

# Home-Made Health Mix Is The Best Alternative To Packaged Energy Drinks

## Meta Description:

Find how the malt-based energy drinks are un-healthy according to scientific facts and how the Ulamart's **homemade healthmix** is a healthier alternative.

## Introduction:

Majority of the population in India consumes milk for the health benefits that it provides. But unfortunately, we consume it in a wrong manner. To meet the daily nutritional needs, we add commercial energy drinks in the milk which are marketed as beneficial for our well-being. Children are especially fed these energy drinks mixed with milk on a daily basis. But, are these energy drinks really good for you and your children? What if we told you there is a **homemade health mix** to solve this problem?

## What is the problem with commercial drinks?

The energy drinks you commonly see are marketed as the ultimate nutrition for you but what people do not know is that they contain many harmful ingredients as well, which you shouldn't be consuming on a regular basis. We bore you by going into the complex specification, but we will share one ingredient that you know very well, which is very harmful for health: *Sugar*.

Commercial energy drinks contain a high amount of sugar. They contain sucrose sugar which is not good for you or your children. This ingredient alone makes them a bad nutrition choice. So, what's the fix? Our **homemade health mix** which consists of the most beneficial natural ingredients that help you elevate your health to new levels is what you should be consuming with milk.

For convenience and ease, we have shifted to these quick commercial products that are ruining our health in the long term. But, we care about the health of our customers and therefore, we made our **homemade health mix** which contains tons of beneficial and natural ingredients such as traditional rice, nuts, pulses, seeds and legumes, as compared to the commercial drinks which consist of nothing but malt, preservatives and sugar at best.

***A perfect alternative for you and your family....***

With our **homemade health mix**, we are bringing back our traditional diet habits back that will keep you and your family, healthy. Our health mix contains all the traditional natural ingredients that will help you avoid health issues such as protein deficiency, vitamins deficiency and lack of energy. Our **homemade health mix** aims to be the perfect traditional diet alternative to the commercial drinks.

## **HomemadeHealthMix:**

Our home made health mix is a blend of healthy ingredients such as nuts, seeds, traditional rice, pulses, cereals and legumes. The most important reason why our mix is the best healthy alternative to the packaged drinks is that it is made up of tons of traditional ingredients as compared to the processed drinks that just contain malt, preservatives and sugar which don't lead to any improvements in health.

### **§ Comparison with other malt based drinks.**

The issue lies in the fact that the malt based drinks available in the market claim to be healthy when in fact; they are not at all. The main ingredient in these malt based drinks is the malt and processed sugar. Processed sugar is the worst ingredient to consume when you are seeking a healthy lifestyle. It has many adverse effects.

Despite of how they are marketed, these drinks won't help you build a stronger immune system or help build better health. They should not be considered in a good diet.

### **§ Benefits of Homemade Health Mix:**

Our home made health mix is the best replacement for energy drinks that you can get. What we offer is unique and you won't find any other brand offering a drink with as many healthy ingredients as we do.

Here are the benefits of our **homemade healthmix**:

#### **1. No sugar:**

Our **homemade health mix** does not contain any sugar. We all know that sugar is very harmful and that is why we made sure that our health mix does not contain any sugar at all.

#### **2. No preservatives and chemicals:**

All the malt based energy drinks available in the market contain preservatives and a vast amount of chemicals that contribute to adverse effects on human health. We made sure that our **homemade healthmix** is free of all preservatives and chemicals.

### 3. Nutrients and vitamins:

Because a human body requires a vast variety of nutrients and vitamins to function properly and stay healthy, we included tons of nutrient dense ingredients in our **homemade health mix**.

### 4. Improved immunity:

Our health mix will help improve your immunity, significantly. A good immune system is the key to a longer and healthier life. Our health mix is the best organic food product that you can possibly get for a stronger immune system.

### 5. Real nutrition:

Our **homemade healthmix** is real nutrition as compared to other malt based energy drinks. We offer real nutrition that is essential for your health and fitness.

## The ingredients in our homemade health mix:

Our **homemade health mix** consists of tons of healthy natural ingredients such as nuts, seeds, pulses and legumes so that you get all the nutrients and vitamins that you require on a daily basis. Here is some information about the key ingredients:

§ **Traditional Rice:** No other health mix available online has traditional rice as one of the ingredients. But we made sure to include it in our health mix due to the numerous health benefits that it offers.

**Benefits:** Traditional rice is known to minimize the risk of diabetes, cardiovascular issues and it also is a source of many important antioxidants and vitamins that help in maintaining strong muscles.

§ **Nuts:** Nuts are very dense in nutrients and essential vitamins. Our health mix consists of nuts which will be very beneficial for a stronger immune system.

**Benefits:** Nuts are a source of healthy fats, complex carbohydrates, protein and many vitamins that help keep your heart health, skin and hair perfect.

§ **Pulses:** The traditional pulses help improve your health significantly in many ways.

**Benefits:** Our health mix contains pulses that we do not consume on a daily basis. These pulses are dense in protein and hence our **homemade health mix** is a perfect source for getting a good amount of required proteins. Our health mix helps in avoiding protein deficiency which is very common nowadays due to poor diets of a majority of people.

§ **Seeds:** We all know how beneficial the natural seeds are when they are consumed in a diet on a regular basis. We made sure to include different types of seeds to provide you with their health benefits.

**Benefits:** The natural seeds contain many vitamins and minerals that we do not consume on a daily basis.

§ **Cereals:** Cereals have numerous health benefits. Our **homemadehealthmix** consists of a blend of cereals to make sure you get their benefits as well.

**Benefits:** Cereals are a perfect source of healthy carbohydrates that we need for proper energy levels. Our **homemade health mix** will make sure that you have sufficient energy for the everyday tasks.

Our health mix is made up of unprocessed and completely natural ingredients. Our goal is to help you improve your health and fitness and we aim to accomplish that goal through **homemade health mix** and other healthy products.

## Why choose our homemade health mix?

### § Avoid protein deficiency:

Many people are facing a deficiency of protein due to poor eating habits in today's world. Our **homemade health mix** will make sure that you get your daily intake of the perfect amount of proteins that are essential for your health. The pulses in our health mix are full of essential proteins.

### § Minerals and vitamins intake:

The nuts and seeds in our **homemade health mix** will provide you with the required amounts of essential minerals and vitamins so that your body functions properly as it should.

### § Source of energy:

Our **homemade health mix** consists of traditional rice and cereals which are a perfect source of healthy carbohydrates that provide you with all the energy that you need. With our **homemade health mix**, you won't ever run out of energy.

### § Our aim and goal:

Unlike other domestic and international brands, we don't aim to just generate income by selling products that might not be good for the customers. It all comes down to our aim, which is to help our customers lead a healthier lifestyle. We only offer those products that are 100% natural and beneficial for your health because our goal is to help improve your life through our offerings. The health of our customers is of utmost importance to us. So, we always make all our products, be it our health mix or anything else, with only one goal: to improve your health and fitness.

## Conclusion:

We have provided you with all the essential information that you need about our **homemade healthmix**. If you want to lead a healthy life, try to avoid the processed products such as the malt based energy drinks and opt for healthier alternatives such as our **homemadehealth mix**. We will do our best to keep providing you with the best natural and healthy food products to help you improve your life!