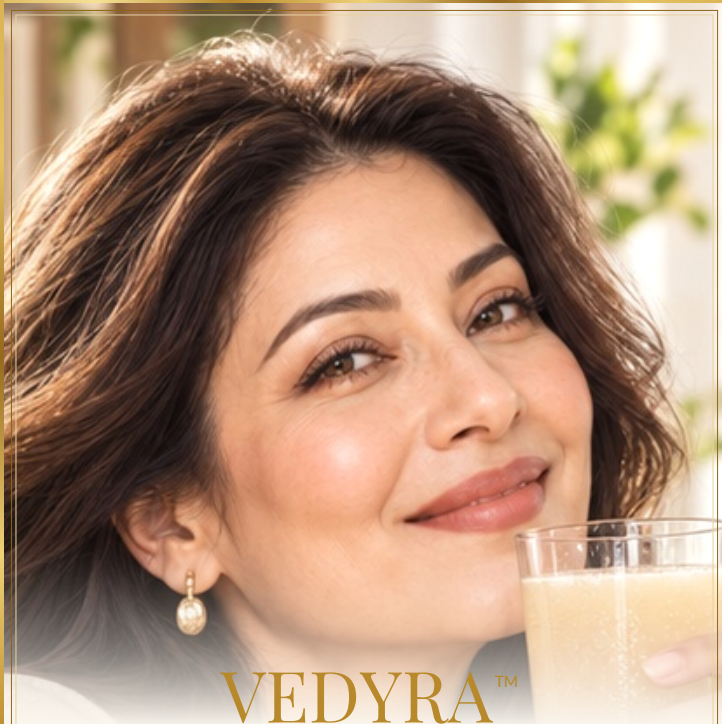




VEDYRA™  
— WELLNESS CO. —

Your Daily  
*Gastro Care.*

— . —

Gut health, our ritual, purity, certification  
and the Vedic roots of AyurFiber.

ANCIENT WISDOM. MODERN SCIENCE. A BRIGHTER YOU.



WELCOME TO VEDYRA

## Where ancient wisdom meets modern science.

At VEDYRA Wellness Co. we believe good health should feel effortless, honest and beautiful. Our story began with a simple question: why has the world forgotten the quiet, everyday remedies Indian families have trusted for generations?

Isabgol, the husk of the *Plantago ovata* seed, has been part of Indian kitchens for centuries. We took that heritage, applied modern purification, third-party testing and thoughtful flavouring, and created AyurFiber: a daily fiber ritual you will actually look forward to.

Every jar follows one promise: pure ingredients, real tests, visible results. No fillers. No artificial colours. No shortcuts.

*Health looks beautiful on you.*

— The Vedyra Promise

CLEAN SOURCING. CERTIFIED STANDARDS. REAL TESTING.

# Why You Can Trust Vedyra.



## Quality-Sourced Ingredients

CAREFULLY SELECTED. NATURALLY BETTER.



## Third-Party Lab Tested

REAL TESTS. REAL RESULTS.



## GMP Certified

MANUFACTURED TO GLOBAL STANDARDS.



## Plant Based • Vegan

GOOD FOR YOU. KIND TO THE PLANET.



## Gluten Free • No Added Sugar

CLEAN NUTRITION YOU CAN TRUST.

*Purity. Science. Wellness.*

## Your gut is where wellness begins.

Around 70% of the body's immune cells live in and around the gut, and its trillions of microbes influence digestion, energy, skin, mood and weight. Yet most adults eat less than half the 25–38 g of daily fiber recommended by global health bodies.

AyurFiber closes that gap with psyllium husk, one of the most researched soluble fibers in the world. In water it forms a soft, soothing gel that works gently through the digestive tract.



### Supports Gut Health

Adds bulk and softness for regular, comfortable digestion; feeds friendly gut bacteria.



### Helps Weight Balance

Slows stomach emptying, supporting steady appetite and mindful portions.



### Stays Full Longer

A glass before meals creates a natural feeling of fullness for hours.



### Natural Detox & Cleanse

Soluble fiber binds waste and bile in the gut, helping the body clear it daily.



