TRAIL MIX WITH A PRANIC TWIST

FRUIT & NUT TRAIL MIX WITH COCONUT CHIPS

Image is for illustrative purpose only.

600g

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.

- No artificial flavours
- No artificial colours
- No added preservatives
- Gluten free ingredients

Almonds · Cashew Nuts · Pistachios · Dried Cranberries · Black Raisins · Green Raisins · Coconut Chips

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

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

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

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,
Coimbatore, Tamil Nadu 641010.
fssai Lic. No. 12421999001029

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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MRP, USP (per gm): (Incl. of all Taxes) } Please see below

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

- No artificial flavours
- No artificial colours
- No added preservatives
- Gluten free ingredients

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.

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

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For Conscious Living

NUTS, SALT AND A YOGI'S ESSENTIAL

PROTEIN RICH SNACK

ROASTED NUTS MIX WITH INDIAN GROUNDNUTS

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)	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

SEEDS, BERRIES AND A YOGIC SECRET

SUPERFOOD MIX WITH SESAME SEEDS

PROTEIN RICH SNACK

Image is for illustrative purpose only.

600g

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 ingredients

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

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

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

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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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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