

The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

Volume 1

Issue # 02

Editorial

We are overwhelmed!!

The response to our inaugural issue has been far far ahead of our expectations!

We are truly indebted to our esteemed members of the medical fraternity, for such an encouraging reaction.

Even as I write these lines, mail is pouring in, in phenomenal numbers. The responses range from frank acknowledgement and appreciation of the effort, to hordes of suggestions and constructive criticism for improvisation.

This, perhaps, clearly expresses the latent need for such an initiative, which can only go to significant heights in the months to come.

We also like to believe that despite being in the profession of curing diseases, doctors are genuinely much happier in advising their patients to prevent the same and lead healthy lives.

Our philosophy in creating this platform is in line with the belief, that to have a long, satisfying and happy life, the focus has to be on health rather than disease. World over, this psychological basis of the art of positive health is gaining increasing importance.

On a more philosophical footing, we also know that if the mind is trained to be focused on the attainment and

maintenance of health, the mind, body and spirit will thrive.

Once this state of health is achieved, the body does not easily fall into a state of disharmony and therefore, disease cannot readily arise.

Dr. Deepika Chhabra
(Chief Editor)



Stop Press!

Just as we go to press, an unprecedented endorsement of the emerging vast potential of lycopene has materialized from one of the most prestigious medical institutions of the country All India Institute of Medical Sciences, New Delhi.

The study, conducted by the gynecology department at AIIMS has concluded that lycopene has all the benefits of HRT, without the associated risks.

The 2-year study involved women in the age group of 40-60, who had had menopause for at least a year.

As we know, women experience post-menopausal changes such as mood swings, poor memory, dryness of skin, joint pains and backaches.

They are also at a high risk of CVD and osteoporosis.

In this study, half the women were given HRT and the others lycopene and the effects were compared.

The reduction in oxidative stress markers - GHS (*Glutathione*) and MDA (*Malondialdehyde*) was comparable in the two groups.

It is well known that the usage of HRT increases the risk of cancers of breast and endometrium.

The preliminary report gained front-page coverage in The Indian Express of March 20, 2004, with the bold caption:

AIIMS research finds fountain of youth in the humble tomato



The study concluded that a natural diet of anti-oxidants is as good as Hormone Replacement Therapy for women in their post menopause stage.

"Rather than debate if HRT has more risk than benefits, it is better to add more anti-oxidants in your diet and also take it in the drug form, under the supervision of doctors" said Dr. Suneeta Mittal, Head of Department, Gynecology, AIIMS.

TIME magazine times it right!

The world is awakening to 'Initiative Wellness'. The November 2003 issue of the prestigious publication 'Time' ran the cover story on 'The Secrets of Eating Smarter'



Let us dwell upon the highlights of the contents of this cover story, which highlights that not only are we eating wrong, but also eating lots more than what our body needs.

Look at the alarming statistics!

- 600,000,000 Big Mac burgers are sold by McDonald's every year



- In addition, Americans consume a whopping 20,000,000,000 hot dogs every year

- An average American eats 23.1kgs of French fries each year
- An average American drinks 620 servings of soda drinks each year (up from 65 fifty years back)



- 318,000,000 kgs of peanut butter is consumed in the US every year *enough to cover the floor of the Grand Canyon*
- China is not to be left behind *433,000,000,000 kgs of pork is processed annually*

Compounding the problem

- Your family is being served too many highly processed foods
- Research shows that such foods won't keep them satisfied for very long and may make them hungrier in the long run
- Your portion sizes are far too generous
- Salad dressings are too heavy on sugar and salt and too light on nutrition

Resultant effects

- 1000 million people worldwide are overweight
- 258 million of these are spread throughout China, Hong Kong, Japan, Philippines and Thailand
- Incidence of Type 2 diabetes amongst children is rapidly mounting
- About 25% of American adults *some 50 million men and women* have trouble regulating their glucose levels
- Nutritionists call this condition the metabolic syndrome, with hallmarks of large waist, high blood pressure, predisposition towards diabetes and troubling blood cholesterol levels
- This is gravely exacerbated by a sedentary life style

Are we doomed?

