

## M-NOVA

M-Nova is a herbal Nutraceutical supplements provide essential nutrients with additional advantage of exclusive power of almost 68 types of Xanthenes which is found on Mango-steen and other nutrients in other ingredients like the organically grown Maca Root, Siberian Ginseng, Elderberry, Raspberry, Black Currant, Sour Cherry, Ganoderma Lucidium and Sigru. M-Nova is the answer the enjoy increased energy, enhanced mental focus, vibrant good health and even weight management support.



## BENEFITS OF DIFFERENT INGREDIENTS

### MANGO STEEN:



The Health Benefits of Mangosteen (**queen of fruits** ) are mentioned below.

- Skin Care.
- Boosts Immunity.
- Control Diabetes.
- Speed up Healing.
- Astringent Properties.
- Anticancer Properties.
- Protects Heart Health.
- Antioxidant Properties.
- Anti-inflammatory Properties.
- Alleviates Menstrual Problems.
- Relief from Diarrhea & Dysentery.

### GANODERMA:



Health benefits of Ganoderma:

- Gives relief from chronic respiratory conditions.
- Prevents abnormal blood vessel formation.
- Reduces risk of cognitive disorders.
- Helps to prevent and treat cancer.
- Strengthens immune system.
- Lowers bad cholesterol levels.
- Prevents allergic reactions.
- Boosts cognitive development.
- Effective in treating arthritis or gout.
- Detoxifies body and boosts energy levels.
- Reduces risk of chronic diseases and premature aging.

### MACA-ROOT:



Maca is a common ingredient in Peruvian cooking that gives dishes an earthy flavor. Maca root plant can be ground up into a powder and added to meals or smoothies. Aside from its culinary uses, maca may also have several health benefits. This article will discuss 10 possible health benefits of maca root.

- Increasingly libido .
- Reducing erectile dysfunction .
- Boosting energy and endurance .
- Increasing fertility .
- Improving mood .
- Reducing blood pressure.
- Reducing sun damage.
- Fighting free radicals .
- Improving learning and memory .
- Reducing menopause symptoms.

### BLACK CURRANT:



Black currant berries are an excellent source of flavonoids, Vitamin C, proanthocyanidins, anthocyanins. It possesses 15-195 of fatty acids such as alpha and gamma linolenic acid, anthocyanidins, stearidonic acid and flavonoids. It is used as diaphoretic, diuretic and anti-pyretic. It is used to treat flu and cold.

**Some of the health benefits are discussed below:**

- Cardiovascular health.
- Lowers blood pressure.
- Regulates cholesterol level.
- Prevent formation of cancer.
- Lowers bacterial infections.
- Enhance memory.
- Prevent anemia.
- Prevent gastrointestinal inflammation.
- Vision health.

### ELDERBERRY:



#### **Health benefits of Elderberry:**

- High in antioxidants.
- May improve cold and flu symptoms .
- Improve skin health .
- Boosts immunity .
- May improve blood sugar.
- May improve heart health .

### SOUR CHERRY:



#### **Health benefits of Sour Cherry:**

- Rich in Nutrients.
- Increase strength and reduce muscle soreness.
- Help you sleep better.
- Reduce symptoms of arthritis and gout .
- Promote brain health.
- Strengthen the immune system.
- Protect against cancer.
- Reduce blood pressure.
- Help you lose weight.

### SIBERIAN GINSENG:



Ginseng has been used in traditional Chinese medicine for centuries. This slow-growing, short plant with fleshy roots can be classified three ways, depending on how long it is grown: fresh, white or red. Fresh ginseng is harvested before 4 years, while white ginseng is harvested between 4–6 years and red ginseng is harvested after 6 or more years.

#### **Health Benefits of Siberian Ginseng:**

- Potent Antioxidant That May Reduce Inflammation.
- Benefit Brain Function.
- Improve Erectile Dysfunction.
- Boost the Immune System.
- Have Potential Benefits Against Cancer.
- Fight Tiredness and Increase Energy Levels.
- Lower Blood Sugar.

### SHIGRU DRUMSTICK (MORINGA):



Moringa has swelling reducing, anti-tumor, anti-cancer, antibiotic and abortifacient properties. It has blood pressure lowering, anti-spasmodic, anti-tumor, cholesterol lowering, urine production stimulating, blood sugar lowering, anti-cancer properties. The leaves extract is given to treat hyperthyroidism and as an anti-Herpes Simplex Virus medicine. They all are edible and used both internally and externally.

#### **Health benefits of Shigru:**

- Arthritis, joint pain, gout
- Abscess
- Intestinal parasites Erysipelas
- Herpes zoster or shingles and Ulcers
- Breathing problems, hiccups and Stones
- Improving appetite
- As a tonic

### RASPBERRY:

Raspberry contains lots of Vitamin, Minerals and other components. Some of the vitamins Raspberry has Vitamin C, Vitamin A, Vitamin E, Vitamin K, Riboflavin, Thiamin, Folate, Niacin, Pyridoxine and Pantothenic acid. Raspberry also contains Omega 3 fatty acids, Omega 6 fatty acids, dietary fiber, sodium and potassium, which have lots of health advantages. Apart from this Raspberry also contains minerals such as calcium, magnesium, iron, protein, zinc, copper and selenium. The best part of the Raspberry is, it contains zero cholesterol. Beside these Raspberry also contain various types of phyto-nutrition, such as Beta-carotene, Alfa-Carotene, Lutein-zeaxanthin.



#### **HEALTH BENEFITS OF RASPBERRY:**

- Boost Immune System
- Prevents Digestive Issues
- Prevents Various Types of Cancer
- Improves Cardiovascular
- Health Prevents Diabetes
- Reduces Blood Pressure
- Prevents Anemia
- Improves Bone Health
- Improves Eye Health