



instafresh

Nutritional Supplements



"Instafresh– A specialized division of
Medwise Lifesciences INC delivering excellence in Nutritional Supplements."

www.myinstafresh.com

instafresh

“Fresh Formulas for a Healthier You.”



Medwise was incorporated in the year of **2015** with the concept of experienced and updated knowledge of medical field, enabling delivery of quality products in **Pharmaceutical & Nutraceutical** field. So far it has expanded its wings from domestic market to the international market in more than **35 countries across 5 continents** in a limited time span.

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InstaFresh Nutrition Supplements is a brand dedicated to providing high-quality, science-backed supplements designed for modern, health-conscious consumers. Their journey began with a mission to bridge the gap between science and nutrition, offering products that cater to the well-being of humanity.

The Beginning

The founders of InstaFresh recognized a growing demand for authentic, effective, and easily accessible supplements. Many people struggled with maintaining a balanced diet due to hectic lifestyles, and existing supplement options were often filled with unauthentic ingredients or lacked transparency.

This led to the creation of (Instafresh)

Instant, Nutrition, Supporting, Total, Active, Fitness, Revitalizing, Energy, Strength, and Health.

Core Philosophy

InstaFresh is built on three pillars:

1. Quality Ingredients

Sourced from the best manufacturers ensuring quality ingredients. Every batch undergoes strict quality testing, verifying purity and potency.

2. Smart Nutrition

Every product is science-backed and purpose-driven, combining clean ingredients, precision dosing, and advanced delivery systems to maximize effectiveness with minimal effort.

3. Everyday Vitality

More than supplements-Instafresh is your daily ritual for energy, recovery, immunity, and balance. We're here to power your day, every day, naturally and consistently.

Smart Nutrition



Quality

Everyday
Validity

Also Available On amazon

Turmeric Curcumin
Bioperin® Capsules



SUPPLEMENT FACTS

Serving Size: 3 Capsules
Servings Per Container: 30

	AMOUNT PER SERVING	DV%
Organic Turmeric Root Powder (Curcuma longa)	1350mg	**
Turmeric Root Extract (95% Curcuminoids)	150mg	**
Black Pepper Fruit Extract (BioPerine®)	10mg	**

** Daily Value (DV) not established

Available Pack : 90 Capsules /180 Capsules

SUPPLEMENT FACTS

Serving Size: 3 Capsules
Servings Per Container: 33

	Amount Per Serving	DV%
Total Blend	2,100 mg	**
Organic ashwagandha powder (root) (Withania somnifera)	1,050 mg	**
Organic ashwagandha root extract (2.5% withanolides)	1,050 mg	**
Organic black pepper extract 4:1 (Piper nigrum)	8 mg	**

** Daily Value (DV) not established

Available Pack : 100 Capsules /200 Capsules

Ashwagandha
Capsules



Supplement Facts

Serving Size: 2 Gummies
Servings per Container: 30

	Amount Per Serving	% DV
Calories	5.89 Kcal	0.29%†
Total Carbohydrate	1.45 g	0.50%†
Sugar	0g	0.00%†
Himalayan Shilajit Resin	400 mg	**
Ashwagandha (Withania somnifera) Extract (20:1)	60 mg	**
Equivalent to 1200 mg of Ashwagandha Powder		
Gokshura (Tribulus terrestris) Extract (10:1)	40 mg	**
Equivalent to 400 mg of Gokshur Powder		
Vitamin D3 20 mcg (as Cholecalciferol)	800 IU	100%
Vitamin B12 (as Cyanocobalamin)	2.4 mcg	100%
L-Arginine	40 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Available Pack : 30 Gummies / 60 Gummies

Shilajit
Gummy



Also Available On amazon

Melatonin
Tablets



SUPPLEMENT FACTS

Serving Size : 1 Fast Dissolve Tablet
Servings Per Container : 100

	AMOUNT PER SERVING	% DV
Melatonin	12 mg	**

** Daily Value (DV) not established

Available Pack : 60 Tablets /100 Tablets /200 Tablets

Also Available Strength 5 mg

SUPPLEMENT FACTS

Serving Size: 3 Capsules
Servings Per Container: 30

	AMOUNT PER SERVING	DV%
Glucosamine Sulfate Potassium (Shellfish-Free)	1500 mg	**
Boswellia Extract 65% Boswellic Acid (Boswellia serrata, Bark)	200 mg	**
Chondroitin Sulfate	150 mg	**
Turmeric 4:1 Extract (Curcuma longa, Root)	150 mg	**
Quercetin (Sophora japonica, Buds)	25 mg	**
L-Methionine	25 mg	**
Methylsulfonylmethane (MSM)	25 mg	**
Bromelain (Ananas comosus, Stem)	25 mg	**