- Looking at the magnitude of the alarming statistics, it would seem so. However, there is still hope.
- Reduction in body weight, sticking to the food pyramid, having a defined exercise regimen and counting your calories will remain the mainstay and correctly so.
- However, emerging scientific evidence now prompts us to seek the help of the '*Botanical Bounty*' available to us, thanks to Mother Nature.



Reading someone else's copy?

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Botanical Bounty

The latest scientific research has shown and the evidence continues to mount that the plant kingdom is filled with gifts that can help fight off the ravages of chronic disease.

“The news is not that fruits & vegetables are good for you. It is that they are so good for you, they could save your life”

A large group of compounds called phytochemicals help fight disease by preventing the cellular damage caused by free radicals.

Also, fiber adds punch by reducing the risk of several diseases.

Let us look at this bounty from nature's pharmacy:

Carotenoids

Known as nature's coloring agents, they give orange, red and yellow hues to fruits and vegetables.

Lycopene (from tomatoes) may protect against coronary artery disease, cataracts, macular degeneration and cancers.



All the more reason to eat colorful meals!

Flavonoids

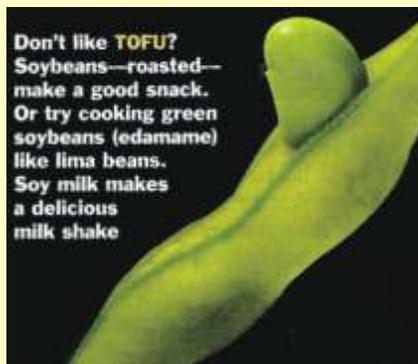
Occur naturally in citrus fruits, onions, apples and grapes. Researchers think flavonoids may protect against cancer.



Isoflavones

Also known as plant estrogens, these compounds benefit by decreasing the risk of hormone-related cancers of the breast, ovaries and endometrium.

Besides, isoflavones also provide relief from menopausal symptoms and lower blood-lipid levels.



Soybeans are a particularly rich source and can be consumed as roasted snacks, flour, milk or tofu.

Roughage is cool!

Fiber is often so *wrongly* considered as the less important ingredient of one's diet.

Research shows that a diet rich in fiber reduces the risk of heart disease, stroke, high blood pressure, obesity, diabetes and cancer.



Soluble fiber dissolves and becomes gummy in water, promoting a sense of fullness (*so we tend to eat lesser*). Apples, citrus fruits and carrots are a good source.

Insoluble fiber, found in wheat bran, veggies and whole grains, speeds the passage of food through the intestines.

The rewards are worth the effort!

Studies show that as much as 80% of heart disease and 90% of diabetes can be tied to unhealthy eating and life style.

So, you have nothing to lose except pounds of unhealthy weight and inches of waistline.



Something very interesting is coming your way!
Make sure you do not miss the forthcoming issues

The LycoRed Herald

Calories tumble out of Atkins closet

Dr. Robert Atkins, 72, the diet guru, who popularized the notion that dieters could eat fat and lose weight, has been dead for nearly a year, after he fell on some ice and hit his head last April, yet indecorous questions about his health and yes, his weight persist.



The latest twist is the publication in the Wall Street Journal of details from Dr. Atkins's confidential medical report. The report concludes that he had a history of heart attack and congestive heart failure and notes that he weighed 258 pounds at death.

Late last year, the city medical examiner's office received a request for Dr. Atkins' medical report. A member of the records staff mistakenly mailed it out.

Now that report has reached the media. The report said Dr. Atkins had a history of heart attack, congestive heart failure and hypertension.

Responses to the report's release came quickly from Atkins quarters. The organization's physicians said Dr. Atkins did not have a history of heart attack, nor was he obese.

He weighed 195 pounds the day after he entered the hospital following his fall, and he gained 63 pounds from fluid retention during the nine days he was in coma before he died.

