

OK LIFECARE PRIVATE LIMITED

NETWORKING @ OLC EDUCATION & LITERATURE

1. PRODUCT LIST

PRODUCT LIST					
SR. NO.	PRODUCT NAME	PACK SIZE	MRP	DP	BV
PREMIUM - WELLNESS RANGE					
1	CALCIUM + VIT D3	100 TAB	245	175	44
2	GANOLIFE	60 CAP	1125	900	360
3	KSM-66	60 CAP	1125	900	360
4	MY-90	60 TAB	1800	1260	630
5	OK FITNESS	60 TAB	800	595	238
6	OMEGA FLAX	60 SOFTGEL CAP	1000	700	350
7	BRAIN FUEL	30 CAP	1399	999	500
8	HEART FUEL	60 CAP	2990	2300	1150
9	JOINT GYM	60 CAP	680	408	163
10	KIDNEY FUEL	45 CAP	1699	1299	650
11	LIVER FUEL	30 CAP	1299	999	450
12	ORTHOMEGA	60 TAB	1800	1260	630
13	PROSTATE FUEL	60 CAP	1560	1200	600
14	SKIN FUEL	30 SOFTGEL CAP	1949	1499	750
15	TESTO BOOSTER	60 CAP	2990	2300	1150
16	THYRO FUEL	60 CAP	1299	999	500
GENERAL - WELLNESS RANGE					
17	ALOEVERA	1 LT.	900	540	216
18	BRAVE KIDS	200G	940	700	280
19	GANO COFFEE	200G	725	370	148
20	GREEN COFFEE	200G	700	560	196
21	LACTATING MOTHER	200 G	1100	550	225
22	NONI NATURAL JUICE (NEW)	900ML	1310	560	124
23	PHYTO LIFE	200 G	1800	1080	432
24	PROHEALTH	200 G	500	400	200
25	WOMER POWER	200 ML	300	240	120
GENERAL - AYURVEDIC HEALTHCARE					
26	ANTI-PILES	30+5 CAP	900	450	225
27	CALCULI FLUSH	20 G	400	320	160
28	CALCULI FREE	18 CAP	300	240	120
29	COUGH FIGHTER	100 ML	60	48	24
30	COUNT UP (NEW)	200 ML	350	280	140
31	DETOX SPRAY	20 ML	390	250	62.5
32	DIGEST WELL (NEW)	500 ML	700	560	280
33	IMMUNE PLUS	30 CAP	450	270	135
34	LIVER SUPPORT	30 CAP	500	250	125
35	LEUCOREST	30 CAP	500	300	150
36	MIGRANIL	60 CAP	670	500	250

37	SWEET DREAMS	60 CAP	700	420	210
38	ULTRA MOM	60 CAP	1000	500	250
CHARKAYU (BASIC AYURVEDA)					
39	AMLA	60 TAB	199	159	48
40	ARJUNA + GARLIC	60 TAB	199	159	48
41	AROGYAVATI	60 TAB	199	159	48
42	ASHWAGANDHA	60 TAB	199	159	48
43	BABUL	60 TAB	199	159	48
44	BLACK PEPPER + GINGER	60 TAB	199	159	48
45	DALCHINI + LAUNG	60 TAB	199	159	48
46	GILOY	60 TAB	199	159	48
47	GOKHRU	60 TAB	199	159	48
48	GUGGUL	60 TAB	199	159	48
49	HALDI + GINGER	60 TAB	199	159	48
50	HALDI + TULSI	60 TAB	199	159	48
51	KAUNCH BEEJ	60 TAB	199	159	48
52	KALONJI	60 TAB	199	159	48
53	MUKTAVATI	60 TAB	199	159	48
54	MULETHI	60 TAB	199	159	48
55	NEEM	60 TAB	199	159	48
56	PUNARNAVA	60 TAB	199	159	48
57	MUSLI	60 TAB	199	159	48
58	SAUNF + JEERA + DHANIYA + MINT	60 TAB	199	159	48
59	SHATAVARI + JEERA	60 TAB	199	159	48
60	SHILAJIT + KESAR	60 TAB	199	159	48
61	URIC ACID	60 TAB	199	159	48
HEALTH DROPS					
62	DIAB CONTROL	15 ML	1620	1296	777
63	FENNEL SEED	25 ML	200	160	80
64	FORCE ENZYME	15 ML	1080	648	259.20
65	OK POWER (NEW)	15 ML	1620	1296	777
66	PANCH TULSI	25 ML	190	152	76
67	SHALLAKI (NEW)	15 ML	1296	1037	519
68	YOUNG LIFE (NEW)	15 ML	1620	1296	777
KITCHEN CARE					
69	AJWAIN WHOLE	100 G	91	73	18.3
70	BLACK PEPPER POWDER (PET)	100 G	200	160	40
71	BLACK PEPPER WHOLE	100 G	200	160	40
72	CHANA MASALA	100 G	115	92	23
73	CHAT MASALA	100 G	115	92	23
74	CLOVE WHOLE (PET)	100 G	250	200	50

