Veg



C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



For Bowel Movements

Ingredients

• -Alsi/flax 3 tbsp

Serving: 1

- -Coriander seeds 3 tbsp
- -Chia seeds 3 tbsp
- -Pudina(mint)powder 3 tbsp

Preparation Method

- Method:
- Roast,grind,store in a glass jar
- Dose: Take 1 tbsp of powder bedtime.