



Natural Pills

Kiwi



Kiwi



Kiwi

Kiwi is a citrus food and is a powerhouse of vitamin C which is considered to be an excellent belly fat burner. Kiwis are high in Vitamin C and dietary fiber and provide a variety of health benefits. This fruit can support heart health, digestive health, and immunity.

Net Weight: 250 grams

Date Of Mfg:

MRP:

(Incl. of all Taxes)

BEST BEFORE 6 MONTHS

REPACKED & MARKETED BY: AK GOLDEN MART

Ajjavara Road, Ambatedka Sullia -574237

Contact us for more info:

+91 9945453439 | +91 8904091721

Nutrition Facts

Amount Per Calories	100 Grams
Total Fat	0.5 g 61 % Daily Value*
Saturated fat	0 g 0%
Trans fat regulation	0 g
Cholesterol	0 mg 0%
Sodium	3 mg 0%
Potassium	312 mg 8%
Total Carbohydrate	15 g 5%
Dietary fiber	3 g 12%
Sugar	9 g
Protein	1.1 g
Vitamin C	154%
Vitamin B6	5%
Vitamin D	0%
Calcium	3%
Iron	1%
Magnesium	4%
Cobalamin	0%

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Natural Pills

Anjeer





Anjeer

Anjeer helps to improve metabolism. It contains nutrients like copper, magnesium, phosphorus, potassium, which helps to increase metabolism. Figs are rich in fibre, which helps to prevent constipation and serves as a prebiotic or food source for the healthy bacteria in the gut.

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Nutrition Facts

Amount Per	100 Grams
Calories	249
Calories From Fat	8.4
% Daily Value*	
Total Fat 0.9 g	1%
Saturated fat 0.1 g	1%
Trans fat regulation 0 g	
Polyunsaturated Fat 0.4 g	
Monounsaturated Fat 0.2 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Potassium 680 mg	19%
Total Carbohydrate 64 g	21%
Dietary fiber 9.8 g	39%
Sugar 48 g	
Protein 3.3 g	
Vitamin A	0.2%
Vitamin C	2%
Calcium	12%
Iron	11%

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Natural Pills



Walnut





Wallnut

Walnuts can combat the risks of cancer. They are rich in Omega-3 fatty acids and other antioxidants which have been proven to fight cancer. Walnuts are especially beneficial for prostate, breast and pancreatic cancer.

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Wallnut

Nutrition Facts

Amount Per	100 Grams
Calories	618 kcal
	31%
	% Daily Value*
Total Fat	59.0 g
	98%
Saturated fa	1. 0 g
	5%
Trans fat regulation	0 g
Cholesterol	0 mg
	0%
Sodium	2 mg
	0%
Potassium	523 mg
Total Carbohydrate	9.9 g
	3%
Dietary fiber	6.8 g
	27%
Sugar	1.0 g
Protein	24.1 g
	40%
Calcium	61 mg
Phosphorus	513 mg
Magnesium	201 mg



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Natural Pills

Pista





Pista

Nutrition Facts

Amount Per Calories	100 Grams 562 % Daily Value*
Total Fat 44g	69%
Saturated fat 8g	30%
Trans fat regulation 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Potassium 1,025 mg	29%
Total Carbohydrate 28 g	9%
Dietary fiber 10 g	40%
Sugar 8 g	
Protein 20 g	40%
Vitamin C 9%	Calcium 10%
Iron 21%	Vitamin D 0%
Vitamin B6 85%	Cobalamin 0%
Magnesium 30%	

Pistachios moisturise and nourish skin and also increase its elasticity. Pistachios are bursting with the fiber, minerals, and unsaturated fat that can help keep your blood sugar, blood pressure, and cholesterol in check. Pistachios moisturise and nourish skin and also increase its elasticity. Pistachios are bursting with the fiber, minerals, and unsaturated fat that can help keep your blood sugar, blood pressure, and cholesterol in check

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Natural Pills



Cashew





Cashew

Cashews are rich in fiber, protein, and healthy fats. Cashews may promote weight loss, blood sugar control, and heart health. Cashews also contain vitamins C and B. Cashews are high in monounsaturated and polyunsaturated fats and a good source of protein.