75	CUMIN WHOLE	100 G	92	74	18.5
76	INDIAN TEA	250 G	140	84	25
77	JALJEERA POWDER	100 G	90	72	18
78	PAO BHAJI MASALA	100 G	109	87	21.8
79	RED CHILLI FLAKES (PET)	100 G	115	92	23
80	RED CHILLI POWDER	100 G	83	67	16.8
81	SHAHI PANEER MASALA	100 G	115	92	23
82	TANDOORI MASALA	100 G	115	92	23
83	YOUNG FEEL (RICE BRAN OIL)	2 LT.	388	280	70
PERSONAL CARE					
84	AMLA JABORANDI HAIR OIL	100 ML	97	69	27.6
85	ANTI ACNE FACEWASH	120 ML	134	100	35
86	ANTI AGEING CREAM	50 G	200	160	64
87	BB CREAM	50 G	140	112	44.8
88	CRACK FREE CREAM	25 G	90	72	28
89	HAIR GROW TREATMENT WITH KERATIN	200 ML	250	150	60
90	HAND SANITIZER	100 ML	220	110	44
91	HERMOSA 21 HERBS HAIR OIL	30 ML	35	27	6.75
92	HERMOSA NEEM TULSI FACEWASH	30 ML	45	34	8.5
93	HERMOSA SOY PROTEIN SHAMPOO	30 ML	32	25	6.25
94	HERMOSA SOAP	100 G	36	25	6.25
95	KERATIN DAILY OIL	100 ML	173	86	34
96	NEEM TULSI FACEWASH (NEW)	100 ML	170	100	40
97	NIGHT CREAM	50 G	140	112	44.8
98	OK SMILE TOOTHPASTE	100 G	65	45	11.3
99	PHASE 3 HAIR TONIC	200 ML	450	260	104
100	PHASE 3	100ML	189	135	54
LAUNDRY PRODUCTS					
101	OK WASH DETERGENT POWDER	1 KG	150	90	23
102	OK WASH DETERGENT POWDER	10 G	12	10	2.5
AGRICULTURE PRODUCTS					
103	AGRO ADVANCE	250 ML	1000	800	400
PLAN & LITERATURE					
104	BUSINESS PLAN		45	45	0
105	CATALOG VOLUME 1		450	80	0
106	PRODUCT HANDBOOK (HINDI)		45	45	0
107	PRODUCT HANDBOOK (ENGLISH)		45	45	0

