



KAVINSHA FOODS

WEIGHT LOSS POWDER

EAT WELL LIVE WELL





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Nutrients	Per 100 g	Per 25 g Serving
Energy	350 kcal	88 kcal
Carbohydrates	65 g	16.3 g
Dietary Fiber	14 g	3.5 g
Protein	15 g	3.8 g
Total Fat	2.5 g	0.6 g
Saturated Fat	0.5 g	0.1 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Sodium	5 mg	1.25 mg
Iron	4 mg	1 mg
Calcium	120 mg	30 mg
Magnesium	90 mg	22.5 mg

Ingredient	Quantity	Percentage (%)
Karuppu Kavuni Rice	1000 g	50%
Kollu (Horse Gram)	250 g	12.50%
Barley (Barli Rice)	250 g	12.50%
Paasi Paruppu (Green Gram Dal)	250 g	12.50%
Garlic	50 g	2.50%
Kurumilagu (Black Pepper)	25 g	1.25%
Seeragam (Cumin Seeds)	25 g	1.25%
Total	2000 g	100%

How to Use :

- Add 1 tablespoon of the powder to 250 ml water.
 - Boil for 5 minutes, stirring well, and consume like porridge (kanji).
- OR
- Mix required quantity with dosa or idli batter and prepare as usual.
 - Expiry date -used for 6 month stored at dry or cool place

Benefits

- High in Dietary Fiber – helps keep you full for longer
- Protein Rich – supports muscle maintenance
- Low Fat – suitable for healthy lifestyle and its very helpful for weight lose
- Supports Digestion & Metabolism
- Helps Maintain Healthy Weight
- No Added Sugar | No Preservatives

Net .wt : 250G

M.R.P : 249/-

M.F.D :



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