

YOGA KALASH PRANA FORTE 60 caps

EAN: 8436612680064 FABRICANTE: EQUISALUD



Prana Forte Kalash is a food supplement composed of Ayurvedic plants, vitamins, minerals, amino acids that provides an extra contribution of the micronutrients that the yoga practitioner needs.

DESCRIPTION

What is Yoga Kalash Prana Forte used for?

- It helps reduce congestion of tissues, especially the lungs, which are key for Pranayama practices, and the digestive tract, specifically the colon, favoring the absorption and assimilation of food. It acts positively on all tissues and on the digestive, excretory, nervous and respiratory systems.
- It promotes increased performance and resistance to fatigue when practicing yoga, and helps improve reaction time to external stimuli that yogis may face.
- It helps with weight loss, balancing cholesterol levels and strengthening the immune system. It also has anti-inflammatory properties.
- Highly nutritious properties and source of protein, copper and B vitamins. Phycocyanin is the main active compound. Antioxidant and anti-inflammatory properties, keys to an injury-free yoga practice.
- It promotes increased body resistance that is key to yoga practice and helps improve symptoms of exhaustion, which can occur during yoga practice. This reduces stress and depression.
- It promotes the correct functioning of the body's tissues and helps the body transform food into energy (prana). It helps produce adenosine triphosphate (ATP), a molecule that transports energy within cells.
- Promotes the growth, development and functioning of cells. Vitamin B2 helps convert food into energy (prana). For the yogi diet, mainly vegetarian and dairy-free, it helps cover possible deficiencies. It helps the yoga practitioner to have good levels of red blood cells, and avoid weakness and fatigue.
- Promotes the treatment of inflammation associated with rheumatoid arthritis. Vitamin B6 helps yoga practitioners have lower homocysteine levels reducing the overall risk of heart disease.
- It promotes the formation of NAD and NADP, which help the body process food components into usable energy. Niacin acts as an antioxidant and plays a role in cell signaling and DNA repair. It helps the yoga practitioner improve skin problems, memory loss and digestive problems.
- It promotes the formation of red blood cells and the prevention of certain congenital defects, which is why its consumption is important for women of childbearing age.
- It promotes the normal function of nerve cells and is necessary for the formation of red blood cells and DNA synthesis. Vitamin B12 is necessary for the production of serotonin, a chemical substance

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responsible for regulating mood, meeting the goals of every yoga practitioner.

- It promotes the treatment of conditions such as iodine deficiency, obesity, joint pain, skin aging, digestive problems, urinary tract infection and thyroid dysfunction.
- It promotes the absorption and storage of iron and increases the level of hemoglobin better than conventionally used iron salts.
- It favors working on each cell or tissue in the body. Alpha-lipoic acid reduces insulin resistance, improves blood sugar control, relieves symptoms of nerve damage, and reduces the risk of diabetic retinopathy.
- Favors and acts as an antioxidant. Resveratrol supplements may help lower blood pressure by increasing nitric oxide production.
- It promotes and acts as an antioxidant produced in cells and reduces malondialdehyde, a marker of cellular damage in the liver.
- It promotes cell growth, wound healing, immunity, protein synthesis, DNA synthesis, and taste and smell function properly. Zinc slows the progression of age-related macular degeneration and vision loss.
- It favors and acts as a powerful antioxidant that reinforces the body's natural defenses. Vitamin C helps the body's natural defenses fight inflammation, improving yoga practice and flexibility.
- It promotes exercise performance by reducing oxidative stress in cells and improving mitochondrial functions. CoQ10 may help increase power during exercise and reduce fatigue, which may improve yoga performance.
- It promotes the fight against inflammation, regulation of the circadian rhythm, anti-aging properties, helps immune defense, helps fertility and reproductive health and improves mood.
- Helps against heart disease by reducing blood pressure and cholesterol levels. Grapes also contain antioxidants. The highest concentration of antioxidants is found in the skin and seeds.
- It promotes and acts as a natural antioxidant that helps prevent cellular damage, providing many benefits. Green tea also has small amounts of minerals that can benefit your health.
- It promotes and helps maintain normal nerve and muscle function, normal heart rate, normal neuromuscular conduction, normal blood pressure and maintains bone integrity, as well as glucose and insulin metabolism.
- It favors and acts as a conditionally essential amino acid, meaning that it becomes essential only in times of illness and stress.
- It promotes vision and eye health, for a strong immune system and for healthy skin and mucous membranes.
- It promotes the protection of cells from oxidative damage by neutralizing harmful molecules called free radicals. And good immune function and proper cell signaling.
- It helps stimulate neuronal plasticity, reduce neuroinflammation and promote mental acuity. Yoga

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practitioners often notice greater mental clarity, memory and ability to concentrate in their daily lives.

- Promotes and increases the absorption of essential nutrients and beneficial plant compounds. And it can also promote intestinal health, relieve pain and reduce appetite.
- It favors and helps the hormone insulin to carry out its actions in the body. Insulin, a molecule released by the pancreas, is important in your body's processing of carbohydrates, fats, and proteins.
- Promotes and strengthens the immune system and supports mental well-being. Vitamin D helps the body absorb calcium and phosphorus, which promote bone health. Vitamin D also regulates and stimulates osteoblasts, the cells responsible for bone formation.

What is the recommended daily dose of Yoga Kalash Prana Forte?

Between one and three capsules a day are recommended. Do not take more than three capsules a day.

What is the composition of Yoga Kalash Prana Forte?

Triphala

Triphala helps reduce congestion in the tissues, especially the lungs, which is key to Pranayama practices. As well as helping to reduce congestion in the digestive tract, specifically the colon, promoting the absorption and assimilation of food. In addition, it acts positively on the excretory, nervous and respiratory systems.

