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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