Dr. Neal Barnard, president of the Physicians Committee for Responsible Medicine, said "I am concerned about the Atkins machine trying to play the card that Atkins was healthy and thin into old age" he said. In his view, the Atkins diet is an imminent public health threat.

Heard of Telomeres? They decide your age!

Scientists at the University of Leuven, Belgium, have found that tiny bits of DNA at the end of the chromosomes, called telomeres, control the genetic mechanism of cell division.



The researchers measured the telomere lengths of WBC DNA and concluded that the telomere length wears down as the cells divide and shorter telomeres are associated with age-related diseases and earlier death.

"We identified a possible genetic mechanism that interferes with longevity and the potential of ageing", said Jan Staessen. "We think it is an X-linked phenomenon".

Live longer on 6-7 hours of sleep

Although it's a common belief that eight hours of sleep is required for optimal health, a six-year study by University of California, San Diego School of Medicine has shown that people who get only six to seven hours of sleep a night have a lower death rate.



Tie noose is bad news

Researchers at the New York Eye & Ear Infirmary found that wearing a tight necktie for just 3 minutes can increase pressure within the eyes and raise the risk of glaucoma.

So, what's too tight for a necktie?

When you cannot stick two fingers between your neck and collar.

Sweets are *not – so – sweet*; here is the bitter truth

Chocolate 100 g



473 kcals

Gajar Halwa 100 g



650 kcals

Jalebi 100 g



494 kcals

Gulab jamun 2 pcs



350 kcals

Smoking causes male impotency

A comprehensive report, titled 'Smoking & Reproductive Life' from the British Medical Association, has strongly indicted the smoking habit.

Statistics quoted in the report are truly alarming as many as 120,000 men in the UK are impotent because of the effects of smoking.



Between 14,000 and 19,000 babies were born in the UK with low birth weight, because their parents smoked. Not only that, these children will continue to be sickly.

James Johnson, Chairman of the BMA, said he found the results "really quite shocking" for men, women and children. "Smoking appears to damage almost all aspects of sexual, reproductive and child health".

Our comment: Trust LycoRed to negate the harmful effects of smoking in your infertile patients.

Bestseller endorses lycopene

The latest book to sweep the bestseller honors in the US is 'Superfoods: Fourteen foods that can change your life'.

Co-authored by Dr. Steven Pratt, an authority on food and ageing, the book opens immense possibilities for preventing disease.

Dr. Pratt says while he treated patients over the years, he came to believe that many of their chronic diseases could have been prevented if they ate healthier and exercised faithfully.

He studied scientific literature to come up with his list of superfoods. Under each category, Pratt describes studies done on that food.

Expectedly, lycopene features amongst the chosen 14 superfoods.



Dr. Pratt writes in his book about research suggesting that lycopene, may reduce the risk of prostate cancer.

Several national nutrition experts who reviewed the list of Pratt's superfoods, say his recommendations are good.

Pratt himself maintains that his book offers 'timeless advice'. He says that by eating these foods 'in reasonable amounts' people will be healthier.

"These superfoods can help to stop damage at the cellular levels that can develop into disease," he said. "And they have the delightful side effects of making you feel better, look better and have more energy".

His 14 superfoods are all rich in nutrients and relatively low in calories.

Let us look at other superfoods in the magic list:



Beans, blueberries, broccoli, oats, oranges, pumpkin, salmon, soy, spinach, tea, tomatoes, turkey, walnuts and yogurt

Our comment: With so much evidence now available in favor of lycopene, do a favor to all your patients by extending the Protective Power of LycoRed to them all.



The LycoRed Herald Good Health Tips

A man with total cholesterol over 200 may lower his risk of heart disease by eating a small handful of almonds a day, by a whopping 10%

A woman with elevated blood pressure may lower her readings by eating just half-a-cup of roasted soy nuts for 8 weeks, by a whopping 10% systolic and 7% diastolic



Cure insomnia - the natural way

Insomnia refers to inadequate quality or quantity of sleep, where there is difficulty in either 'falling asleep' or 'staying asleep'.

