

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.

fssai Lic. No. 12421999001029

Manufactured and packed by:

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

fssai Lic. No. 12420014000931

Made In Bharat

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!



Almonds



Cashew Nuts



Pistachios



Dried Cranberries



Black Raisins



Green Raisins



Coconut Chips

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

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

TRAIL MIX WITH A PRANIC TWIST

FRUIT & NUT TRAIL MIX WITH COCONUT CHIPS



Image is for illustrative purpose only.



125g

Nutritional Information:

Serving Size - 28g (4 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.

For feedback or complaint write to customer care executive on the marketed by address.

Contact us on
(91) 80104 79480
support@ishalife.com
Buy online at
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Keep your city
clean & green

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

Net Quantity : 125g

Batch No. :
Pkd. Date :
Exp. Date :
MRP, USP
(per gm):
(Incl. of all Taxes)

Please see below

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Made In Bharat

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.



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

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

NUTS, SALT AND A YOGI'S ESSENTIAL

PROTEIN RICH SNACK

ROASTED NUTS MIX WITH INDIAN GROUNDNUTS



Image is for illustrative purpose only.



125g

Nutritional Information:

Serving Size - 28g (4 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

'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.



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

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

SEEDS, BERRIES AND A YOGIC SECRET

PROTEIN RICH SNACK

SUPERFOOD MIX WITH SESAME



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125g

Nutritional Information:

Serving Size - 28g (4 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%

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