NEWS | DIETARY SUPPLEMENTS

Miror launches supplement MILY for women

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By **Sanjiv Das** | May 12, 2025



Mily

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Miror, a leader in women's health and wellness, has announced the launch of Mom I Love You (MILY). MILY is a daily supplement crafted specifically for women aged 65 and older, combining ancient herbal wisdom with clinically backed nutrients to support joint comfort, memory, energy levels and bone strength.

Expertly formulated with 20 essential ingredients, MILY is designed to empower senior women to move, think, and live with greater ease. Combining nature's potent botanicals like Ashwagandha, Brahmi, and Triphala with scientifically proven nutrients like calcium citrate, magnesium glycinate, MILY delivers comprehensive support for bone health, muscle vitality, cognitive sharpness, and everyday energy.

"At 65, life isn't winding down, it's reinventing itself. MILY is our salute to that transformation, empowering women to remain vibrant, independent, and passionately engaged in the lives they've built. We've seamlessly blended the wisdom of ancient herbs with the precision of modern nutrition to create a simple, pure solution, one that honours the unique needs of every ageing woman without any compromise," says Sanjith Shetty, CEO and Founder, Miror.

MILY is formulated with 20 essential ingredients to support elder women in their everyday wellness:

- Stress and Clarity: Ashwagandha, Valerian, Brahmi calm stress, boost focus, and memory
- Bone and Joint: Calcium, Magnesium, D3, Boswellia strengthen bones, support mobility
- Gut & Metabolism: Triphala, Gymnema aid digestion, detox, and sugar balance
- Heart Health: Arjuna, Guggul support cholesterol, BP, and circulation
- Mind & Vision: Ginkgo, Bilberry, Brahmi sharpen focus and eye health.

Read online: https://nuffoodsspectrum.in/news/7/22332/miror-launches-supplement-mily-for-women.html
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