2. PRODUCTS AND USES

S.N.	Product Name	Pack size	Main Use
1.	My 90	60 Tab.	Multi-vitamins & multi-minerals with probiotics
2.	Ok Fitness	60 Tab.	Advance green tea for weight / Stress management
3.	Omega Flax	60 Cap.	For skin, brain & heart health
4.	Gano Coffee	200 G.	Anti-oxidant coffee (Low caffeine)
5.	Green Coffee	200 G.	Skin & weight management
6.	Brave kids	200 G.	3-D growth of child
7.	KSM-66	60 Tab.	World's best Ashwagandha extract
8.	Calcium + Vit.D3	60 Tab.	For strong bones/ joints & teeth
9.	Aloevera	1 Lt.	GUT health – Detox & digestion
10.	Noni Juice	900 ml	Neuro & heart health
11.	Punch Tulsi Drops	25 ml	Immunity booster
12.	Fennel Seeds Drops	25 ml	Digestion & mouth freshner
13.	Phyto Life	200 G.	Spirulina powder (Green micronutrients - multi-minerals / multi-vitamins)
14.	Women Power	200 ml	Women tonic
15.	Prohealth	200 G.	Ayurvedic powder
16.	Ultramom	60 Cap.	Herbal-vitamins for females & balances hormones
17.	Brain Fuel	30 Cap.	For brain /Neuro functioning/Wellness
18.	Skin Fuel	30 Cap.	For skin care
19.	Thyro Fuel	60 Cap.	For thyro health functioning
20.	Heart Fuel	60 Cap.	For heart functioning/Wellness
21.	Liver Fuel	30 Cap.	Liver detoxifier
22.	Kidney Fuel	45 Cap.	Kidney defender
23.	Prostate Fuel	60 Cap.	For prostate management
24.	Testobooster	60 Cap.	For sexual & sports performance
25.	Joint Gym	60 Cap.	For arthritis, gout & joint stiffness
26.	Orthomega	60 Tab.	Holistic joint care (cartilages & ligaments)
25.	Liver support	30 Cap.	Proper liver functioning
26.	Sweet Dreams	60 Cap.	Natural healthy sleep aid
27.	Leucorest	30 Cap.	For leucorrhoea management
28.	Anti- Piles	30+5 Cap.	For piles management
29.	Migranil	60 Cap.	For migraine management
30.	Calculi Flush	20 G.	For kidney stone size upto 6mm
31.	Calculi Free	18 Cap.	For kidney stone size >6 mm
32.	Cough Fighter	100 ml	For wet/dry cough
33.	Count Up	200 ml	Blood platelet booster
34.	Digest Well	500 ml	Digestion Booster (Acidity/Gastric Problems/IBS)
35.	Amla	60 Tab.	Hair /Skin/ Anemia/ Weight management
36.	Arjuna + Garlic	60 Tab.	Cardiac (Heart) Wellness
37.	Arogyavati	60 Tab.	Anti-infection/ Immunity
38.	Ashwagandha	60 Tab.	Anti-stress / Hormone/ Immunity
39.	Babul	60 Tab.	Strong teeth / Intestinal worms
40.	Black Pepper + Ginger	60 Tab.	Weight management/ Throat Infection

41.	Dalchini + Laung	60 Tab.	Diabetes/ Weight management
42.	Giloy	60 Tab.	Immunity/ Anti-viral/ Anti- pyretic
43.	Gokhru	60 Tab.	Kidney problems/ UTI
44.	Guggul	60 Tab.	Cardiac Wellness/ Cholesterol Management
45.	Haldi + Ginger	60 Tab.	Anti-inflammation/ Joint health
46.	Haldi + Tulsi	60 Tab.	Immuno-modulator/ Anti Allergic
47.	Kaunch Beej	60 Tab.	Muscle building/ Hormones
48.	Kalonji	60 Tab.	Ingestion/ Acidity
49.	Muktavati	60 Tab.	Hyper-tension (B.P.)
50.	Mulethi	60 Tab.	Throat infection
51.	Neem	60 Tab.	Skin / Blood purification/ Diabetes
52.	Punarnava	60 Tab.	UTI Management/ Kidney Wellness
53.	Safed Musli	60 Tab.	Energy & stamina
54.	Sanuf + Jeera + Dhaniya+ Mint	60 Tab.	Digestion booster
55.	Shatavari + Jeera	60 Tab.	Lactation/ Female hormones
56.	Shilajit + Kesar	60 Tab.	Stamina/ Anti-stress/ Sexual performance
57.	Uric Acid	60 Tab.	Uric acid management

