

# Super Foods

Simply  
Naturals.




Super foods are foods that contain richest amount of nutrients for least amount of calories and provide optimal health benefits. They are natural source of vitamins & minerals and help to boost immunity and making life healthy & active.

## Simply Natural Honey

(100% pure no artificial colour or flavor added)



### Uniqueness

-  Phytonutrient powerhouse & strengthens Immune System
-  **70%+** of Flora used by honey bee come from target trees
-  Nector collected from flora of Himalayan region specific plants give unique properties



#### Eucalyptus Honey (Blue Gum)

Strong antioxidant properties & builds strong immune system

#### Ban Tulsi Honey (Wild Basil)

Improves immunity, strong antioxidant, helpful in cough & respiratory problems

#### Acacia Honey

Helps in cleansing liver, improves digestion & helps in respiratory problems

#### Lychee Honey

Rich in vitamins & minerals, boosts immune system

#### Ajwain Honey (Bishop's Weed)

Improves digestion and give relief from acidity

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## Unique Benefits



**Finger Millet**  
(Ragi / Mandua)

-  Controls Diabetes
-  Helps in weight loss
-  Controls Blood Pressure
-  Reverses Ageing
-  Improves Bone Health



**Barnyard Millet**  
(Jhangora)

-  Controls Diabetes
-  Gluten free
-  Helps in digestion
-  Improve Bone Health
-  General well being




**Himalyan Red Rice**  
(Lal Bhaat)

-  Controls Blood Glucose
-  Lowers High Cholesterol
-  Fights Asthama
-  Improve Bone Health
-  General well being






**Amaranth**  
(Chaulai)

-  Helps to fight Arthritis & Gout
-  Anti ageing, Skin & scalp rejunvating
-  Helps in weight loss
-  Improves vision






**Dal Naurangi**  
(Ryans Dal)

-  Rich source of veg protein
-  Improves digestion & metabolism
-  Anti inflammatory properties



**Multi Hued Rajma**  
(Chitkabri/Mash Daal)

-  Rich source of veg protein
-  Improves digestion & metabolism
-  General well being



**Flax Seeds**  
(Alsi)

-  Strong Antioxidant
-  Improves Heart health
-  Lowers high cholesterol
-  Helps in weight loss




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