



**STRONG BONES & IMMUNITY**  
**HEALTHY CELL DEVELOPMENTS**  
**ENERGY BOOSTER**

الماس کیپسولز

INGREDIENTS	STRENGTH	THERAPEUTIC INDICATION
Vitamin A	300mcg	Essential for vision. Keeps tissues and skin healthy. Plays an important role in bone growth and in the immune system
Vitamin C	80mg	Involved in many body functions, including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing, and the maintenance of cartilage, bones, and teeth
Vitamin B1	1.65mg	Helps convert food into energy. Needed for healthy skin, hair, muscles, and brain and is critical for nerve function
Vitamin B2	1.87mg	Helps break down proteins, fats, and carbohydrates. It plays a vital role in maintaining the body's energy supply.
Vitamin B3	16mg	Helps convert food into energy. Essential for healthy skin, blood cells, brain, and nervous system
Vitamin B5	10mg	Helps make lipids (fats), neurotransmitters, steroid hormones, and haemoglobin
Vitamin B6	3.30mg	Reduce the risk of heart disease, plays key roles in sleep, appetite, and moods. Helps make red blood cells Influences cognitive abilities and immune function
Vitamin B7	150mcg	Needed for healthy bones and hair
Vitamin B8	2.5mg	Maintenance of normal hair, skin and mucous membranes.
Vitamin B9	400mcg	Vital for new cell creation Helps prevent brain and spine birth defects when taken early in pregnancy; should be taken regularly by all women of child-bearing age, may reduce heart disease risk
Vitamin B12	25mcg	Protects nerve cells and encourages their normal growth Helps make red blood cells and DNA
Vitamin D3	10mcg	Helps maintain normal blood levels of calcium and phosphorus, which strengthen bones. Helps form teeth and bones, can reduce the number of non-spinal fractures
Vitamin E	9.20mg	Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Protects vitamin A and certain lipids from damage.
Vitamin K1	80mcg	Activates proteins and calcium essential to blood clotting. May help prevent hip fractures
Magnesium	75mg	Needed for many chemical reactions in the body Works with calcium in muscle contraction, blood clotting, and regulation of blood pressure. Helps build bones and teeth
Iron	8mg	Helps haemoglobin in red blood cells and myoglobin in muscle cells carry oxygen throughout the body. Needed for chemical reactions in the body and for making amino acids, collagen, neurotransmitters, and hormones
Zinc	10mg	Helps form many enzymes and proteins and create new cells. Needed for immune system, taste, smell, and wound healing. zinc may delay the progression of age-related macular degeneration
Manganese	2mg	Helps form bones. Helps metabolize amino acids, cholesterol, and carbohydrates
Copper	2mg	Plays an important role in iron metabolism and immune system. Helps make red blood cells
Chromium	200mcg	Enhances the activity of insulin, helps maintain normal blood glucose levels, and is needed to free energy from glucose
Iodine	150mcg	Part of thyroid hormone, which helps set body temperature and influences nerve and muscle function, reproduction, and growth. Prevents goiter and a congenital thyroid disorder



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Calcium	120mg	Builds and protects bones and teeth. Helps with muscle contractions and relaxation, blood clotting, and nerve impulse transmission. Plays a role in hormone secretion and enzyme activation. Helps maintain healthy blood pressure
Selenium	100mcg	Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Helps regulate thyroid hormone activity
Molybdenum	75mcg	It activates enzymes that help break down harmful sulphites and prevent toxins from building up in the body
Vanadium	10mcg	Lower blood sugar levels and improve sensitivity to insulin
Cranberry extract	50mg	Helps maintain healthy urinary tract
Co-Enzyme Q10	5mg	Help improve heart health and blood sugar regulation
Choline	2.5mg	Helps in many nerve and brain activities. Plays a role in metabolizing and transporting fats
Lutein	1mg	Function as a light filter, protecting the eye tissues from sunlight damage
Lycopene	600mcg	An antioxidant with many health benefits, including sun protection, improved heart health
Zeaxanthin	200mcg	Help protect your eyes from harmful high-energy light waves like ultraviolet rays in sunlight

**Description**

Elmas capsule is designed for female health containing all essential vitamins and minerals for a healthy lifestyle.

**Indications**

- Supports in combating stress and fatigue
- Promotes protection against free radicals and oxidants
- Aids in well-being and vitality
- Boosts energy
- Strengthens muscles
- Immune System support

**How to take Elmas Capsule**

**For Adults:** 1-2 capsule daily or as recommended by your physician.  
**Children:** Do not give Elmas capsules to children aged under 14.

**Do not take Elmas Capsules**

if you are allergic (hypersensitive) to any of the ingredients of Elmas capsule.

If any existing hypervitaminosis.  
 Do not give to children under 14 years.

**Precautions**

Do not exceed the recommended intake.  
 Do not take Elmas capsule on empty stomach.

**Taking with other medicines**

Tell your doctor if you are taking or have recently taken/used any other medicines as they may interfere with Elmas capsules.

**Overdose**

If you (or someone else) accidentally take too many capsules, you should tell your doctor at once or contact the nearest accident and

For detailed information please contact:

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emergency department. Show any leftover medicines or the empty packet to the doctor.

**Side effects**

No side effect reported.

**Shelf Life**

02 Years

**Dosage:**

As directed by the physician.

**Instruction:**

Store in a dry place below 30°C. Protect from heat, sunlight & moisture. Keep out of the reach of children.

**A product for:**

- Strong Bones & Immunity
- Healthy Cell Developments
- Energy Booster

**Presentation:**

Elmas Capsules are available in pack of thirty capsules ( 30's ) in a carton with leaf insert.

**Disclaimer**

This product is a nutritional supplement and not intended for treatment of any disease.

خوراک: 1-2 کپسول روزانہ یا طبیعت کے مطابق استعمال کریں۔  
 علامات: ناکافی کھانسی یا 30°C سے کم درجہ حرارت ہو سکتی ہے۔  
 گرمی، سرخ، یا دہشتی ہو سکتی ہے کسی سے متواضع نہیں۔  
 بچوں کی تکلیف سے دور رکھیں۔