Generally, the causes include anxiety, depression, stress, emotional upsets and poor sleep habits.

Physical disorders like pain, low blood sugar, sleep apnea, and thyroid gland disturbances, working night shifts or traveling across different time zones aggravate the condition.

A sedentary life style further contributes to the problem by inhibiting the normal fluctuations in body temperature and metabolism.



Tips

- **Massaging** of the feet, calves, neck and shoulders helps
- **Lavender oil** added to the bath water relaxes the body
- **Thiamine as well as Vitamin A** supplements also help
- **Lettuce seeds** 1 tablespoon boiled in 500ml water at night
- **Regular exercise** helps relax the tense muscles
- **Avoid heavy dinners**

Obesity, diabetes begin in school canteens

The beginning of obesity, diabetes and even cardiac problems has been traced to the school canteen and the innocuous habit of eating out in the evening.



A survey among school children in Delhi has revealed what has gone wrong with the food culture as an offshoot rapid urbanization.

“Urbanization has brought in its wake a nutritional transition” says Dr. Anoop Misra, Professor of Medicine, AIIMS.

The study conducted on 1700 children from higher and lower middle-class homes shows excessive intake of oily, refined, unhealthy food washed down with cola.

In yet another study conducted by Dr. Umesh Kapil, Add. Prof., Dept. of Human Nutrition & Bio-statistics, AIIMS, New Delhi, every 15th school-going child is obese. *“Decreased physical activity, sedentary lifestyle, too much fat and too much junk food are to blame”*.

Wrong food habits leave children without the diet they required and makes them vulnerable.

The commonly preferred foods lack what one need for a healthy heart and to fight the onset of diabetes and other aligned ailments.

Food for thought: The press catches on!

The Times of India carries a regular feature in its supplement, under the banner of 'Health Capsule'.

The information given is intended to advise the layperson on topical medical issues, based on scientific research.



In the 'Health Capsule' of March 01, 2004, lycopene rates a mention: *“Research suggests that lycopene cuts prostate cancer risk. Foods rich in lycopene include red foods like tomatoes and watermelon”*.

Hurry !
100
prizes for the most interesting replies



You may love it or dislike it, but you just can't ignore it !

The LycoRed Herald

Your mirror to the emerging world of 'Wellness'

We value your opinion!

Rush your comments – time is running out

International Urology and Nephrology

The findings of Dr. Narmada P. Gupta, Prof & Head, Dept. of Urology, AIIMS, New Delhi and team were published in this international publication of prominence.



Dr. N. P. Gupta
Prof. & HOD, Urology,
AIIMS, New Delhi

The team initiated the study based on the fact that high concentrations of lycopene are reported in the testes and seminal plasma, where as decreased levels have been demonstrated in men suffering from infertility.

30 men with idiopathic, non-obstructive oligo / astheno / teratozoospermia were administered 2000 mcg of Lycopene twice a day, for 3 months.

All patients completed the trial without any complications and statistically significant improvement was reported on all critical parameters.

Semen analysis for concentration, motility and morphology confirmed improvement on all counts, in 66%, 53% and 46% subjects respectively.

British Journal of Nutrition

A new avenue in preventing development of cataract, findings of Prof. S. K. Gupta and his team published in October 2002 issue.



Dr. S. K. Gupta
Prof. & HOD, Pharmacology
AIIMS, New Delhi

The objective of the study was to determine the protective effect of lycopene offered to the human lens epithelial cells (HLEC) in diabetic cataract.

The team reported that lycopene not only prevents lipid peroxidation but also reduces biomarkers of oxidative stress.

The study concludes '*... lycopene offers protection to the lens by modulating various antioxidant variables and could be a potential anti-cataract agent.*'

The study was presented at the XXXIII Annual Conference of the Indian Pharmacological Society at Gandhi Nagar and was published in the June 2001 issue of the Indian Journal of Pharmacology.

Excerpts of the paper presented are available on request.

AICOG 2004, Agra

In the IUGR session at AICOG 2004, Prof. Ashok Kumar's presentation on '*Role of LycoRed in Prevention of Pre-eclampsia and Intrauterine Growth Retardation (IUGR)*' was much applauded.

