

→ Men

→ Women

→ Kids

→ Seniors

- Monsoon-proof Your Body
- Squeeze in Exercise in Your Busy Schedule
- Emergency Contraceptive Pills
- Build Your Immunity against Cold & Flu
- Readers Request - Top 12 Antioxidants



Special offer for Guardian Xtra/Valu Card Members

This coupon entitles all Xtra/Valu Card members to get the following privileges at Dr. Shikha's Multi Health* Center

50% discount on one time consultation	10% discount on one month program	20% discount on three months program	FREE entry in seminar & cooking workshop of all centers
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Joy for everyone! Guaranteed gifts

Just shop for Rs. 250 from Guardian Pharmacy get a scratch card and win amazing gifts. Not only this, participate in the Lucky Draw and win exclusive Holiday Package at the end of the month.

Scratch Card
Bumper Lucky Draw
Chh. Mukhda Holiday Package

Ask Your Doctor

My fifty year old father has been advised bypass surgery by his cardiologist. We are worried and would like to [know more](#) about the process.

If you too have a health query feel free to [write to us](#).

"THEY SAY GEMSTONES HAVE PROPERTIES FOR RELIEVING STRESS... ONCE YOU GET PAST THE STRESS OF PAYING FOR THEM."

Participate & Win

[Click here](#) to win exciting gift vouchers from Alps Beauty Clinic and Elemention Gym.

WINNERS OF LAST CONTEST
Charnajeev Vohra & Rajul

New Product Launch

Xtra Vit C SUPER Antioxidant to fight FLU	Tulsi & Giloy Syrup Enhances IMMUNITY TO Bacterial & Viral Infections	GNC Ultra Mega Gold Must HAVE Multivitamin for ALL	GNC Ultra Zinc Lozenges Cuts SHORT Cold	Joint Health Active and Healthy Joints

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