

enliven

21-DAY STRESS & AGING RESET PROGRAM

Calm. Repair. Radiate.



WEEK-BY-WEEK TRANSFORMATION

WEEK 1

Calm The Damage

What's happening inside:

- Cortisol begins to reduce
- Nervous system calms
- Sleep quality improves

You will experience:

- Better sleep
- Less anxiety
- Less bloating
- Reduced hair fall while showering

WEEK 2

Repair & Nourish

What's happening inside:

- Antioxidants neutralise free radicals
- Collagen & elastin support increases
- Hair follicles receive better circulation

You will experience:

- Skin feels less dull
- Reduced breakage
- More energy in the morning
- Alertness and no brain fog

WEEK 3

Radiance & Resilience

What's happening inside:

- Better hormonal balance
- Improved tissue repair
- Stronger stress resilience

You will experience:

- Boost testosterone
- Skin glow
- Improved hair texture
- Better mood and stamina



HOW TO USE

Consume 3 capsules day time and 3 capsules after dinner time.

For the 1st two weeks, you can choose to consume only 3 capsules at day time for alertness and after dinner for good sleep.

Minimum consumption of 21 days, best results 42–63 days.



BENEFITS FOR WOMEN

- Reduces stress and balances hormones
- Improves hair texture
- Increases collagen and elastin support
- Better mood and stamina
 - Improves sleep quality
 - Less bloating



BENEFITS OF AMC-ASHWA

BENEFITS FOR MEN

- Boost testosterone levels
- Improves sperm quality, motility, and fertility
- Balances stress hormones
- Supports cardiovascular function, muscle strength, and endurance
- Reduces stress, enhances focus, confidence, and emotional stability



CONTACT US



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