

FREE JINJA Natural Wellness Guide

How to Use JINJA Herbal Extract Safely as Part of a Natural Wellness Lifestyle

Prepared for prospects, customers, and new distributors of Multistream
TM Ltd.

Prepared by Okwudili Offiah

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1. Welcome

Thank you for requesting the FREE JINJA Natural Wellness Guide. This guide helps you understand JINJA Herbal Extract, how it fits into a natural wellness lifestyle, and how to use it responsibly.

JINJA is not presented here as a cure or replacement for medical treatment. It is presented as a natural wellness product, supported by product education, traditional herbal knowledge, customer experiences, and published scientific evaluation.

Important: JINJA Herbal Extract is not intended to diagnose, treat, cure, or prevent any disease.

2. What Natural Wellness Means

Natural wellness means taking daily steps that help the body function better. It includes good nutrition, clean water, rest, movement, stress control, and responsible use of natural products. A natural product works best when the user also builds healthy habits. That is why this guide does not only talk about JINJA. It also reminds you to eat better, drink water, rest well, and seek proper medical advice when necessary.

3. What Is JINJA Herbal Extract?

JINJA Herbal Extract is a Nigerian-produced polyherbal wellness extract associated with Multistream TM Ltd. It is made from selected plant components and is produced for people in Nigeria, Africa, and around the world who are interested in natural wellness support.

JINJA does not mean ginger is the major component. JINJA Herbal Extract is a unique polyherbal formulation made from selected medicinal plants.

A published study evaluated JINJA Herbal Extract for phytochemical constituents, GC-MS profile, and in-vitro antioxidant activity.[1]

4. Product Identity at a Glance

Item	Details
Product name	JINJA Herbal Extracts
Bottle sizes	750ml and 350ml
Taste	Bitter
NAFDAC Reg. No.	A7-1733L
Storage	Store in a cool dry place below 40°C. Do not freeze.

Item	Details
Carefully formulated for	23 Dipeolu Street, off Awolowo Street, Ikeja, Lagos, Nigeria
Manufactured by	Kayfadh Herbalceuticals, 2 Odeyele Street, off Olumide Street, Targot Filling Station, Fajol, Ab

5. Key Plant Components

The product label and published research identify key plant components including *Carpolobia alba*, *Cnestis ferruginea*, and *Heliotropium indicum*.

Component	Label composition
Carpolobia alba	15%
Cnestis ferruginea	15%
Heliotropium indicum	15%
Water / eau	q.s.

Carpolobia alba: A shrub traditionally used in African ethnomedicine and commonly associated with vitality and natural wellness.

Cnestis ferruginea: A plant species traditionally used in herbal practice and identified as one of the plant components of JINJA Herbal Extract.

Heliotropium indicum: Also known as Indian heliotrope, traditionally used in some local herbal practices.

6. Scientific Support and Product Credibility

JINJA Herbal Extract has been evaluated in published studies. One study reported that the extract contains naturally occurring phytochemicals including flavonoids, saponins, cardiac glycosides, tannins, alkaloids, and phenols.[1]

The same study used GC-MS analysis and reported multiple bioactive compounds, and it assessed in-vitro antioxidant activity.[1]

A separate toxicological evaluation described JINJA as a polyherbal formulation comprising *Carpolobia alba*, *Cnestis ferruginea*, and *Heliotropium indicum*. The study reported no mortality or behavioral abnormalities in an acute toxicity test in Wistar rats at doses up to 5000 mg/kg body weight, while recommending further research on long-term toxicity, cumulative effects, and interactions with conventional medications.[2]

Scientific evaluation helps customers and distributors understand the product better. It does not mean JINJA is a replacement for medical advice, diagnosis, or treatment.

7. How to Take JINJA Herbal Extract

JINJA Herbal Extract is commonly used as a 90-day wellness routine. Some people may notice changes earlier, but individual experiences may differ because every body is different.

Adult direction for use

- Take 30ml in the morning.
- Take 30ml before bedtime.
- Use consistently as part of a 90-day wellness routine.
- Drink enough water daily to support hydration and general body function.

If you have ulcer or stomach sensitivity

- Eat first before taking JINJA.
- Wait about 20–30 minutes after eating.
- Then take the recommended quantity.

If you do not have ulcer or stomach sensitivity

- JINJA may be taken before eating, based on the recommended usage direction.

8. Medication, Water Intake, and Precautions

Water intake

Users are encouraged to drink enough water daily. A general target is about 3 litres per day, depending on your body, health status, weather, activity level, and professional medical advice.