### Clean Nutrition You Can Trust

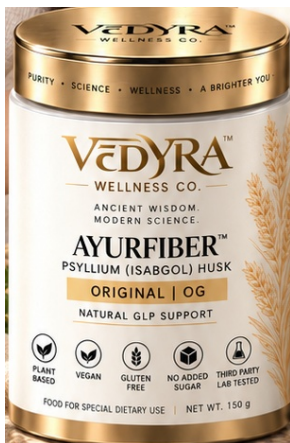
Plant-based, vegan, gluten-free, no added sugar, independently tested.

Did you know? Psyllium absorbs many times its weight in water – which is why every serving must be taken with a full glass of it.

AYURFIBER · PSYLLIUM (ISABGOL) HUSK

# Original | OG

*The pure one.*



150 G · 30 SERVINGS

- ✓ 100% single-ingredient
- ✓ Neutral taste, zero sweetener
- ✓ Bakes, blends and stirs into anything

Unflavoured, unsweetened, 99% purity-grade psyllium husk. Nothing but the plant. Mix it into water, juice, smoothies, curd or dough — the most versatile jar in the range and the choice of purists.



PLANT BASED



VEGAN



GLUTEN FREE



NO ADDED SUGAR



GMP CERTIFIED

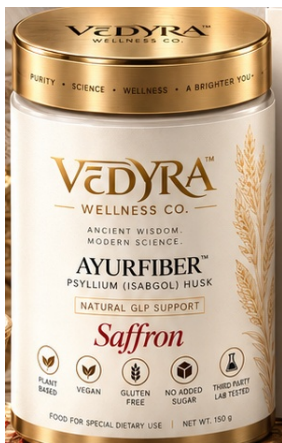
ORIGINAL | OG

05

AYURFIBER · PSYLLIUM (ISABGOL) HUSK

# Saffron Edition

*The golden one.*



150 G · 30 SERVINGS

- ✓ Real Kashmiri saffron threads
- ✓ Naturally sweetened with stevia
- ✓ Warm, aromatic, unhurried

Warm, calming Kashmiri saffron with pure psyllium husk. Saffron has been prized in Ayurveda for centuries for its radiance-giving, mood-lifting qualities. Our favourite evening ritual.



PLANT BASED



VEGAN



GLUTEN FREE



NO ADDED SUGAR

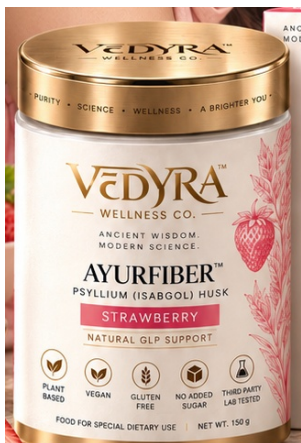


GMP CERTIFIED

AYURFIBER · PSYLLIUM (ISABGOL) HUSK

# Strawberry Edition

*The delicious one.*



150 G · 30 SERVINGS

- ✓ Real fruit, no artificial flavour
- ✓ No added sugar
- ✓ The family favourite

Bright, fruity and light. Real strawberry with pure psyllium husk makes fiber the easiest habit in the house — for children over 12, for gym mornings, for anyone who said they hate isabgol.



PLANT BASED



VEGAN



GLUTEN FREE



NO ADDED SUGAR

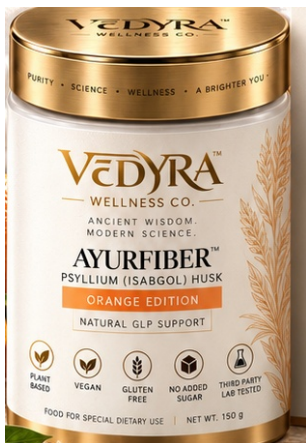


GMP CERTIFIED

AYURFIBER · PSYLLIUM (ISABGOL) HUSK

# Orange Edition

*The fresh one.*



150 G · 30 SERVINGS

- ✓ Real orange, vitamin-rich
- ✓ Naturally sweetened with stevia
- ✓ Perfect in the morning glass

Zesty, sunny and refreshing. Real orange with pure psyllium husk is made for the morning glass — pair it with fresh juice for a bright, light start to the day.



PLANT BASED



VEGAN



GLUTEN FREE



NO ADDED SUGAR



GMP CERTIFIED

# Twice a day, every day.

Consistency matters more than quantity. One serving in the morning and one in the evening keeps fiber working across the whole day.



## Morning

20–30 min before breakfast



## Evening

30 min before dinner or bedtime

1

### Measure

Add 1 level scoop (5 g) of AyurFiber to a glass.

