <li>• Helps treat and prevent acne breakouts</li> </ul>	<p><b>How to Use?</b></p> <ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea / milk tea (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice / soup</li> </ul>



<b>Orange</b>	<b>Uplifts Mood</b>	<b>How to Use?</b>
<p><b>Reduces Anxiety</b></p> <p><b>Relives Stomach Upset</b></p>	<ul style="list-style-type: none"> <li>• Reduces symptoms of anxiety and depression</li> <li>• Contains Limonene with high anti-oxidant activity</li> <li>• Helps in weight management</li> <li>• Adds orange aroma to food without sour taste; Useful to make beverages / cakes</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ml to 1 litre of drinking water</li> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice</li> </ul>
<b>Saffron</b>	<b>Reduces Appetite</b>	<b>How to Use?</b>
<p><b>Reduces PMS Symptoms</b></p> <p><b>Aids Weight Loss</b></p>	<ul style="list-style-type: none"> <li>• Has plenty of powerful anti-oxidants</li> <li>• Improves mood, memory and learning ability</li> <li>• Contains kaempferol linked to anti cancer activities</li> <li>• Reduces PMS symptoms such as irritability, pain, headache and cravings</li> <li>• Improves sexual performance in both men and women</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea / (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice</li> <li>• Use externally for massage / spray / aroma</li> </ul>
<b>Jasmine</b>	<b>Calms Mind</b>	<b>How to Use?</b>
<p><b>Boosts Mood</b></p> <p><b>Amazing Anti-oxidants</b></p>	<ul style="list-style-type: none"> <li>• Romantic scent has an aphrodisiac effect</li> <li>• Decreases menopause systems</li> <li>• Promotes lactation</li> <li>• Helpful in treating generalised anxiety disorders</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 drops in a glass of water / hot water (200 ml) Add 1-2 drops in green /black tea / milk tea (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice</li> <li>• Use externally for massage / spray / aroma</li> </ul>
<b>Rose</b>	<b>Uplifts Mood</b>	<b>How to Use?</b>
<p><b>Eases Pain</b></p> <p><b>Reduces Anxiety</b></p>	<ul style="list-style-type: none"> <li>• Minimises menstrual discomfort by reducing cramping pain</li> <li>• Decreases anxiety and stress</li> <li>• Helps reduce blood pressure, heart rates, breathing rates and cortisol levels</li> <li>• Stimulates sex drive: Increases desire and satisfaction</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea / milk tea (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice</li> <li>• Use externally for massage / spray / aroma</li> </ul>
<b>Chamomile</b>	<b>Promotes Sleep</b>	<b>How to Use?</b>
<p><b>Relieves Mental Fatigue</b></p> <p><b>Helps Treat Depression</b></p>	<ul style="list-style-type: none"> <li>• Improves sleep quality</li> <li>• Contains apigenin that's known for anti-cancer properties</li> <li>• Helps treat Generalized anxiety disorder (GAD)</li> <li>• Helps in the treatment of depression</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea /(120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice</li> <li>• Use externally for massage / spray</li> </ul>