This study recorded a 51% risk-reduction in the development of pre-eclampsia, with significant reduction in diastolic blood pressure.

Also, there was a 49% risk-reduction recorded in the development of IUGR, with significant improvement in foetal weight, in primigravida women.



Dr. Ashok Kumar
Prof., Obs & Gyn,
MAMC, New Delhi

The dose of LycoRed in this study was one softgel bd from the 16th week of gestation till full term.

This Randomized Double Blind Placebo Controlled trial conducted at Maulana Azad Medical College, Delhi, by Dr. J. B. Sharma and Dr. Ashok Kumar, is published in International Journal of Gynecology & Obstetrics.

Excerpts of the study are available on request.



**Wellness ...
Specially
cultivated**



**Wellness ...
Spread through the world**



**Wellness ...
Also brought to your
country**

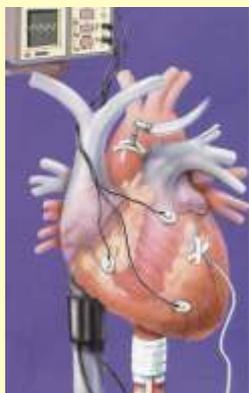
The Prez warns the nation

President APJ Abdul Kalam has warned of a cardiac epidemic, unless the causes contributing to it are removed, with a stress on lifestyle modification.

Speaking at the golden jubilee conference of the Indian Association of Cardiovascular Thoracic Surgeons at New Delhi, he said, "In India, 50 60,000 cardiac operations are performed every year, probably 25,00,000 need the same".

He highlighted that against the world average of 3-4% incidence of heart disease, India has a high of 10% incidence in the big cities.

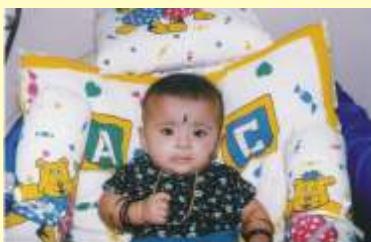
In rural India, however, the incidence was still comparable at a relatively lower 4%.



In India, coronary artery diseases occur in the 35-55 age group, whereas in the west it occurred after 55. "In India this is attributed to the urban lifestyle and intake of rich food having high cholesterol."

Pictures speak louder than words

A warm welcome to a healthy Baby Srijhanyaa to this world!



Her doctor told the mother, Ms. Vasanthi, in the 17th week of pregnancy, that the baby is small-for-age. In addition, Ms. Vasanthi was also suffering from hypertension (160 /110 mm).



The learned gynecologist, Dr. Ramani Sivakumar, MD, DGO, from Chennai, was prudent in prescribing LycoRed to the mother, till the completion of term.

Not only did Ms. Vasanthi give birth to a healthy baby, but also was able to have stable BP readings for the balance term.

A hamper of baby-care products is being forwarded to Baby Srijhanyaa, with best wishes from LycoRed. We wish the child a long and happy life!

Ailments await night workers

Doctors have warned that unless rigid regulations are followed, the night job workers will be at risk of a host of ailments.

The call centers mushrooming in the big cities of India, because of cheap but skilled manpower, have spawned an altogether new lifestyle.

"It is an altogether new culture affecting the lives of the young people; they are taking up these jobs without being aware of the precautions they should take" says a senior consultant at Delhi's Moolchand Hospital. "The circadian clock in the body gets upset".

The nightshift jobs wreak havoc with natural division of hours for the human system digestion, sleep and creativity. For instance, the desire to sleep stronger between midnight and 6 AM. Working through the night disturbs the internal rhythm.



The drastically increased consultations for a host of problems like stress, backache, hyperacidity, constipation, and abdominal pain are a pointer towards this.

