

### Health & Wellness

- How to Stay Healthy Throughout the Year
- 4 Most Common Pains and Tips to Fix It
- How to Perk-up When Feeling Low
- Go Green - Save Earth and Save Yourself!

### How to Stay Healthy Throughout the Year

### Readers Request:

## Know Your Stress Level

### We Suggest

**Xtravital Bone Health**

**Xtravital Vitamin C**

**Xtra B Complex**

**Xtravital Joint Health**

### Participate & Win -

Winner of the LAST Contest : **Kadambani**

[Click here](#)  
to win exciting gifts from **Guardian**.

### Guardian Offers -

**SENIOR CITIZENS Offer**

Guardian brings Free Reminder Service exclusively for Senior Citizens

10% + 1% OFF on prescription medicines

Customer Helpline: 0124 - 4061234

**Family Health Month - 30% OFF**

A healthy family is a happy family. Guardian celebrates the Family Health Month with 30% OFF

Item	Price	Offer
Aspirin	₹ 100	₹ 70
Paracetamol	₹ 50	₹ 35
Amoxicillin	₹ 200	₹ 140
Metformin	₹ 150	₹ 105

FIND A STORE

SHARE WITH A FRIEND

GET HEALTH INFO ON FACEBOOK

WE TWEET HEALTH TIPS

HEALTH BLOG IN HINDI

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