Mindluster Platform

About the course Vitamin A to Z tablets

Course Presenter : Shomu s Biology

Vitamin A to Z tablets in hindi, in this course we will learn about the complete range of vitamins included in A to Z tablets, their individual functions, and their collective benefits for overall health. You'll discover how these multivitamin supplements support immunity, boost energy, improve skin and hair quality, enhance bone and joint health, and aid in digestion and heart wellness. The course will also explore recommended daily doses, the best times to take the tablets, and how they can help fill nutritional gaps in modern diets. Special focus will be given to the needs of men, women, and seniors. You will also learn how to read supplement labels and understand potential side effects or interactions with other medications. By the end of this course, you will be equipped to make informed decisions about incorporating Vitamin A to Z tablets into your health routine for long-term wellness. Shomu s Biology

Medical Category's Courses

Course Lesson(111)

Lesson 1 : **Uprise d3 60k benefits in hindi Uprise d3 capsule ke fayede Uprise D3 60k kaise use kare**

Lesson 2 : **ORS ke fayde in hindi benefits of ORS powder ORS kya hai ORS kis kaam aata hai**

Lesson 3 : **Vitamin a to z tablet ke fayde Vitamin a to z syrup ke fayede use side effects**

Lesson 4 : **Mucaine gel syrup in hindi Mucaine gel side effects uses dose Mucaine gel ke fayede**

Lesson 5 :
Itraconazole capsules 200 mg uses in Hindi Itraconazole capsules uses for fungal infection

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Lesson 7 : **Bro zedex syrup kis kaam aata hai Bro zedex syrup uses side effects dose**

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Gaviscon syrup ke fayede Gaviskon syrup uses side effects dose Gaviscon syrup review Hindi

Lesson 9 : **Ambrodil s syrup in hindi Ambrodil S syrup review Ambrodil cough syrup**

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Lesson 111 : **Ketoconazole cream uses in hindi Ketoconazole 2 shampoo**

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