

YOUR BENEFITS IN EACH BITE



Super Seeds

Pumpkin, Sunflower, Sesame, Flaxseeds, Chia, Khus-khus

Nutrition powerhouse. Rich source of dietary fibre, healthy monounsaturated & polyunsaturated fats, important vitamins, minerals and antioxidants. Seeds can help reduce blood sugar, cholesterol, blood pressure, other lifestyle chronic conditions and help in maintaining weight.

Super Nuts

Walnut, Almond, Pistachio, Cashew, Hazelnut, Peanut

Rich source of micronutrient-vitamins & minerals, mono/poly unsaturated fats, dietary protein & fibres, amino acid arginine, antioxidants. Help in improving health in many ways, reducing diabetes and heart disease risk, as well as cholesterol and triglyceride levels, weight management, reduce inflammation.

Super Spices

Cinnamon, Cardamom, Black pepper, Clove, Saffron, Rock salt, Black salt

Super spices are full of antioxidants, anti-inflammatory properties, anti-diabetic effect. They help in fighting neurodegenerative diseases and cancer, fungal and viral infections, gut health issues.

Super Fruits

Blueberry, Raspberry, Cranberry, Raisin, Dates, Apricot

Among the healthiest super foods. Rich source of antioxidants, fibers, several vitamins & minerals. Anti-inflammatory properties may help in lowering cholesterol levels and cancer risk, help in controlling free radicals, decrease wrinkling & skin aging and improve blood sugar/insulin levels.

Serving Suggestions

- Ready to eat as-is anytime
- Salads and fruit topping
- Add with milk or coconut water or juices



Gift Health

A care concept for your loved ones!



Festival Gifts

Wishing good health is the best gift



Celebrations & Occasions

Weddings, Birthdays and more



Personal Care

Subscribe for a yearly plan - health at your doorstep

Hassle free, ready to eat, complete package of delicious nutritional bites in a variety natural flavors.

A bite-full of nourishing tasty snack providing daily needs of micronutrients, amino & fatty acids, omega-3 & omega-6, antioxidants, proteins and vitamins!

A perfect way to help you maintain a healthy and royal lifestyle keeping chronic diseases away.



Images are for illustration purpose

For subscription offers and volume discounts

Reach us:

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Nutrition Expert: Dr. Janaki Badugu - Daitya

Fitness Expert: Radhika Vemuri - bFit



Artisanal Earthy Superfood
Daily Bite for a Healthy Lifestyle

Gift Health

A care concept for your loved ones

Product Subscription ^{Call us}

Attractive prices and more benefits

100% VEGETARIAN | VEGAN (EXCEPT RAJEAT) | NO ADDED SUGAR | ZERO TRANS FATS | ZERO CHOLESTEROL | NO ADDED CHEMICALS | NO PRESERVATIVES



आरोग्यeat

A daily relishing treat full of natural & vegan nutrients
just in a bite!

PRARAMBH प्रारंभ

Start your day with the power of super seeds nutrients! The life begins from a seed!



SHAKTI शक्ति

Enjoy the taste and power of nutrients from super seeds & nuts!



TEJ तेज

SUMपूर्ण FLAGSHIP

An all-in-one powerhouse of superfoods – seeds, nuts, berries, dry fruits, spices!
A nutritious treat for each day!



NUTTYNUTS नटीनट्स

A bite of super nuts with a hint of saffron and nutrients to relish daily!



BERRYBLAST बेरीब्लास्ट

SUMपूर्ण SPECIAL

Irresistible taste of exotic berries with sparkle of super seeds & nuts blend with super spices!



TARANG तरंग

NEW ARRIVAL! - SAVORY

An all-in-one powerhouse of superfoods – seeds, nuts, berries, dry fruits & spices!
A nutritious treat for each day! (not fried)



ऊर्जeat

An **on-the-go** snack-meal full of natural & vegan nutrients to relish your day with!

SAMARAMBH समारंभ

A nourishing start of healthy snack meal of super seeds, nuts, cranberries & raspberries!



NIRANTAR निरंतर

A nourishing snack meal for anytime. With benefits of super seeds, nuts & blueberries!



OJ ओज

SUMपूर्ण FLAGSHIP

A complete powerhouse snack meal of ALL superfood seeds, nuts, berries, dry fruits, grains & spices!



राजeat

A relishing healthy **royal** treat!