3. HOW TO USE?

Sr. No.	Product	Dosage
1.	Calcium + Vit D3	1-2 tablets/day after meal or as directed by Health practitioner.
2.	Ganolife	2 capsules/day, 30 minutes before meal or as directed by Health practitioner.
3.	KSM-66	2 capsules/day, before/ after meal or as directed by Health practitioner.
4.	My-90	1-1 tablet, 2 times a day after meal or as directed by Health practitioner.
5.	Ok Fitness	1 tablet in a cup of hot water per day, empty stomach or as directed by Health practitioner.
6.	Omega Flax	1-2 capsules, daily after meal or as directed by Health practitioner.
7.	Brain Fuel	1-2 capsules/day, after meal or as directed by Health practitioner.
8.	Heart Fuel	1-2 capsules/day, after meal or as directed by Health practitioner.
9.	Joint Gym	2 capsules, 2 times a day after meal or as directed by Health practitioner.
10.	Kidney Fuel	Take 2 cap. for 15 days than 1 capsules/day, empty stomach or as directed by Health practitioner.
11.	Liver Fuel	1-2 capsules/day, before meal or as directed by Health practitioner.
12.	Orthomega	1-2 tablet, daily after meal or as directed by Health practitioner.
13.	Prostate Fuel	1-2 capsules/day, after meal or as directed by Health practitioner.
14.	Skin Fuel	1-2 capsules/day, after meal or as directed by Health practitioner.
15.	Testobooster	2 capsules/day, after meal/exercise or as directed by Health practitioner.
16.	Thyrofuel	2 capsules/day, after meal or as directed by Health practitioner.
17.	Aloevera	15-30ml, 1 or 2 times a day before meal or empty stomach or as directed by Health practitioner. (Best to be taken with fresh juices)/ (Take plenty of water).
18.	Brave Kids	5-10 gm per serving in a glass of water or milk or as directed by Health practitioner.
19.	Gano Coffee	1 serving spoon (13 gm. approx.) in a cup of water or milk.
20.	Green Coffee	1/2 tea spoon in one cup of boiling water.
21.	Lactating Mother	10 gm, 2 times a day with milk after meal or as directed by Health practitioner.
22.	Noni Natural Juice (New)	Take 10-15 ml of Noni juice & dilute with water (1-2 times), empty stomach or as directed by Health practitioner.
23.	Phyto Life	1-2 scoop, with warm milk or water , 2 times a day after meal or as directed by Health practitioner.
24.	Prohealth	10 gm with warm milk or water, after meal or as directed by Health practitioner.
25.	Women Power	2 teaspoon, 3 times a day after meal or as directed by Health practitioner.
26.	Anti-Piles	Green capsule: 1 capsule, daily after dinner with warm water for 5 days, than from 6th day Orange red capsule: 2-2 capsules, 2 times a day after meal as directed by Health practitioner.
27.	Calculi Flush	5g powder in the morning with curd, empty stomach or as directed by Health practitioner. (Take plenty of water)
28.	Calculi Free	2 capsules in the morning, empty stomach or as directed by Health practitioner. (Take plenty of water)
29.	Cough Fighter	5-10ml with lukewarm water, 2 times a day after meal or as directed by Health practitioner.
30.	Count Up (New)	10ml with lukewarm water, 2 times a day after meal or as directed by

		Health practitioner.
31.	Detox Spray	Apply as per requirement from a distance of 6-7 inches & repeat, if necessary.
32.	Digest Well (New)	2-4 teaspoon, 3 times a day after meal or as directed by Health practitioner.
33.	Liver Support	1-2 capsules, 2 times a day after meal or as directed by Health practitioner.
34.	Leucorest	1-2 capsules, 3 times a day after meal or as directed by Health practitioner.
35.	Migranil	At onset of migraine, 2-3 capsules at 3-4 hours interval or as directed by Health practitioner. Note: Not to exceed 12 capsules in 24 hours period. Person above 16 years of age can take.
36.	Sweet Dreams	2 capsules, 2 hours before having sleep or as directed by Health practitioner.
37.	Ultra Mom	3 capsules, daily with meal or as directed by Health practitioner.
38.	(Charkayu) Amla	dosage of all the charkayu products is same. 1-2 tablet, 3 times a day with meal or as suggested by Vaidya or Health expert.
39.	Diab Control	4-5 drops in 15 ml of water, 2 times a day before meal or as directed by Health practitioner.
40.	Fennel Seed Drops	4-5 drops in a glass of water / beverages, after meal.
41.	Force Enzyme	4-5 drops in 15 ml of water, 2 times a day after meal or as directed by Health practitioner.
42.	Ok Power (New)	4-5 drops in 15 ml of water, 2 times a day after meal or as directed by Health practitioner.
43.	Panch Tulsi	2-3 drops in a glass of water/tea/lassi, 2-3 times a day after meal.
44.	Shallaki (New)	4-5 drops in 15 ml of water, 2 times a day after meal or as directed by Health practitioner.
45.	Young Life (New)	4-5 drops in 15 ml of water, 2 times a day after meal or as directed by Health practitioner.