<b>Jatamansi</b>	<b>Improves Nerve Function</b>	<b>How to Use?</b>
<p data-bbox="212 353 451 387"><b>Reduces Insomnia</b></p> <p data-bbox="212 546 451 580"><b>Improves Memory</b></p>	<ul data-bbox="528 282 1075 651" style="list-style-type: none"> <li>• Neuroprotective; Helps in the treatment and prevention of seizures and epilepsy</li> <li>• A potent nerve tonic, lowers exhaustion</li> <li>• Proven natural remedy for insomnia</li> <li>• An effective memory booster; improves learning and cognitive skills</li> <li>• Promotes hair growth; stronger and shiny hair</li> <li>• Helps treat dandruff; Improves scalp health</li> </ul>	<ul data-bbox="1118 338 1406 600" style="list-style-type: none"> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea / (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice</li> <li>• Use externally for massage / hair oil</li> </ul>
<b>Sandal Wood</b>	<b>Natural Aphrodisiac</b>	<b>How to Use?</b>
<p data-bbox="185 824 480 857"><b>Anti Cancer Properties</b></p> <p data-bbox="172 1016 493 1081"><b>Helps Treat Urinary Tract Infections</b></p>	<ul data-bbox="528 786 1075 1122" style="list-style-type: none"> <li>• Promotes mental clarity; Improves attentiveness and mood</li> <li>• Helps increase libido and may help men with impotence</li> <li>• Helps treat Urinary Tract Infections. Approved for internal consumption in Germany</li> <li>• Anti-ageing benefits due to high anti-oxidant value</li> </ul>	<ul data-bbox="1118 824 1406 1086" style="list-style-type: none"> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea / (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice</li> <li>• Use externally for massage / hair oil</li> </ul>
<b>Ashwagandha</b>	<b>Enhances Vitality</b>	<b>How to Use?</b>
<p data-bbox="225 1234 440 1267"><b>Boosts Immunity</b></p> <p data-bbox="204 1426 461 1491"><b>Reduces Stress and Anxiety</b></p>	<ul data-bbox="528 1249 1002 1473" style="list-style-type: none"> <li>• Supports restful sleep</li> <li>• Has neuroprotective effects, helps improve cognitive function</li> <li>• Promotes energy, recovery, and endurance</li> <li>• Promotes healthy skin</li> </ul>	<ul data-bbox="1118 1249 1406 1451" style="list-style-type: none"> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea / (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice</li> </ul>
<b>Senna</b>	<b>Stimulates Bowel Movements</b>	<b>How to Use?</b>
<p data-bbox="256 1574 408 1608"><b>Liver Health</b></p> <p data-bbox="204 1767 461 1800"><b>Helps Detoxify Body</b></p>	<ul data-bbox="528 1574 1038 1756" style="list-style-type: none"> <li>• Used as Natural remedy for piles and constipation in Ayurveda</li> <li>• Supports liver health</li> <li>• Supports in detoxification of blood</li> <li>• Supports combat worm infestations</li> </ul>	<ul data-bbox="1118 1574 1406 1776" style="list-style-type: none"> <li>• 4-5 drops in a glass of water / hot water (200 ml)</li> <li>• Add 5-6 drops in green / black tea / (120ml)</li> <li>• Add 6-10 drops in a glass of milk / juice</li> </ul>
<b>Betel Leaf</b>	<b>Promotes Gut Health</b>	<b>How to Use?</b>

<p><b>Gastro Protective Properties</b></p> <p><b>Improves Oral Hygiene</b></p>	<ul style="list-style-type: none"> <li>• Has anti-microbial properties</li> <li>• Supports lowering cholesterol levels</li> <li>• Supports managing blood glucose levels</li> <li>• Improves oral health; acts as mouth refresher</li> <li>• Polyphenols in betel leaf possess anti-ulcerogenic properties</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea / (120ml)</li> <li>• Add 4-5 drops in a glass of juice</li> </ul>
<b>Mentha Mint</b>	<b>Natural Mouth Freshner</b>	<b>How to Use?</b>
<p><b>Improves Digestion</b></p> <p><b>Helps Treat IBS</b></p>	<ul style="list-style-type: none"> <li>• A natural anti-microbial agent and breath freshener.</li> <li>• Helps prevent gas and flatulence</li> <li>• Supports treat nipple crack during breast feeding</li> <li>• The osmarinic in mint helps treat allergies</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea / (120ml)</li> <li>• Add 4-5 drops in a glass of juice</li> <li>• Use externally for massage / hair oil</li> </ul>
<b>Kalmegh</b>	<b>Immunity Booster</b>	<b>How to Use?</b>
<p><b>Liver Health</b></p> <p><b>Helps Remove Intestinal Worms</b></p>	<ul style="list-style-type: none"> <li>• Helps protect liver and gall bladder</li> <li>• Helps manage blood sugar levels</li> <li>• Acts as good expectorant; Promotes mucus discharge from respiratory system</li> <li>• Protects skin from acne</li> <li>• Helps detoxify liver</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 drops in a glass of water / hot water (200 ml)</li> <li>• Add 1-2 drops in green / black tea / (120ml)</li> <li>• Add 4-5 drops in a glass of milk / juice</li> </ul>

*For more Information:*

Visit

<https://onedropwellness.in/>

Or whatsapp / call at

+91- 8385 099 099

Or Email us at

[happliving@onedropwellness.in](mailto:happliving@onedropwellness.in)

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#### **WATER / HOT WATER**

Add 2-5 drops in a glass of water 1 ml to 1 litre of water



#### **GREEN TEA / BLACK TEA**

Add 2-3 drops in a cup of green tea / black tea



#### **TEA WITH MILK**

Add 2-3 drops in a cup of tea and make it masala tea instantly



#### **COOKING/ SALADS / SOUP**

Use as required these drops in place of fresh spices / herbs



#### **MILK / BUTTER MILK**

Use 5-6 drops per glass of milk / butter milk