

# Promote your whole body health

## Ingredients

Horse gram  
Red beans  
Bengal gram  
Green gram  
Soya  
Fox tail millet  
Finger millet  
Proso millet  
Great millet  
Pear millet  
Kodo millet  
Barnyard millet  
Little millet  
Red rice  
Black rice  
Barley  
Almond  
Cashew nut

## Nutrition Profile

### Calories in 100gm

Carbohydrate  
Protein  
Dietary fibre  
Fat

### MINERALS

Zinc  
Copper  
Iron  
Phosphorus  
Potassium  
Calcium  
Chloride  
Sodium  
Iodine  
Sulfur  
Chromium  
Selenium

### VITAMINS

Vit A  
Vit B  
Vit C  
Vit D  
Vit E  
Vit K

### ESSENTIAL AMINO ACIDS

Arginine  
Lysine  
Tryptophan  
Phenylalanine  
Methionine  
Cystine  
Theonin  
threonine  
Leucine

### ESSENTIAL FATTY ACIDS

Omega 3  
Omega 6

## Storage:Keep in dry place

**PREPARATION:** Take your needed quantity of best food powder mix with water and boil well (approx. 2 tea spoon powder for 100ml water). Add salt or scan sugar or palm sugar. drink in warm .



### Mfg:

YUKI AYURVEDA CURE CENTRE

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### WANTED

**B to B, B to C  
AGENCIES**