2

### Pour

Add 250 ml (one full glass) of water, juice or plant milk.

3

### Stir & drink immediately

Stir 10 seconds and drink right away, before it thickens.

4

### Follow with water

Drink another glass of water. Fiber needs water to work.

### Good to know

- New to fiber? One serving daily for the first 5–7 days, then twice a day.
- Drink at least 2 litres of water across the day.
- Take other medicines 1–2 hours apart from AyurFiber.
- Pregnant, breastfeeding, diabetic or on regular medication? Check with your doctor first.
- Never take dry. Always mix with liquid.

# Isabgol in Ayurveda.

*Sheeta. Snigdha. Laghu.*



The name isabgol comes from the Persian asp-ghol, "horse's ear", after the shape of the seed. Classical Ayurvedic texts describe it as sheeta (cooling) and snigdha (unctuous): qualities that soothe the digestive fire without aggravating it.

Digestion is governed by Agni, and imbalance shows up first as heaviness, irregularity and low energy. Isabgol was traditionally recommended to pacify Vata and Pitta, ease the passage of waste and restore lightness — the feeling we call "A Lighter Today".

Vedic living values dinacharya, the daily routine. Taking AyurFiber at the same two moments each day honours that rhythm.



## Cooling

Soothes and hydrates the gut lining.



## Balancing

Calms Vata and Pitta.



## Lightness

Restores laghu, feeling light.

*Good Gut. Brighter You.*

## PURITY & SOURCING

# From the fields of Gujarat to your glass.

India grows over 80% of the world's psyllium; the best comes from the dry, sandy soils of North Gujarat and Rajasthan, where winter sun and cool nights produce a thick, mucilage-rich husk.

We source only 99% purity-grade husk, separated by repeated mechanical milling and sieving, never chemical bleaching. Every lot is traced to the farmer cooperative that grew it.



## OUR 6-STEP PURITY JOURNEY

### 1 Harvest

Sun-dried seed,  
hand-collected

### 2 Milling

Husk separated in 4 gentle  
passes

### 3 Sieving

Screened to 99% husk

### 4 Testing

Microbial, metal, pesticide  
screens

### 5 Blending

Botanicals added in a GMP  
facility

### 6 Sealing

Nitrogen-flushed,  
tamper-evident

TRACEABLE LOT NUMBER ON EVERY JAR

CERTIFIED & TESTED

## Real tests. Visible results.

Every batch is released only after independent laboratory verification. Scan the QR code on your jar for the certificate of analysis for your exact lot.



### GMP Certified

Good Manufacturing Practice

Cert. No. \_\_\_\_\_



### FSSAI Licensed

Food Safety & Standards, India

Lic. No. \_\_\_\_\_



### ISO 22000:2018

Food Safety Management

Cert. No. \_\_\_\_\_



### Third-Party Lab Tested

NABL-accredited laboratory

Report No. \_\_\_\_\_

#### WHAT EVERY BATCH IS TESTED FOR

|                                 |                     |
|---------------------------------|---------------------|
| Purity (husk content)           | ≥ 99%               |
| Swell volume                    | ≥ 40 ml / g         |
| Heavy metals (Pb, As, Cd, Hg)   | Within FSSAI limits |
| Pesticide residues              | Not detected        |
| Microbial (E. coli, Salmonella) | Absent              |
| Aflatoxins                      | Not detected        |
| Moisture                        | ≤ 12%               |

Certificate and licence numbers are printed on the jar label and available on request.



MADE FOR REAL LIFE

## Questions we hear most.

### Q. When will I feel a difference?

Most people notice lighter, more regular digestion within 3–7 days. Fullness before meals is often felt from the first serving.

### Q. Can I take it with tea or coffee?

Yes, but water or juice works best. Avoid very hot liquids, which thicken the gel too fast.

### Q. Does it taste like plain isabgol?

Only the Original does, by design. The three flavoured editions use real botanicals and stevia.

### Q. Is it safe long-term?

Psyllium is a food fiber with decades of safe daily use. Keep water intake high and follow the serving guide.

### Q. Can children take it?

For children under 12, ask your paediatrician about a suitable serving size.