4. LIFESTYLE / HEALTH MANAGEMENT

<p align="center"><u>ANTI-ALLERGIC</u></p> <p>Haldi + Ginger Haldi + Tulsi Black pepper + Ginger Ganolife</p>	<p align="center"><u>BRAIN HEALTH</u></p> <p>Brain Fuel Migranil Sweet Dreams</p>	<p align="center"><u>CHILD HEALTH</u></p> <p>Brave Kids</p>
<p align="center"><u>CHOLESTEROL MANAGEMENT</u></p> <p>Heart Fuel Omega Flax Arjuna+ Garlic Tab. Dalchini + Laung Tab. Ok Fitness</p>	<p align="center"><u>DAILY NUTRITION</u></p> <p>My-90 Omega Flax Gano Coffee/ Green Coffee Ok Fitness Aloevera/ Noni Juice Tulsi/ Fennel Drops</p>	<p align="center"><u>DIABETES MANAGEMENT</u></p> <p>Diab Control Neem Tab. Ok Fitness My-90</p>
<p align="center"><u>DIGESTIVE HEALTH</u></p> <p>Digest Well Fennel Seed Saunf+Jeera+Dhaniya+Mint Tab. Aloevera</p>	<p align="center"><u>HAIR HEALTH</u></p> <p>Phase 3 Oil (Works On Roots) Amla Jaborandi (For Rough& Dry Hair)</p>	<p align="center"><u>HEART HEALTH</u></p> <p>Arjuna+Garlic Tab. Muktavati Arjuna + Garlic Tab. Noni Juice Guggul Tab.</p>
<p align="center"><u>HEALTHY BEVERAGES</u></p> <p>Gano Coffee Ok Fitness Green Coffee Blend Prohealth Aloevera Noni Juice</p>	<p align="center"><u>IMMUNITY & INFECTION</u></p> <p>Immune Plus Arogyavati Haldi + Ginger Tab. Haldi + Tulsi Tab. Giloy Tab.</p>	<p align="center"><u>JOINT HEALTH</u></p> <p>Orthomega Joint Gym Calcium + Vit. D3 Tab. Haldi+Ginger Tab. Omega Flax</p>
<p align="center"><u>KIDNEY STONE</u></p> <p>Calculi Flush (5g Powder a Day/Empty Stomach/With Curd Or Lemon Water) Calculi Free (More Than 8mm) Best With Tulsi (4-5 drops, 3 times a Day /Gokhru)</p>	<p align="center"><u>KIDNEY/ UTI</u></p> <p>Kidney Fuel Punarnava Tab. Gokhru Tab. Ganolife</p>	<p align="center"><u>LEUCORRHOEA MANAGEMENT</u></p> <p>Leucorest Women Power Ultramom</p>
<p align="center"><u>LIVER HEALTH</u></p> <p>Liver Fuel Liver Support Ganolife for fatty liver & hepatitis</p>	<p align="center"><u>MALE HEALTH</u></p> <p>Testo booster Ksm-66 My-90 Prostate Fuel Kaunch Beej Tab. Safed Musli Tab. Shilajit+ Kesar Tab.</p>	<p align="center"><u>NEUROTHERAPY & YOGA</u></p> <p>All Charkayu products Noni Juice Aloevera</p>

<p align="center"><u>PILES MANAGEMENT</u></p> <p>Anti Piles Aloevera Digest Well</p>	<p align="center"><u>PROSTATE HEALTH</u></p> <p>Prostate Fuel Ganolife Cap.</p>	<p align="center"><u>SKIN HEALTH</u></p> <p>Skin Fuel Omega Flax Neem Tab Aloevera</p>
<p align="center"><u>SPORTS/ GYM</u></p> <p>Testobooster Orthomega My-90 Ksm-66 Liver Fuel/ Liver Support</p>	<p align="center"><u>STRESS MANAGEMENT</u></p> <p>Ok Fitness Ksm-66 Omega Flax Gano Coffee/Green Coffee Tulsi Drops</p>	<p align="center"><u>THYRO HEALTH</u></p> <p>Thyro Fuel My-90</p>
<p align="center"><u>URIC ACID PROBLEM</u></p> <p>Uric Acid Punarnava Tab. Liver Fuel Liver Support</p>	<p align="center"><u>VIRAL/FLU</u></p> <p>Giloy Tab Tulsi Drops Arogyavati Count Up Syrup</p>	<p align="center"><u>WEIGHT MANAGEMENT</u></p> <p>Ok Fitness Green Coffee Gano Coffee Aloevera</p>
<p align="center"><u>WOMEN HEALTH</u></p> <p>Women Power Ultramom Leucorest Lactating Mother Shatavari+Jeera Tab. My-90 Skin Fuel Omega Flax</p>		

For more information please visit our website:

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