



# Englina™

“Energise your body  
with complete nutrition”

**A 100% organic product combines superior benefits of**  
Organic Emblica Officinalis Extract (Amla) - 150mg  
Organic Panax Ginseng Extract - 50mg  
Organic Spirulina - 300mg

## Works Synergistically to

- ▶ Enhances energy.
- ▶ Improves mental ability.
- ▶ Relieves chronic fatigue.
- ▶ Controls appetite & obesity.
- ▶ Reduces anxiety and stress.
- ▶ Provides complete nutrition with high protein value.



# Englina

Englina is an organic dietary supplement and a premium nutritional food, having a unique combination of organic Spirulina, organic Panax ginseng extract and organic Embilica officinalis (amla) extract. It is a complete food for NUTRITION & ENERGY. Englina is a vegetarian source of vitamin B12 and contains highest amount of plant proteins, vitamin C, fibers, minerals,  $\gamma$ -Linoleic Acid (GLA) and ginsenosides.

Englina contains antioxidants like  $\beta$ -Carotene, Phycocyanin, Ginsenosides and SOD (Superoxide dismutase) which are capable of scavenging oxidising free radicals, thus keeping the body revitalised and the immune system strong & healthy.

## THE SCIENCE OF ENGLINA

### SPIRULINA



Spirulina, a super nutritional food, is the richest whole food source available in nature. Spirulina is globally known as "food for the future" because of its amazing ability to synthesise high quality concentrated food more efficiently than any other natural food. This tiny aquatic plant offers up to 70% of plant protein, essential vitamins, phytonutrients such as  $\beta$ -carotene, rare essential fatty acid GLA and polysaccharides.

### EMBLICA OFFICINALIS (AMLA) EXTRACT



Embilica Officinalis is one of the most widely used herb in Ayurveda. Amla contains high amount of 'Superoxide Dismutase' and Vitamin C, which have strong antioxidant properties and help to combat free radicals in the body thereby enhancing the immune system and detoxifying the body

### PANAX GINSENG EXTRACT



Panax ginseng is a medicinal herb whose main active component is Ginsenoside, which is known to show adaptogenic properties as it helps to improve immune system, reduce stress and provide extra energy to the body.

## KEY COMPONENTS

SPIRULINA	EMBLICA OFFICINALIS EXTRACT (AMLA)	PANAX GINSENG EXTRACT
<b>Protein</b>	<b>Vitamin C</b>	<b>Ginsenosides</b>
Carbohydrates	Iron	Oleanic Acid (Anti-Inflammatory)
Minerals	Fiber	Phenols (Antioxidants)
Fibres	Magnesium	Vitamins (B12, B3, B7 etc)
GLA Fatty acid	Phyllembin	Amino acids
$\beta$ -Carotene	Tannins	Minerals (Calcium, potassium etc)
Vitamin B6, B12	Superoxide dismutase	
Essential amino acids	Gallic acid, Ellagic acid etc	
Superoxide dismutase		

## HEALTH BENEFITS

### CHOLESTEROL

Englina's concentrated nutritional value and easy digestibility makes it an amazing substitute for meat centered diet, which can aggravate arthritis and raise cholesterol. Englina significantly increases the activity of Lipoprotein Lipase (LPL), a key enzyme which helps to metabolize TG-rich lipoproteins, thereby helping in the reduction of blood cholesterol levels, particularly bad LDL.

### HYPERTENSION

Most of us do not consume sufficient potassium. This makes us to have too much of Sodium Chloride (NaCl) which aggravates hypertension. Englina contains approximately ten times more potassium than common vegetables. This helps to control hypertension.

Moreover, Englina contains Ginsenosides which helps lower blood pressure via release of nitric oxide (NO). Nitric Oxide has a profound effect in dilating arteries and blood vessels.

## AGING

Englina is an anti-aging natural food. The free radicals present in the body disrupt the structure of cell molecules and result in cellular damage. A high level of antioxidants present in Englina help to neutralise these free radicals, thereby preventing cellular damage.

## DIABETES

Englina has significant positive effect on people suffering from type 2 diabetes (mellitus). Englina contains zinc, which has a protective effect for beta cells of pancreas against oxidative stress. Chromium present in Englina has been demonstrated to improve glucose tolerance in blood.

## HEPATOPROTECTIVE ACTIVITY

Englina contains Amla which is known to reduce lipid peroxides (LPO), glutamate pyruvate - transaminase (GPT) and alkaline phosphatase (ALP) which further helps prevent liver fibrosis.

## ANTI-CANCER EFFECTS

Some common forms of cancer are thought to be a result of damaged cell DNA running amok, causing uncontrolled cell growth. Unique polysaccharides,  $\beta$ -carotene and Phycocyanin, present in Englina enhance cell nucleus enzyme activity and DNA repair which keep the cells alive and healthy.

## BODY REVITALISER

Englina is a very good source of energy and nutrients like iron, magnesium and trace minerals which are easy to absorb. It is an attractive supplement especially for athletes. Spirulina is rich in natural carotenoid antioxidants that promote cellular health.

## IMMUNITY

Englina works by strengthening the immune system, making the body produce more red and white blood cells and provides protection against microbes.