The LycoRed Herald

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Encourages esteemed medical practitioners from all South-East Asian nations to share their success stories on spreading the message of *Initiative Wellness*, through the platform of 'The LycoRed Herald'. We shall be pleased to publish such initiatives. Please write to:

Jagsonpal Pharmaceuticals Limited, T-210J, Shahpur Jat, New Delhi – 110 049

"Thanks for introduction of LycoRed in male infertility ... my patients have shown significant improvement in semen analysis after 2 months"

Dr. Meenakshi S. Devarmani
MBBS, MD
Gulbarga (Kar)



"Good response with LycoRed, particularly in cases of primary and secondary infertility. Success rates are more than in patients treated earlier"

Dr. A Mohapatra
MBBS, MD
Dhenkanal (Ori)



"I have used LycoRed in more than 100 cases of habitual abortion, missed abortion, high risk pregnancies with IUGR... good to very good results!"

Dr. Rekha Sharma
MBBS, MS
Bulandshahr (UP)



"15 patients of infertility were given LycoRed during the ovulatory phase 4 conceived in the first cycle itself. It is a promising drug for infertility"

Dr. Ekta Trivedi
MS, FICPS (USA)
Indore (MP)



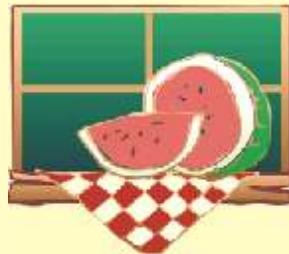
"I have used LycoRed in pre-eclampsia cases (2 bd)...extremely good results"

Dr. Purnima Neema
MBBS
Narsinghpur (MP)



"LycoRed is very useful in male infertility, cancer prostate and Peyronie's disease"

Dr. S L Tolani
MS
Jaipur (Raj)



Besides tomatoes, watermelon is also a good source of lycopene



"I am using LycoRed in cases of female infertility, where the cause is unexplained."

Simultaneous prescription for male partner is also given. Encouraging results"

Dr. Debasish Mitra
MBBS, DGO
Kolkata (WB)



"Fine results with LycoRed in photodermatosis (1 bd), leukoplakia (1 od) on long term use"

Dr. Harish Sharma
MD
Banswara (Raj)



"Severe anemia cases not responding to conventional hematinics have responded extremely well to LycoRed 1 od for 3 months ... have successfully treated more than 500 cases so far"

Dr. S K Mishra
MBBS, MD, DNB
Kharagpur (WB)



"Prolonged therapy with LycoRed (1 od) gives very good response in cases of photo allergy... more than 25 patients have been treated so far"

Dr. Sunil Malpani
MBBS, MD, FAGE
Center for Skin & VD, Indore (MP)



"I am using LycoRed in various neurological disorders with good effect: Bell's palsy (1 month), Stroke (3 months), Dementia (6 months)"

Dr. Sheel Acharya
MD, DM (Neurology)
Udaipur (Raj)



**Extend
the
Protective power
of
LycoRed
to**



**Young infertile
couples**
Males: 2 bd daily
Females: 1bd daily

LycoRed softgels

"I am regularly prescribing LycoRed in cases of hypertension, diabetes mellitus, debility and in geriatrics"

Dr. R P Gupta
MBBS, MD
Jaipur (Raj)



"Your product LycoRed is very good for patients of CAD, HT and DM. Patients are getting good response from the product"

Dr. Niranjana Aggarwal
MBBS, MD
Jaipur (Raj)



"LycoRed appears to be a very potent and effective anti-oxidant in a variety of conditions seen in my specialty practice"

Dr. V V Aggarwal
MD, DM (Cardiology)
Asst. Prof., SMS Med. Coll., Jaipur (Raj)



"I used LycoRed in cases of chronic tonsillitis, submucosal fibrosis and recurrent aphthous ulcers, with very good response."

LycoRed was prescribed in a dosage of 1 od for 2-3 months"

Dr. S K Sharma
MD (Med), MD (PSM)
Indore (MP)



"I have used LycoRed in 4 cases of diabetes mellitus, with 1 case of diabetic neuropathy. Good results with bd dosage"

Dr. Prasanta Ghosh
MBBS, DIH
Burdwan (WB)



Fish have high levels of omega-3 fatty acids, known to lower risk of heart disease



"So far more than 50 patients of leukoplakia and mouth ulcers have been prescribed LycoRed. Very good response with 1 bd for 15 days, followed by 1 od for a month."