** Daily Value (DV) not established

Available Pack : 90 Capsules /180 Capsules



Glucosamine+
MSM Capsules

Calcium Vitamin D3
Chewable Tablets



SUPPLEMENT FACTS

Serving Size: 1 Chewable Tablet
Servings Per Container: 90

	Amount Per Serving	DV%**
Calcium Carbonate (equivalent to 600mg Calcium)	1500mg	46%
Colecalciferol (equivalent to 10mcg of Vitamin D3)	400IU	50%

**Percent Daily Value (DV) based on a 2,000 calorie diet

Available Pack : 90 Tablets /180 Tablets

with Calcium Capsules



SUPPLEMENT FACTS

Serving Size: 3 Capsules
Servings Per Container: 30

	AMOUNT PER SERVING	DV%
Calcium (from Aquamin®)	80 mg	6%
UC-II® Standardized Chicken Cartilage (Providing 10 mg Total Collagen, including Undenatured Type II Collagen)	40 mg	**
Aquamin® (Seaweed Derived Minerals) (Lithothamnium spp.) (Whole Plant)	250 mg	**

(** Daily Value (DV) not established)

SUPPLEMENT FACTS

Serving Size : 1 Capsule
Servings Per Container : 60

	AMOUNT PER SERVING	% DV**
Vitamin C (as Ascorbic Acid)	45 mg	50%
Vitamin D3 (as Cholecalciferol)	5 mcg	25%
Vitamin E (as d-Alpha Tocopheryl Succinate)	7.5 mg	50%
Vitamin B6 (as Pyridoxine Hydrochloride)	5 mg	294%
Folate (500 mcg folic acid)	850 mcg DFE	213%
Vitamin B12 (as Methylcobalamin)	250 mcg	10,417%
Iron (from Ferrous Sulfate 325 mg)	65 mg	361%

**Percent Daily Value (DV) based on a 2,000 calorie diet

Available Pack : 60 Capsules / 120 Capsules



Iron Slow Release Capsules

SUPPLEMENT FACTS

Serving Size : 1 Tablet
Servings Per Container : 90

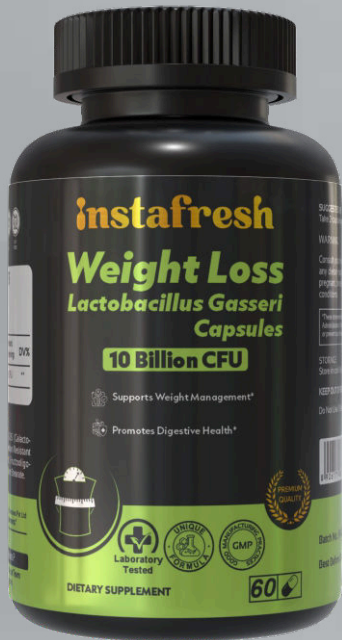
	AMOUNT PER SERVING	% DV
Folate	1700 mcg DEF	425%
	[1000 mcg (6S)-5-MTHF**]	
	[from Quatrefolic® (6S)-5-MTHF**] Glucosamine Salt]	

Available Pack : 90 Tablets / 180 Tablets

Methyl Folate Chewable Tablets



Weight Loss
Lactobacillus Gasseri
Capsules



SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	DV%
Lactobacillus gasseri	10 Billion CFU	**

** Daily Value (DV) not established

Available Pack : 60 Capsules / 120 Capsules

Supplement Facts

Serving Size: 500 mg

Servings per Container: 60

	Amount Per Serving	% DV
100% Pure Shilajit Resin	500 mg	**

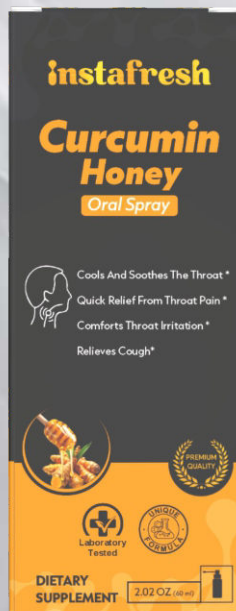
** Daily Value (DV) not established.