# 古老智慧。现代科学。

## 为什么选择 VEDYRA AyurFiber



VEDYRA AyurFiber 以印度家庭世代信赖的车前子壳 (Isabgol) 为核心, 结合现代净化工艺与第三方实验室检测, 为您带来每日纯净的植物膳食纤维。不含填充剂, 不含人工色素, 无添加糖。四种口味: 原味、藏红花、草莓、香橙。



呵护肠道健康



帮助体重平衡



延长饱腹感



天然清洁调理



值得信赖的洁净营养



植物基



纯素



无麸质



无添加糖



GMP 认证

*Purity. Science. Wellness.*

## 服用方法：每日两次

贵在坚持。早晚各一份，让膳食纤维全天持续发挥作用。



### 早晨

早餐前 20-30 分钟



### 晚间

晚餐前 30 分钟或睡前

1

### 量取

取 1 平勺（5 克）AyurFiber 放入杯中。

2

### 加水

加入 250 毫升（一杯）水、果汁或植物奶。

3

### 搅拌并立即饮用

搅拌 10 秒后立刻饮用，以免变稠。

4

### 再喝一杯水

纤维需要充足水分才能发挥作用。

### 温馨提示

- 初次使用者前 5-7 天每日一次，之后改为每日两次。
- 全天饮水不少于 2 升。
- 与其他药物间隔 1-2 小时服用。
- 孕期、哺乳期、糖尿病或长期服药者请先咨询医生。
- 切勿干服，务必与液体混合。

## பண்டைய ஞானம். நவீன அறிவியல். ஏன் வேத்யரா ஆயுர்ஃபைபர்?



வேத்யரா ஆயுர்ஃபைபர், தலைமுறைகளாக இந்தியக் குடும்பங்கள் நம்பும் இசுப்கோல் தோலை, நவீன சுத்திகரிப்பு மற்றும் மூன்றாம் தரப்பு ஆய்வக சோதனையுடன் இணைத்து, தினமும் தூய தாவர நார்ச்சத்தை உங்களுக்கு வழங்குகிறது. நிரப்பிகள் இல்லை, செயற்கை நிறங்கள் இல்லை, சேர்க்கப்பட்ட சர்க்கரை இல்லை. நான்கு சுவைகள்: ஒரிஜினல், குங்குமப்பூ, ஸ்ட்ராபெரி, ஆரஞ்சு.

- ௨ குடல் ஆரோக்கியத்திற்கு ஆதரவு
- ௭ எடை சமநிலைக்கு உதவி
- ௫ நீண்ட நேரம் வயிறு நிறைந்த உணர்வு
- இயற்கையான உடல் சுத்திகரிப்பு
- நம்பகமான தூய ஊட்டச்சத்து



தாவர அடிப்படை



வீகன்



பசையம் இல்லை



சர்க்கரை இல்லை



GMP சான்று

*Purity. Science. Wellness.*

## பயன்படுத்தும் முறை: நாளொன்றுக்கு இரண்டு முறை

அளவை விட தொடர்ச்சி முக்கியம். காலை ஒன்று, மாலை ஒன்று — நாள் முழுவதும் நார்ச்சத்து செயல்படும்.



### காலை

காலை உணவுக்கு 20–30 நிமிடம் முன்



### மாலை

இரவு உணவுக்கு 30 நிமிடம் முன் / படுக்கும் முன்

1

### அளந்து எடுக்கவும்

1 மட்டமான ஸ்கப் (5 கிராம்) ஆயுர்ப்பைபரை ஒரு கிளாஸில் சேர்க்கவும்.

2

### ஊற்றவும்

250 மி.லி. (ஒரு முழு கிளாஸ்) தண்ணீர், பழச்சாறு அல்லது தாவரப் பால் சேர்க்கவும்.

3

### கலந்து உடனே குடிக்கவும்

10 வினாடிகள் கலக்கி, கெட்டியாவதற்கு முன் உடனே குடிக்கவும்.

4

### மேலும் தண்ணீர்

இன்னொரு கிளாஸ் தண்ணீர் குடிக்கவும். நார்ச்சத்து செயல்பட தண்ணீர் அவசியம்.

### நினைவில் கொள்ளுங்கள்

- புதிதாகத் தொடங்குபவர்கள்: முதல் 5–7 நாட்கள் நாளொன்றுக்கு ஒரு முறை, பின்னர் இரண்டு முறை.
- நாள் முழுவதும் குறைந்தது 2 லிட்டர் தண்ணீர் குடிக்கவும்.
- மற்ற மருந்துகளை 1–2 மணி நேர இடைவெளியில் எடுக்கவும்.
- கர்ப்பினிகள், பாலூட்டும் தாய்மார்கள், நீரிழிவு நோயாளிகள், வழக்கமான மருந்து உட்கொள்பவர்கள் மருத்துவரை அணுகவும்.
- உலர்ந்த நிலையில் எடுக்க வேண்டாம்.

