TRAIL MIX WITH A PRANIC TWIST

FRUIT & NUT TRAIL MIX WITH COCONUT CHIPS

Image is for illustrative purpose only.

isha LIFE

125g

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.

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
ishaLife.com

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

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, Sivsoori Main Road,
Madhampatti, Coimbatore
Tamil Nadu 641010.
fssai Lic. No. 12422999003029

Manufactured and packed by:
Functional & Innovative Foods Pvt. Ltd.,
1/194, Andipalayam Village,
Andipalayam Post, Tiruchengode Taluk,
Namakkal, Tamil Nadu 637214.
fssai Lic. No. 12420014009701

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.

Almonds · Cashew Nuts · Pistachios · Groundnuts · Himalayan Pink Salt

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

ROASTED NUTS MIH LUTH INDIAN GROUNDNUTS

PROTEIN RICH SNACK

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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MRP. LISP
(per gm)
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Tamil Nadu-641510
FssAI Lic. No. 12421999002029

Manufactured and packed by:
Functional & Innovative Foods Pvt. Ltd.,
1/174A, Andipalayam Village,
Andipalayam Post, Tiruchengode Taluk,
Namakkal, Tamil Nadu-637214
FssAI Lic. No. 12420140000931

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.

Flax seeds · Cranberries · Chia seeds · Almonds · Watermelon seeds
Black raisins · Black currants · Sunflower seeds · White Sesame seeds

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.

Nutritional Information

Serving Size - 28g (4 servers per pack)	Per Serve	Per 100g	RDA% Per serve
Energy (kcal)	155.0	553.7	7.8%
Protein (g)	9.1	32.6	10.3%
Carbohydrate (g)	5.4	19.9	
- Total Sugar (g)	0	0	
- 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)	5.4	12.1	
Omega 3 Fatty Acid (g)	0.3	0.9	0.6%
Sodium (mg)	120	428	0.6%

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

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(per gm)
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Please see below

SEEDS, BERRIES AND A YOGIC SECRET
SUPERFOOD MIX WITH SESAME
PROTEIN RICH SNACK
125g