





# DIABETIC CARE ATTA

Formulated Healthy Atta











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# **8 PROBLEMS 1 SOLUTION**







**Urination** 



Wounds Don't Heal

**Problems** 





### INTRODUCTION:

Tvaraa Diabetic Care Atta is a Diabetic food product brand. We provide low Glycemic index food which is an important nutrients parameter because it can help to take care of blood sugar level by replacing regular chapattis with chapattis of this Atta.

#### **INGREDIENTS:**

Atta with Multigrain (Barley Flour, Emmer Wheat Flour (Khapli Gehu Atta), Oats Powder, Ajwain Powder)

## **NUTRITION FACTS**

10 servings per container **Serving Size** 100 Gms (100g)

**Amount Per Servina** 

**Calories** 

Total East La

Protein 10a

20%

% Daily Value\*

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Saturated Fat Og	0%
Trans Fat Og	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 79g	29%
Dietary Fiber 21g	75%
Total Sugars<1g	
Includes 0g Added Sugars	0%

Not a significant source of vitamin D, calcium, Iron, and Potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice

Product Diabetic Care Atta

TIA220K05TG1 Batch No.

Net Qty. 1 Kg MRP. Rs. 400/-

Mfg. Date: January 2021 Exp. Date April 2021



## Instructions for TVARAA specially formulated Multigrain Atta:

Weiaht

Gain/Loss

**Thirsty** 

- This Atta have natural ingredient so please don't filter it using strainer (Channi), this may cause loss of natural ingredients. Use it at it is
- Please use half tea spoon of castor oil per 100 gram Atta while kneading the dough. (Not compulsory)
- Avoid Milk and milk products, alcohol/meat/egg for good result
- Eating 2 Chapattis minimum for dinner will give good results.
- Oneed of skipping any other medicines, therapies or treatments given by your medical practitioner

#### Other Important Instruction:

- Skeep away from moisture, Humidity, Insects, Pests, Strong Odor, Sunlight and Dust.
- Store In a Cool, Dry and Hygienic Place.
- Once open transfer content of this pack to an airtight container
- Do not purchase this pack if found tampered.
- Not recommended for pregnant ladies and patients of stomach ulcer.
- Best before 90 days

#### Dosage:

Patients with blood sugar level(BSL) Up to 200 fasting required to consume 100-120 grams of Atta (4 chapattis per day).

Patients with BSL more than 200 fasting required to consume 150-170 grams of Atta (6 chapattis per day).

#### **Direction for Macking Dough:**

Take luck worm water to kneed the dough. Please remember this atta takes more water and more kneading than normal atta after making soft dough keep it aside for 10 minutes before making chapattis.

#### Manufactured By: TVARAA INDUSTRIES

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