Astragalus

It promotes vitality and is used to treat a wide variety of ailments that can arise when performing an intense yoga practice, such as fatigue and allergies. Astragalus helps improve the yoga practitioner's immune system to prevent and fight bacterial and viral infections, including the common cold.

Ashwagandha or Withania somnifera

Ashwagandha promotes increased performance and resistance to fatigue when practicing yoga, and helps improve reaction time to external stimuli that yogis may face.



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Bamboo

It helps with weight loss, balancing cholesterol levels and strengthening the immune system. It also has anti-inflammatory properties.

Spirulina

Highly nutritious properties and source of protein, copper and B vitamins. Phycocyanin is the main active compound. Antioxidant and anti-inflammatory properties, keys to an injury-free yoga practice.

rhodiola

It promotes increased body resistance that is key to yoga practice and helps improve symptoms of exhaustion, which can occur during yoga practice. This reduces stress and depression.

Fucus

It promotes the treatment of conditions such as iodine deficiency, obesity, joint pain, skin aging, digestive problems, urinary tract infection and thyroid dysfunction.

Green Tea

It promotes and acts as a natural antioxidant that helps prevent cellular damage, providing many benefits. Green tea also has small amounts of minerals that can benefit your health.

Grape

Helps against heart disease by reducing blood pressure and cholesterol levels. Grapes also contain antioxidants. The highest concentration of antioxidants is found in the skin and seeds.

Black pepper or Piper nigrum

Promotes and increases the absorption of essential nutrients and beneficial plant compounds. And it can also promote intestinal health, relieve pain and reduce appetite.

Vitamins B1

Vitamin B1 promotes the proper functioning of the body's tissues and helps the body transform food into



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energy (prana). It also helps produce adenosine triphosphate (ATP), a molecule that transports energy within cells.

Vitamin B2

Promotes the growth, development and functioning of cells. Vitamin B2 helps convert food into energy (prana). For the yogi diet, mainly vegetarian and dairy-free, it helps cover possible deficiencies. In addition, it helps the yoga practitioner to have good levels of red blood cells and avoid weakness and fatigue.

Vitamin B6

Promotes the treatment of inflammation associated with rheumatoid arthritis. Vitamin B6 helps yoga practitioners have lower homocysteine levels reducing the overall risk of heart disease.

B12 vitamin

It promotes the normal function of nerve cells and is necessary for the formation of red blood cells and DNA synthesis. Vitamin B12 is necessary for the production of serotonin, a chemical substance responsible for regulating mood, meeting the goals of every yoga practitioner.

Niacin

It promotes the formation of NAD and NADP, which help the body process food components into usable energy. Niacin acts as an antioxidant and plays a role in cell signaling and DNA repair. It helps the yoga practitioner improve skin problems, memory loss and digestive problems.

Folic acid

It promotes the formation of red blood cells and the prevention of certain congenital defects, which is why its consumption is important for women of childbearing age.

Vitamin C

It favors and acts as a powerful antioxidant that reinforces the body's natural defenses. Vitamin C helps the body's natural defenses fight inflammation, improving yoga practice and flexibility

Vitamin D3

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Promotes and strengthens the immune system and supports mental well-being. Vitamin D helps the body absorb calcium and phosphorus, which promote bone health. Vitamin D also regulates and stimulates osteoblasts, the cells responsible for bone formation.

Vitamin E

It promotes the protection of cells from oxidative damage by neutralizing harmful molecules called free radicals. And good immune function and proper cell signaling.

Ferrous bisglycinate

It promotes the absorption and storage of iron and increases the level of hemoglobin better than conventionally used iron salts.

Chromium Picolinate

It favors and helps the hormone insulin to carry out its actions in the body. Insulin, a molecule released by the pancreas, is important in your body's processing of carbohydrates, fats, and proteins.

Zinc Gluconate

It promotes cell growth, wound healing, immunity, protein synthesis, DNA synthesis, and taste and smell function properly. Zinc slows the progression of age-related macular degeneration and vision loss.

Magnesium

It promotes and helps maintain normal nerve and muscle function, normal heart rate, normal neuromuscular conduction, normal blood pressure and maintains bone integrity, as well as glucose and insulin metabolism.

Selenium-enriched yeast

It promotes the fight against inflammation, regulation of the circadian rhythm, anti-aging properties, helps immune defense, helps fertility and reproductive health and improves mood.

Alpha lipoic acid

It favors working on each cell or tissue in the body. Alpha-lipoic acid reduces insulin resistance, improves



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blood sugar control, relieves symptoms of nerve damage, and reduces the risk of diabetic retinopathy.

Resveratrol

Favors and acts as an antioxidant. Resveratrol supplements may help lower blood pressure by increasing nitric oxide production.

Reduced L-Glutathione (GHS)

It promotes and acts as an antioxidant produced in cells and reduces malondialdehyde, a marker of cellular damage in the liver.

Coenzyme Q10

It promotes exercise performance by reducing oxidative stress in cells and improving mitochondrial functions. CoQ10 may help increase power during exercise and reduce fatigue, which may improve yoga performance.

Taurine

It favors and acts as a conditionally essential amino acid, meaning that it becomes essential only in times of illness and stress.

Beta carotene

It promotes vision and eye health, for a strong immune system and for healthy skin and mucous membranes.

NADH

It helps stimulate neuronal plasticity, reduce neuroinflammation and promote mental acuity. Yoga practitioners often notice greater mental clarity, memory and ability to concentrate in their daily lives.

