DameHealth

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dame_health www.damehealth.com

INDEPENDENT LAB · NABL-ACCREDITED

Scan to access the third-party assay for this product.

✓ Heavy Metals ✓ Microbial ✓ Composition

Lab Report

Literature Review

The Gap & The Solution

Why Dame Health exists



THE GAP
Dr. Rajeev Agarwal
MD (OB-GYN) · IVF specialist · 25+ years



THE SOLUTION
Sahil Agarwal
Co-founder & CEO

"For years, patients came to me and I couldn't confidently recommend a supplement. The products on the shelf weren't good enough — ingredients that weren't built for Indian diets, doses that weren't backed by strong evidence, and no real third-party testing to stand behind.

And the male partner was left out of the fertility conversation almost entirely.

That was the gap. I wanted to build what I actually wished I could prescribe — held to the highest standard of quality and evidence. My son Sahil turned that clinical necessity into Dame Health.

Today we're 15,000–20,000 customers strong."

— Dr. Rajeev Agarwal, Founding Medical Advisor

Why Dame Health?

Built for the gaps a specialist sees every day

01 ***Preconception, done right***

Most preconception nutrition wasn't built for how the body actually absorbs it. Dame is built — in the forms that work.

02 ***The male half of fertility***

The male partner was ignored by almost every brand. Dame built a complete range for him too.

03 ***Pregnancy-safe calm & sleep***

There was nothing safe to recommend for sleep in pregnancy. Dame offers Magnesium + Tart cherry - non-pharmacological option across pregnancy and lactation.

04 ***Liposomal CoQ10***

Standard CoQ10 barely absorbs. Dame's liposomal delivery gets materially more into the body — for fertility and energy

05 ***Protein women can actually use***

Most protein leaves women bloated. Dame's is pregnancy-safe, gut-friendly and A-rated by Unbox Health, and Pink Tiger certified.

06 ***Berberine that absorbs***

Berberine is exceptional for PCOS and insulin support, but it's poorly absorbed. Dame pairs it with a bioavailability stack for better absorption and results.

INDEPENDENT VERIFICATION

NABL-accredited testing · A-rated by Unbox Health · Pink Tiger Certified

Certified Facility Certified Registered Facility FSSAI

Born from a gynecologist's necessity, built for fertility health in India

DameHealth

India's leading fertility & wellness formulary

PCOS · PRECONCEPTION · FERTILITY · PREGNANCY

Clinical-grade nutrition across every stage, built by a practising gynecologist





Men's Fertility Boost

One of India's most complete men's fertility multivitamins · 21 actives

₹1,149

30 tablets · 30 days

BENEFITS

- ✓ Supports healthy sperm count & concentration
- ✓ Supports sperm motility, movement & morphology
- ✓ Supports sperm DNA integrity, lowering oxidative stress
- ✓ Supports healthy testosterone & stress balance

KEY INGREDIENTS

L-METHYLFOLATE 176 mcg — Active folate	ZINC 17 mg — Count & testosterone	SELENIUM 40 mcg — Morphology & DNA
TRIBULUS 150 mg — Libido · count	SHATAVARI 75 mg — Reproductive support	ASHWAGANDHA 50 mg — Testosterone & cortisol

FULL COMPOSITION

L-Methylfolate (Quatrefolic®) 176 mcg · Zinc 17 mg · Selenium 40 mcg · Iodine 140 mcg · Vit C/D3/E/K2/B-complex (100% RDA) · Magnesium 50 mg · Tribulus 150 mg · N-Acetyl L-Carnitine 100 mg · L-Arginine 100 mg · Shatavari 75 mg · Akarkara 75 mg · Ashwagandha 50 mg · Lycopene 2 mg



Liposomal Bio-CoQ10

India's most bioavailable CoQ10 · liposomal · for egg & sperm quality

₹2,205

30 tablets · 30 days

BENEFITS

- ✓ Supports healthy egg quality
- ✓ Supports sperm count, motility & concentration
- ✓ Protects sperm & eggs from oxidative stress
- ✓ Supports cellular energy & heart health

KEY INGREDIENTS

LIPOSOMAL COQ10 500 mg — Active · neural prep	VITAMIN C 65 mg — Antioxidant cofactor
MUCUNA PRURIENS DRY EXTRACT 35 mg — Supportive antioxidant	VITAMIN E 10 mg — Protects sperm & eggs

FULL COMPOSITION

Liposomal CoQ10 500 mg (standardised to 250 mg active CoQ10) · Vitamin C 65 mg · Vitamin E 10 mg · Mucuna pruriens dry extract 35 mg · HPMC vegetarian capsule



Pregnancy Support Plus

Complete in-pregnancy nutrition · led by active Quatrefolic® folate

₹1,149

60 tablets · 30 days

BENEFITS

- ✓ Complete pregnancy nutrition across all trimesters
- ✓ Active, body-ready folate — works regardless of MTHFR gene
- ✓ Supports healthy neural-tube, brain & spine development
- ✓ Supports healthy iron levels with gentle bisglycinate iron

KEY INGREDIENTS

L-METHYLFOLATE 570 mg — Active · neural prep	CHOLINE 200 mg — Foetal Brain Development
IRON 27 mg — Gentle bisglycinate iron	IODINE 220 mcg — Maternal thyroid support

