

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.

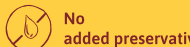
fssai Lic. No. 12420014000931



No artificial flavours



No artificial colours



No added preservatives



Gluten free ingredients

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.

fssai Lic. No. 12421999001029

TRAIL MIX WITH A PRANIC TWIST

FRUIT & NUT TRAIL MIX
WITH COCONUT CHIPS



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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) | 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

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Batch No. :

Pkd. Date :

Exp. Date :

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

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

Manufactured and packed by:

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

fssai Lic. No. 12420014000931



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.

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Coimbatore, Tamil Nadu 641010.

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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).



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

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Marketed by:

Isha Life Private limited,
8/93, Siruvani Main Road, Madhampatti,
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fssai Lic. No. 12421999001029



No artificial flavours



No artificial colours



No added preservatives



Gluten free ingredients

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.

SEEDS, BERRIES AND A YOGIC SECRET

PROTEIN
RICH
SNACK

SUPERFOOD MIX WITH SESAME SEEDS

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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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