If you are taking doctor-prescribed medication

- Do not stop your prescribed medication because of JINJA.
- Continue following your doctor's instruction.
- Allow at least 2 hours interval between your prescribed medication and JINJA.
- If you are unsure, speak with a qualified healthcare professional.

Who should not take JINJA

- Pregnant women
- Breastfeeding mothers
- Babies
- Children below 12 years of age

The product label caution mentions pregnant women, breastfeeding mothers, and children below 10 years. For safer public guidance, this guide uses the more cautious instruction: not for children below 12 years.

9. Daily Habits That Support Natural Wellness

- Drink enough clean water daily.
- Eat more natural foods and fewer heavily processed foods.
- Sleep well and give your body time to recover.
- Move your body through walking, stretching, or exercise.
- Reduce unnecessary stress where possible.
- Avoid self-medication and seek medical advice when symptoms persist.
- Go for regular health checks when needed.

For eye and general health, reputable public health sources recommend regular eye checks, protective eyewear, UV-protective sunglasses, and the 20-20-20 rule for screen use.[3][4]

10. Foods to Eat More Often

A natural wellness lifestyle should include foods that nourish the body. Consider eating more:

- Vegetables such as spinach, ugu, kale, and other leafy greens
- Fruits in moderate portions

- Beans, peas, and other legumes
- Fish and other good protein sources
- Nuts and seeds where suitable
- Whole grains and high-fibre foods
- Clean water instead of sugary drinks

For healthy vision, the National Eye Institute and CDC mention dark leafy greens and fish rich in omega-3 fatty acids as helpful food choices.[3][4]

11. Habits and Foods to Reduce or Avoid

- Excess alcohol
- Smoking
- Too much sugar
- Too many processed foods
- Excess soft drinks and sugary beverages
- Poor sleep habits
- Long screen time without breaks
- Taking herbal products and prescription drugs at the same time without spacing or advice
- Stopping doctor-prescribed medication without medical instruction

Smoking is linked by public health sources to eye-health risks such as cataracts and macular degeneration.[3][4]

12. JINJA Packages

Package	Price	What it includes
FLEXI PACKAGE	₦28,000	2 big bottles OR 4 small bottles
BOOSTER PACKAGE	₦47,500	3 big bottles + 1 small bottle of JINJA
BOOSTER MAX	₦54,000	4 big bottles of JINJA
STANDARD PACKAGE	₦131,000	10 big bottles of JINJA
ADVANCED PACKAGE	₦284,600	22 big bottles of JINJA
EXCEL PACKAGE	₦566,200	44 big bottles of JINJA
FLOURISH PACKAGE	₦1,123,000	87 big bottles + 1 small bottle of JINJA

You receive product value for the money paid. You can buy for personal use, family use, or as part of your distributor journey.

13. How to Order or Ask Questions

To order JINJA or ask questions, contact Okwudili directly on WhatsApp:

WhatsApp: <https://wa.me/2348036716495>

Suggested message: Hello Okwudili, I read the FREE JINJA Natural Wellness Guide. I am interested in JINJA Herbal Extract. Please send me the available packages and payment details.

14. Distributor Opportunity

Multistream TM Ltd is expanding its distributor network across Nigeria and beyond. If you are serious, teachable, and interested in selling natural products online, you can join the distributor team and promote JINJA using WhatsApp, Telegram, Facebook, Instagram, landing pages, email follow-up, and simple digital marketing systems.

You do not need to own a physical shop before you start. You can begin by learning how to promote online, educate prospects, follow up professionally, and close sales through simple systems.

Distributor enquiry message: Hello Okwudili, I want to become a Multistream JINJA distributor. Please send me the details.

15. Important Disclaimer

JINJA Herbal Extract is a natural wellness product. It is not intended to diagnose, treat, cure, or prevent any disease.

Testimonials or personal experiences shared about JINJA are individual experiences. Results may vary from person to person.

If you have an existing medical condition, are pregnant, breastfeeding, preparing for surgery, taking prescription medication, or unsure whether JINJA is suitable for you, consult a qualified healthcare professional before using any supplement or herbal product.

Do not stop any doctor-prescribed medication without speaking with your healthcare provider.

16. Sources

[1] Phytochemical constituents, GC-MS profiling and In-vitro antioxidant activity of JINJA Herbal Extract — <https://www.plantsjournal.com/archives/2025/vol13issue3/PartC/13-1-28-579.pdf>

[2] Toxicological evaluation of Jinja: A Local Herbal Mixture — <https://www.doi.org/10.22271/tpi.2025.v14.i6a.26148>

[3] National Eye Institute: Keep Your Eyes Healthy — <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy>

[4] CDC: Preventing Vision Loss — <https://www.cdc.gov/vision-health/prevention/index.html>

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