

Inner Harmony Pte Ltd

Nila Vembu

Nila Vembu is an anti-viral formulation to prevent upper respiratory infection, reduce congestion and increase immunity.

- (i) Studies done to show Nila Vembu is effective for the dengue virus and chikugunya virus.
- (ii) Ayurvedic doctor said it will also be great for COVID-19.

Recipe :

- * 1/2 teaspoon of Nila Vembu powder.
- * 2 litres of water.
- * Boil for 15 minutes.
- * Store in room temperature for max. 3 days.
- * 2.5g (or half a teaspoon) NilaVembu powder to 2 litres of water.
- * The 2 litres drink can be kept for 3 days (Don not refrigerate it)

How to take Nila Vembu :

For Children :

- * 5 ml - 1 - 3 years old
- * 10 ml - 3 - 5 years old
- * 15 ml - 5 - 12 years old
- * 25 - 30 ml - above 12 years old

For Adults :

- * 60 ml - 3 times daily.