

Atos Wellness 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.