



## **PilesAid Capsules**

### **Helpful in Piles**

#### **Direction for use:**

1 Capsule twice a day after meal for 2 month or as directed by the physician.

#### **Storage condition:**

To be stored at room temperature in a cool and dry place, keep away from direct sunlight.

#### **Precaution:**

Tighten the container after use.

Keep out of reach of children.

Do not use if seal is broken.

Consult your physician/healthcare professional if you are pregnant or a nursing mother.

#### **Note:**

As per international safety standards, this product is tested for heavy metals, steroids and pesticides.  
No Preservatives added.

#### **Tips to get relief in Piles**

- Eat fiber containing food, vegetable and whole grains, cut down spicy, junk, fried and fatty foods
- Drink plenty of water daily including 1 to 2 glass lukewarm water in morning
- Avoid smoking and alcohol consumption
- Go for regular walk and do regular exercise, yoga and pranayama for good digestive health
- Avoid sitting for longer duration, to reduce pressure on rectal area

**If you have any queries kindly talk to our expert on 1800 313 3132.**