Net Weight: 250 grams

Date Of Mfg:

MRP:

(Incl. of all Taxes)

BEST BEFORE 6 MONTHS

Cashew

Nutrition Facts

Amount Per	100 Grams
Calories	553
	% Daily Value*
Total Fat 44g	67%
Saturated fat 8g	40%
Cholesterol 0 mg	0%
Sodium 12 mg	0%
Potassium 660 mg	18%
Total Carbohydrate 30 g	10%
Dietary fiber 3.3 g	13%
Sugar 6 g	
Protein 18 g	36%
Vitamin C 0%	Calcium 3%
Iron 37%	Vitamin D 0%
Vitamin B6 20%	Cobalamin 0%
Magnesium 73%	

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Natural Pills

Almond





Almond

Almonds can help lower your systolic blood pressure, which offers even more protection against heart disease. Almonds are rich in valuable nutrients for your body, like magnesium, vitamin E, and dietary fiber. Almonds contain L-carnitine and riboflavin that helps in the growth of brain cells.

Net Weight: 250 grams

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Almonds

Nutrition Facts

Amount Per	100 Grams
Calories	576 % Daily Value*
Total Fat 49g	75%
Saturated fat 3.7g	18%
Trans fat regulation 0g	
Cholesterol 0mg	0%
Sodium 1 mg	0%
Potassium 705 mg	20%
Total Carbohydrate 22g	7%
Dietary fiber 12 g	48%
Sugar 3.9	
Protein 21 g	42%
Vitamin C 0%	Calcium 26%
Iron 20%	Vitamin D 0%
Vitamin B6 5%	Cobalamin 0%
Magnesium 67%	

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Natural Pills

Golden Raisins





Golden Raisins

Raisins are a great source of vitamin A, which is essential for skin health at all levels. Antioxidants such as vitamin A protect the top layer of the skin from sun damage and also hydrate the skin from within. Raisins are also rich in Vitamin C which aids in the healing of skin tissue. In fact, raisins can aid digestion, boost iron levels, and keep your bones strong.

Net Weight: 250 grams

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Golden Raisins

Nutrition Facts

Amount Per	100 Grams
Calories	302
Calories From Fat	4.1
% Daily Value*	
Total Fat 0.5g	1%
Saturated fat 0.2g	1%
Trans fat regulation 0g	
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 12 mg	0%
Potassium 746 mg	21%
Total Carbohydrate 80g	27%
Dietary fiber 4 g	16%
Sugar 59g	
Protein 3.4 g	42%
Vitamin A	0%
Vitamin C	5.3%
Calcium	4.1%
Iron	9.9%



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Natural Pills

Black Raisins





Black Raisins

Black raisins are super rich in potassium which may help enhance bone growth, also decreasing the risk of osteoporosis. From reducing hair loss, eliminating impurities from blood, reducing high blood pressure to keeping anemia at bay, black raisins are a wonderful addition to your diet as it contains natural anti-oxidants and are rich in iron.

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Black Raisins

Nutrition Facts

Amount Per Calories	100 Grams 299 % Daily Value*
Total Fat 0.46g	1%
Saturated fat 0.058g	0%
Trans fat regulation	-
Polyunsaturated Fat 0.037g	
Monounsaturated Fat 0.051g	
Cholesterol 0mg	0%
Sodium 11 mg	0%
Potassium 749 mg	16%
Total Carbohydrate 79.18g	29%
Dietary fiber 3.7 g	13%
Sugar 59.19g	
Protein 3.07 g	
Vitamin D	-
Vitamin A 0mg	0%
Vitamin C 2.3 mg	3%
Calcium 50mg	4%
Iron 1.88 mg	10%



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