# प्राचीनं ज्ञानम्। आधुनिकं विज्ञानम्।

किमर्थं वेद्यरा आयुर्फाईबर?



वेद्यरा आयुर्फाईबर: ईषद्गोल-बीजत्वचः आधारेण निर्मितः। पुरातन-आयुर्वेद-परम्परा आधुनिक-शुद्धिकरणेन तृतीयपक्ष-परीक्षणेन च संयुक्ता। प्रतिदिनं शुद्धं वानस्पतिकं तन्तुद्रव्यं भवद्भ्यः प्रयच्छति। न पूरकद्रव्याणि, न कृत्रिमवर्णाः, न योजितशर्करा। चत्वारः स्वादाः मूलम्, कुङ्कुमम्, स्ट्रॉबेरी, नारङ्गम्।



आन्त्र-स्वास्थ्यस्य पोषणम्



भार-सन्तुलने साहाय्यम्



दीर्घकालं तृप्तेः अनुभवः



प्राकृतिकं शरीर-शोधनम्



विश्वसनीयं शुद्धं पोषणम्

आयुर्वेद ईषद्गोलः शीतः स्निग्धः च कथ्यते — वात-पित्तयोः शमनाय, लघुत्वस्य पुनःस्थापनाय च प्रशस्तः।

*Purity. Science. Wellness.*

## सेवनविधिः — प्रतिदिनं द्विवारम्

परिमाणात् नैरन्तर्यं महत्तरम्। प्रातः एकं, सायं एकं — सम्पूर्णे दिने तन्तुद्रव्यं कार्यं करोति।



**प्रातः**

प्रातराशात् 20-30 निमेषपूर्वम्



**सायम्**

सायंभोजनात् 30 निमेषपूर्वम् / शयनात् पूर्वम्

1

**मापनम्**

एकं समं चमसं (5 ग्राम्) आयुर्फाईबरं चषके स्थापयतु।

2

**जलम्**

250 मि.लि. (एकं पूर्णं चषकम्) जलं, फलरसं वा वनस्पति-दुग्धं योजयतु।

3

**मिश्रयित्वा तत्क्षणं पिबतु**

दश निमेषान् सम्यक् मिश्रयित्वा घनीभवनात् पूर्वं पिबतु।

4

**पुनः जलम्**

अपरं चषकं जलं पिबतु। तन्तुद्रव्यस्य कार्याय जलम् आवश्यकम्।

### स्मरणीयम्

- नवारम्भकाः प्रथमेषु 5-7 दिनेषु एकवारं, ततः द्विवारम्।
- दिने न्यूनातिन्यूनं 2 लीटर् जलं पिबन्तु।
- अन्यौषधेभ्यः 1-2 होरा-अन्तरेण सेवनीयम्।
- गर्भिण्याः, स्तन्यदायिन्यः, मधुमेहिनाः, नियमित-औषध-सेविनः च पूर्वं वैद्यं पृच्छन्तु।
- शुष्कं न सेवनीयम्; सर्वदा द्रवेण सह मिश्रयतु।

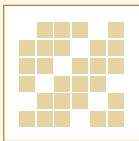


# VEDYRA™

— WELLNESS CO. —

A Healthier Today.  
*A Brighter Tomorrow.*

— • —



SCAN FOR A BRIGHTER YOU

VEDYRA Wellness Co.  
[www.vedyra.com](http://www.vedyra.com) • [hello@vedyra.com](mailto:hello@vedyra.com)  
Customer care: +91 \_\_\_\_\_  
Instagram @vedyrawellness

Manufactured for: VEDYRA Wellness Co., [address], India  
FSSAI Lic. No. \_\_\_\_\_

AyurFiber is a dietary fiber supplement and food for special dietary use. It is not intended to diagnose, treat, cure or prevent any disease and is not a substitute for a varied diet. Keep out of reach of children. Store in a cool, dry place. Consult a healthcare professional before use if pregnant, breastfeeding, taking medication or managing a medical condition.

PURITY • SCIENCE • WELLNESS • A BRIGHTER YOU