

Nutritional Information

Serve Size: 28g | Servings per pack: 17

Nutrient	Per 100g	Per Serve	% RDA per Serve**
Energy (Kcal)	598.1	167.5	8.4%
Carbohydrates (g)	16.3	4.6	-
Protein (g)	27.9	7.8	14.4%
Total Sugar (g)	3.5	1.0	-
Dietary Fiber (g)	12.3	3.4	8.6%
Total Fat (g)	46.8	13.1	19.6%
Saturated Fat (g)	11.4	3.2	14.5%
Trans fat (g)	<0.1	0.0	-
Potassium (mg)	621.1	173.9	-
Calcium (mg)	34.7	9.7	1.0%
Magnesium (mg)	217.8	61.0	13.9%
Sodium (mg)	6.9	1.9	0.1%
Iron (mg)	3.6	1.0	3.5%

*% RDA Calculation is based on a 2000 kcal daily diet for an average adult.

Contains naturally occurring sugars

Packed & Marketed by
Isha Life Private Limited,
8/93, Siruvani Main Road, Madhampatti,
Coimbatore 641010, Tamil Nadu, Bharat.

fsa 12421999001029

Store in a cool, dry place, away from direct sunlight. Once opened, transfer to an airtight container to retain freshness and prevent infestation. For extended shelf life, refrigeration is recommended—especially in warm or humid climates.

Our groundnuts are carefully selected and undergo stringent quality checks to ensure unmatched taste, consistency, and size. Each groundnut in this pack, is selected for its unique flavour and large grain. Groundnuts are a rich source of fiber and protein, making them a nourishing addition to your daily diet.

Containing a variety of nutrients, groundnuts have long held an important place in a yogi's diet. Every meal at the Isha Yoga Center begins with a serving of a fistful of soaked groundnuts.

Yogic Tip:

Soaking groundnuts overnight and consuming them raw is a simple practice that enhances digestibility and energy absorption. Naturally energy-dense, they help sustain the body over long periods, making them ideal for those on the path of Sadhana.

Ingredients: Groundnut

No Added Preservatives

Allergen Information: Contains Groundnut

Proceeds from Isha Life are used to bring well-being to people and communities.



Net Qty.: 500 g

Batch no.
Pkd - Exp. date:
MRP (Incl. of all taxes): ₹
USP (per g): ₹

GROUNDNUT



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support@ishalife.com
For returns - send to 'Marketed by' address
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