MEVAMADHUR मेवामधुर

An all-time royal's treat, full of natural nutrients! power of super nuts, dates, khus-khus & saffron!



RAJ TARANG राज तरंग

NEW ARRIVAL!

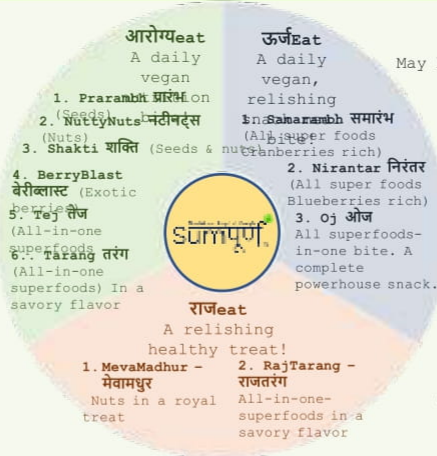
An all-in-one powerhouse of superfoods – seeds, nuts, berries, dry fruits and spices! A daily nutritious royal treat! (not fried)



SumPoornam™ - Natural Nutrients & Health benefits in each bite

Natural Nutrients from the ingredients in each SumPoornam™ bite

- Omega-3, Omega-6
- Vitamins (B1, B2, B3, B6, E, C, Niacin, Folate)
- Antioxidants -Phytochemicals, anthocyanins, ellagic acid, resveratrol
- Dietary protein & fiber, Amino acids
- Minerals (magnesium, zinc, plant iron, calcium, copper, selenium, phosphorus, potassium)
- Healthy mono/polyunsaturated fats
- Good Energy and electrolytes
- Cinnamaldehyde, Eugenol, Piperine, Crocin, crocetin, safranal, kaempferol



Natural Benefits from the ingredients in each SumPoornam™ bite

- May help in improving
- Health of - Heart, Liver, Eye, Stomach, Oral, Gut, Brain
 - Lifestyle concerns-Diabetes, Hypertension, Cholesterol, Triglycerides, Cancer
 - Immunity boost: Anti-inflammatory, bacterial, fungal, viral, microbial
 - Oral health - Bad Breath, Cavities
 - Weight management
 - Neurodegenerative, muscle contractions, libido, fluid balance, bones health, osteoporosis
 - Skin wrinkling, aging, digestion, acidity, bloating, constipation, stomach ulcers, nerve signaling, fighting
 - Oxidative stress, lowering anxiety, depression

sumपूर्ण

Seeds
Pumpkin,
Sunflower,
Sesame,
Flaxseeds, Chia

Nuts
Walnut,
Almond,
Pistachio,
Cashew,
Hazelnut,
Peanut

Super fruits
Blueberry,
Raspberry,
Cranberry,
Raisin, Dates,
Apricot

Super Spices
Cinnamon,
Cardamom, Black
pepper, Clove,
Saffron, Rock
salt, Black salt

Super Grains
Oats,
Legumes
(Daal)

Virgin cold press coconut oil

Pure Ghee
Khus-khus

आरोग्यEat - A daily vegan nutrition bite!

1. Prarambh प्रारंभ	✓✓✓✓	✓	✓✓	✓
2. NuttyNuts नटीनट्स	✓✓✓✓	✓✓✓✓	✓✓	✓✓
3. Shakti शक्ति	✓✓✓✓	✓✓✓✓	✓✓	✓✓
4. BerryBlast बेरीब्लास्ट	✓✓	✓✓	✓✓✓✓	✓✓
5. Tej तेज	✓✓✓✓	✓✓✓✓	✓✓✓✓	✓✓
6. Tarang तरंग	✓✓✓✓	✓✓✓✓	✓✓✓✓	✓✓

ऊर्जEat - A daily vegan, relishing snack meal bite!

1. Samarambh समारंभ	✓✓✓✓	✓✓✓✓	✓✓	✓✓	✓✓
2. Nirantar निरंतर	✓✓✓✓	✓✓✓✓	✓✓	✓✓	✓✓
3. Oj ओज	✓✓✓✓	✓✓✓✓	✓✓	✓✓✓✓	✓✓

राजEat - A relishing healthy treat!

1. MevaMadhur मेवामधुर	✓✓✓✓	✓✓	✓✓	✓✓	✓✓
2. Tarang तरंग	✓✓✓✓	✓✓✓✓	✓✓✓✓	✓✓✓✓	✓✓

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