FULL COMPOSITION

Folate Quatrefolic® 570 mcg · Choline 200 mg · Iodine 220 mcg · Iron (bisglycinate) 27 mg · Zinc (citrate) 14.5 mg · Selenium 40 mcg · Ginger 200 mg · Vit A 500 mcg · C 80 mg · D 300 IU · E 10 mg · K1 55 mcg · Biotin 40 mcg · B12 2.45 mcg · B1/B2/B3/B5/B6 · Magnesium



Magnesium Glycinate

₹899

Relaxation-first magnesium glycinate · gentle, well-absorbed

- ✓ Helps you relax & ease everyday stress
- ✓ A gentle, highly-absorbable magnesium (glycinate)
- ✓ Supports restful sleep
- ✓ Supports muscle function & recovery

INGREDIENTS

Magnesium (as Magnesium Glycinate 1682 mg) — 370 mg elemental (100% RDA) · Tart Cherry (Prunus cerasoides) 150 mg · Zinc 10 mg



Plant Protein for him

₹1,599

Plant protein built for strength, recovery & wellness

- ✓ 24 g clean plant protein per serving
- ✓ Gut-friendly — digestive blend, no dairy bloating
- ✓ Supports strength & recovery
- ✓ Adaptogens (ashwagandha, tribulus) — stress & healthy testosterone support

INGREDIENTS

Pea protein isolate · antioxidant berries · digestive blend (ginger, fennel, cumin) · 2 flavours. A-rated by Unbox Health. No moringa.



Pre-Pregnancy Support

Complete preconception nutrition on premium, bioavailable forms

₹899

30 tablets · 30 days

BENEFITS

- ✓ Active, body-ready folate — works regardless of MTHFR gene
- ✓ Prepares the body for a healthy conception
- ✓ Supports healthy neural-tube development
- ✓ Supports healthy iron levels with gentle bisglycinate iron

KEY INGREDIENTS

L-METHYLFOLATE 220 mg — Active folate	CHOLINE 200 mg — Neural development
IRON 29 mg — Gentle bisglycinate iron	SELENIUM 40 mcg — Thyroid & antioxidant

FULL COMPOSITION

Folate Quatrefolic® 220 mcg · Choline 200 mg · Iron (bisglycinate) 29 mg · Zinc (citrate) 13.2 mg · Selenium (L-selenomethionine) 40 mcg · Iodine 140 mcg · Magnesium 100 mg · Vit A 400 mcg · C 65 mg · D 300 IU · E 10 mg · K1 44 mcg · Biotin 40 mcg · B1/B2/B3/B5/B6/B12 · Ginger root extract



Berberine HCL

Metabolic support with a 4-in-1 bioavailability stack

₹1,449

60 tablets · 30 days

BENEFITS

- ✓ Helps maintain healthy blood sugar & insulin sensitivity
- ✓ Supports a healthy lipid profile — cholesterol & triglycerides
- ✓ Especially supportive for women's metabolism (per research)
- ✓ Supports hormonal balance in PCOS & liver health

KEY INGREDIENTS

BERBERINE HYDROCHLORIDE 500 mg — Blood sugar & lipids	SILYMARIN 250 mg — Liver health
PIPERINE 5 mg — Raises absorbption	CHROMIUM PICOLINATE 400 mcg — Glucose metabolism

FULL COMPOSITION

Berberine Hydrochloride 500 mg, Silymarin 250 mg, Binding Agent (1201), Thickener (462), Anticaking Agent (551), Piperine 5 mg, Glidant (470(iii)), Chromium Picolinate 400 mcg and Capsule Shell Contains [Thickener (464), Binding Agent (407), Preservative (261(i)), Colours (171, 110, 122 & 124)].



Plant Protein for her

Plant protein built for strength, recovery & wellness

₹1,599

500g · Pregnancy Safe

VERIFIED FOR HEALTHY INGREDIENTS

BENEFITS

- ✓ 24 g clean plant protein per serving
- ✓ Gut-friendly — digestive blend, no dairy bloating
- ✓ Supports strength & recovery
- ✓ Helps preserve lean mass during energy restriction

KEY INGREDIENTS

Pea-protein isolate — Protein Base	Herbal blend — Digestion
No added sugar — Monk-fruit sweetened	Free from — Lactose, soy & added sugar

FULL COMPOSITION

Pea protein isolate · antioxidant berries · digestive blend (ginger, fennel, cumin) · 3 flavours. A-rated by Unbox Health. Pregnancy-safe. No moringa.



Calcium D

₹949

1000 mg Ca · 600 IU D · pregnancy

- ✓ Meets the raised calcium demand of pregnancy in one daily dose
- ✓ Vitamin D3 drives active calcium absorption
- ✓ Supports foetal bone and skeletal development
- ✓ Doctor note: research associates adequate calcium intake in pregnancy with lower pre-eclampsia risk (use under medical supervision)

INGREDIENTS

Calcium (as Calcium Carbonate) — 1000 mg (100% RDA)
Vitamin D (D3) — 600 IU (100% RDA)



Dreamy Sleep Gummies

₹799

5 mg melatonin + L-theanine + botanical blend

- ✓ Melatonin helps you fall asleep faster and reset the sleep cycle
- ✓ L-theanine, passionflower, valerian & chamomile support a calm wind-down
- ✓ Non-habit-forming; sugar-controlled gummy format

NOT FOR PRECONCEPTION OR PREGNANCY
Use Magnesium & Tart Cherry for those windows.

INGREDIENTS

Melatonin 5 mg, L-Theanine 50 mg, Passion Flower Extract 20 mg, Valerian Root Extract 20 mg, Chamomile Dry Extract (5%) 20 mg, Vitamin B6 1.9 mg