I also prescribed LycoRed 1 od as a supplement following dental procedures."

Dr. R S Mehta
BDS
Ghaziabad (UP)



*"LycoRed its good!
It delivers what it promises"*

Dr. N S Muthiah
MBBS, MD
Chennai (TN)



"I am very happy to inform that I have just confirmed the pregnancy in one of my patients, after using LycoRed for her husband, who was having oligoasthenozoospermia"

Dr. A Sasibala
MBBS, DGO
Vijayawada (AP)



"Two of my patients have conceived after LycoRed therapy. While the partner of one patient was suffering from oligospermia, there was unexplained infertility in the other case"

Dr. D Jhansi Lakshmi
MBBS, DGO
Vijayawada (AP)



"Nearly 20 patients of osteoarthritis, senile osteoporosis, hypertension with hypercholesterolemia were prescribed LycoRed as adjunct (1 bd for 2 months). Good results"

Dr. Sumit Chakraborti
MBBS, DGO
Kharagpur (WB)



**Extend
the
Protective power
of
LycoRed
to**



**Elderly patients
1 od or 1bd daily**

LycoRed softgels

"I have been using LycoRed for the past 10 months in patients of primary infertility (especially male factor), IUGR, in the dosage of 2 bd for 3 months. Quite satisfied!"

Dr. Divya Gupta
MBBS, DGO
Indore (MP)



"Indications: Geriatric patients, High catabolic states, CRF, COPD"

Dosage: Usually 2 bd to start with, maintenance with 1 od

Response: Very good; no side effects; number of unexpected complications are less"

Dr. Girish Taori
MBBS, MD
Indore (MP)



"I have prescribed LycoRed to 20 patients of peripheral neuropathy. Very good response. Thanks!"

Dr. M Q Elahi
MBBS, MS
Kolkata (WB)



"So far LycoRed has shown good results in our patients of renal impairment and diabetic nephropathy"

Dr. Anil Jain
MD, DNBE
Jabalpur (MP)



"Your product LycoRed gives very good results in cases of leukoplakia"

Dr. O P Sharma
MD
Assoc. Prof. SMS Med. Coll., Jaipur (Raj)



"Tried LycoRed in nearly 50 patients in the age group of 45+. Patients were suffering from cardiac disorders, hypertension and diabetes. Satisfactory results"

Dr. K C Kothari
MBBS, MS
Dewas (MP)



Nuts are terrific sources of protein, healthy oils and other nutrients



"I am using LycoRed in the following diseases, as an adjunct: CVD, ophthalmic diseases, supplement for 40+ age group & premature graying of hair"

Dr. B Bera
MD
Midnapore (WB)



"LycoRed has been successfully used for 3-6 months in patients of diabetes, hypertension and IHD. It improves the well being of the patient. A good drug"

Dr. Sanjay Goyal
MBBS, MD
Meerut (UP)



"Thanks for introducing LycoRed. It gives very good response in patients of leukoplakia"

Dr. Charan Singh
MBBS
Ghaziabad (UP)



"Found very good results with LycoRed (1 bd for at least 2 months) in patients of leukoplakia, as well as in geriatric patients"

Dr. S K Jaidka
BDS
Meerut (UP)



"Heartiest congratulations for introducing a wonderful drug LycoRed. I am prescribing it to almost every patient of mine. I have used it in a wide variety of indications, with excellent results. Good luck!"

Dr. V K Taneja
MBBS, PMHS
Indore (MP)



**Extend
the
Protective power
of
LycoRed
to**



**Tobacco & alcohol
users
1 od or 1bd daily**

LycoRed softgels

A new revolution has begun

Jagsonpal invites you to be a part of
'Initiative Wellness'



All your adult patients need the goodness of

LycoRed

...so do you and your loved ones

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