Available Pack : 1 OZ (30g)



Shilajit
Resin

Curcumin Honey
Oral Spray



SUPPLEMENT FACTS :

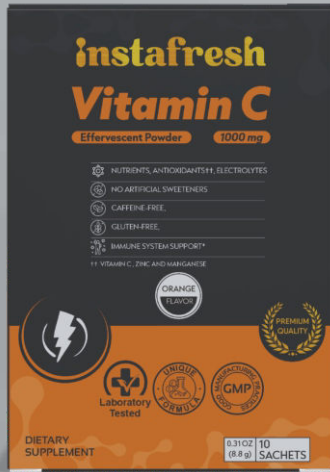
Serving Size 4 Sprays (Approx. 0.5 ml)
Serving per Container: 120

		DV%
Each daily dose (4 sprays) contains		
Vitamin C	+10 mg	11
Curcumin 95%	500 mcg	**
Piperine 95%	50 mcg	**
Ginger Extract	7.5 mg	**
Punch Tulsi Liquid	0.5 µl	**
Honey	50 mg	**

** DV Value Not established

Available Pack : 30 ml /60 ml

Vitamin C 1000 mg Effervescent



SUPPLEMENT FACTS			Serving Size: 1 Sachet	
	Amount per serving	%DV		
Calories	35		Calcium (as calcium carbonate, calcium phosphate, calcium pantothenate)	50 mg 4%
Total Carbohydrate	7 g	3% **	Phosphorus (as potassium phosphate, calcium phosphate, sodium phosphate)	38 mg 3%
Total Sugars	6 g	**	Magnesium (as magnesium carbonate, magnesium hydroxide)	60 mg 14%
Includes 6g Added Sugar		11% **	Zinc (As Zinc Ascorbate)	2 mg 18%
Vitamin C (As Ascorbic Acid, Zinc Ascorbate)	1000 mg	1111%	Manganese (as manganese gluconate)	0.5 mg 22%
Thiamine (as thiamine hydrochloride)	0.38 mg	32%	Chromium (as chromium picolinate)	10 mcg 29%
Riboflavin (As Riboflavin-5' Phosphate)	0.43 mg	33%	Sodium (as sodium bicarbonate, sodium phosphate)	65 mg 3%
Niacin	4mg	25%	Potassium (as potassium bicarbonate, potassium phosphate, potassium carbonate)	200 mg 4%
Vitamin B ₆ (as pyridoxine hydrochloride)	10 mg	588%	Vitamin B ₁₂ (as cyanocobalamin)	25 mcg 1042%
Folate (100 mcg folic acid)	167 mcg DFE	42%	Pantothenic Acid (as calcium pantothenate)	2.5 mg 50%

Available Pack : 031 OZ (8.8 g) 10 Sachets, 30 sachets

SUPPLEMENT FACTS

Serving Size : 1 Effervescent Tablet
Number of Servings : 20

Ingredient	Amount Per Serving	DV%
Glutathione	500 mg	**
Vitamin C	40 mg	5.33%

** Daily Value (DV) not established

Available Pack : 20 Tablets



Glutathione Effervescent Tablets

Electrolyte Drink Mix Sachets



NUTRITION FACTS :

Serving Size: 1 Sachet (16g),

Amount per serving	% DV
Calories	45
Total Fat	0g 0%
Saturated fat	0g 0%
Trans fat	0g
Cholesterol	0 mg 0%
Sodium	500mg 22%
Total Carbohydrate	11g 4%
Dietary Fiber	0g 0%
Total Sugars	11g
Includes Added Sugars	11g 22%
Protein	0g
Vitamin D	0mcg 0%
Calcium	0mg 0%
Iron	0mg 0%
Potassium	380mg 8%
Vitamin C	73mg 80%
Niacin	22.8mg 140%
Vitamin B6	2.3mg 140%
Vitamin B12	6.8mcg 280%
Vitamin B5 (Pantothenic Acid)	11.4mg 230%

Available Pack : 0.56 OZ (16 g) 10 Sachets, 30 sachets



A breakthrough innovation in
Oral liquid medicine –
Pre-measured, Single dose liquid sachets



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"Healthynova– A specialized division of
Medwise Lifesciences INC
delivering excellence in OTC Healthcare."



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CDMO



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