



Height powder

Serving: 20

Veg

### *Ingredients*

- Mucuna pruriens/velvet seeds/kaunch ke beej Ka powder- 4 full tbsp/60 grams
- Camel milk powder(very important) -150 Grams /10 tbsp
- Ashwagandha powder- 1 tbsp/15 Grams
- White sesame(roasted) powder/white til powder-2 tbsp/30 Grams

### *Preparation Method*

- Mix all together.store in a glass jar.
- Take twice a day .Morning after breakfast and after dinner with water.
- Dose : 12-15 years -1tsp /5 Grams
- 16-20 years -1.5 Tsp/8-10 grams