

Fruit & Nut Trail mix with Coconut chips

Crafted for the trail, this unique mix features a delectable blend of mildly roasted (oil-free) nuts, raisins, cranberries and the highly pranic superfood-Coconut. Bite into an instant burst of pure unadulterated energy!

THE PRANIC TWIST

A highly pranic and nutritious food, Coconut has been a go-to food for Yogis since time immemorial. Many Yogis live on one coconut a day, and lead a very active and dynamic life. Coconut is rich in fiber & minerals. Its white flesh is particularly beneficial when consumed raw.



Almonds Cashew Nuts Pistachios Dried Cranberries



Black Raisins Green Raisins Coconut Chips

Ingredients: Almonds, Dried Cranberries, Black Raisins, Cashewnuts, Green raisins, Pistachios, Coconut Chips.

Manufactured and packed by:

Functional & Innovative Foods Pvt. Ltd.,
1/374A, Andipalayam Post, Tiruchengode Taluk,
Namakkal, Tamil Nadu 637214.

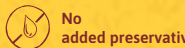
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No artificial flavours



No artificial colours



No added preservatives



Gluten free

Allergen Information: Contains nuts. Packed in a facility that also handles gluten-containing products.

Storage: Store in a cool, dry place, away from direct sunlight. For best results, close the lid tightly after each use.

Marketed by:

Isha Life Private limited,
8/93, Siruvani Main Road, Madhampatti,
Coimbatore, Tamil Nadu 641010.

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TRAIL MIX WITH A PRANIC TWIST

FRUIT & NUT TRAIL MIX
WITH COCONUT CHIPS



Image is for illustrative purpose only.

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LIFE

For Conscious Living



600g

Nutritional Information:

Serving Size - 28g (21 serves per pack)	Per Serve	Per 100g	RDA*% Per serve
Energy (kcal)	120.7	431.0	6.0%
Protein (g)	2.6	9.3	4.8%
Carbohydrate (g)	21.1	75.2	-
- Total Sugar (g)	10.8	38.5	-
- Added Sugar (g)	0	0	-
Total Fat (g)	2.9	10.3	4.3%
- Saturated Fat (g)	0.4	1.3	1.6%
- MUFA (g)	1.8	6.3	-
- PUFA (g)	0.6	2.2	-
- Trans Fat (g)	0.0	0.0	-
Dietary Fiber (g)	3.6	12.9	-
Sodium (mg)	9.7	34.8	0.5%

* % RDA calculation is based on a 2,000 kcal daily diet for an average adult.

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Net Quantity : 200g

Batch No. :

Pkd. Date :

Exp. Date :

MRP, USP (per gm):
(Incl. of all Taxes)

Made In Bharat

Roasted Nuts Mix with Indian Groundnuts

This guilt-free snack mix is composed of perfectly dry roasted (oil free) nuts seasoned with a hint of Himalayan Pink Salt. Bite into this crunchy delight for a mid-day recharge powered by the goodness of Almonds, Cashew Nuts, Pistachios and Indian Groundnuts.

THE YOGI'S ESSENTIAL

In India, many yogis of the past lived on a 100% groundnut diet because it was known to be a complete food by itself. Small in size, this Yogic Superfood is packed with nutrients and is a key part of any well-balanced Yogic diet.



Almonds

Cashew Nuts

Pistachios



Groundnuts

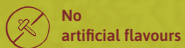
Himalayan Pink Salt

Ingredients: Almonds, Groundnuts, Cashew Nuts, Pistachios, Himalayan Pink Salt.

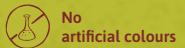
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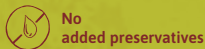
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No artificial flavours



No artificial colours



No added preservatives



Gluten free

Allergen Information: Contains groundnut and other tree nuts. Packed in a facility that also handles gluten-containing products.

Storage: Store in a cool, dry place, away from direct sunlight. For best results, close the lid tightly after each use.

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NUTS, SALT AND A YOGI'S ESSENTIAL

PROTEIN
RICH
SNACK

ROASTED NUTS MIX WITH
INDIAN GROUNDNUTS

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600g

Nutritional Information:

Serving Size - 28g (21 serves per pack)	Per Serve	Per 100g	RDA** Per serve
Energy (kcal)	188.5	673.1	9.4%
Protein (g)	6.8	24.1	12.5%
Carbohydrate (g)	3.2	11.5	-
- Total Sugar (g)	<0.2	<0.5	-
- Added Sugar (g)	0	0	-
Total Fat (g)	16.5	59.0	24.6%
- Saturated Fat (g)	2.0	7.1	9.0%
- MUFA (g)	10.5	37.7	-
- PUFA (g)	3.7	13.2	-
- Trans Fat (g)	0.0	0.0	-
Dietary Fiber (g)	2.9	10.4	-
Sodium (mg)	49.2	175.9	2.5%

* % RDA calculation is based on a 2,000 kcal daily diet for an average adult.

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Made In Bharat

Superfood Mix with Sesame Seeds

'Nutrient-dense' gets a whole new definition with this power-packed mix featuring 11 Superfood seeds, berries, fruits and nuts. Contains sesame seeds, regarded in the Yogic system as a rich source of energy and nutrition.

THE YOGIC SECRET

Sesame, known as til in Hindi, is a very popular source of protein in many parts of Bharat. It was consumed by soldiers of ancient armies as an energy food. In the Yogic culture, sesame also has a significance that goes beyond its nutritional value. Sesame is known to easily imbibe and retain energy, which is why it is widely used as Prasad (offering to Deities).



No artificial flavours



No artificial colours



No added preservatives



Gluten free



Pumpkin seeds Flax seeds Cranberries Watermelon seeds



Almonds Black currants Sunflower seeds Chia seeds



Blueberries Black raisins White Sesame seeds

Ingredients: Pumpkin seeds, Flax seeds, Cranberries, Watermelon seeds, Blueberries, Black raisins, Almonds, Black currants, Sunflower seeds, White Sesame seeds, Chia seeds.

Manufactured and packed by:

Functional & Innovative Foods Pvt. Ltd.,
1/374A, Andipalayam Post, Tiruchengode Taluk,
Namakkal, Tamil Nadu 637214.

fssai Lic. No. 12420014000931

Marketed by:

Isha Life Private limited,
8/93, Siruvani Main Road, Madhampatti,
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SEEDS, BERRIES AND A YOGIC SECRET

PROTEIN
RICH
SNACK

SUPERFOOD MIX WITH SESAME SEEDS

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For Conscious Living

Image is for illustrative purpose only.

600g

Nutritional Information:

Serving Size - 28g (21 serves per pack)	Per Serve	Per 100g	RDA*% Per serve
Energy (kcal)	155.0	553.7	7.8%
Protein (g)	5.6	19.9	10.3%
Carbohydrate (g)	9.1	32.6	-
- Total Sugar (g)	5.6	19.9	-
- Added Sugar (g)	0	0	-
Total Fat (g)	10.7	38.2	16.0%
- Saturated Fat (g)	2.7	9.6	12.2%
- MUFA (g)	2.9	10.5	-
- PUFA (g)	5.0	17.9	-
- Trans Fat (g)	0.0	0.0	-
Dietary Fiber (g)	3.4	12.1	-
Omega 3 Fatty Acid (g)	0.3	0.9	-
Sodium (mg)	12.0	42.9	0.6%

* % RDA calculation is based on a 2,000 kcal daily diet for an average adult.

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MRP, USP (per gm):
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Made In Bharat