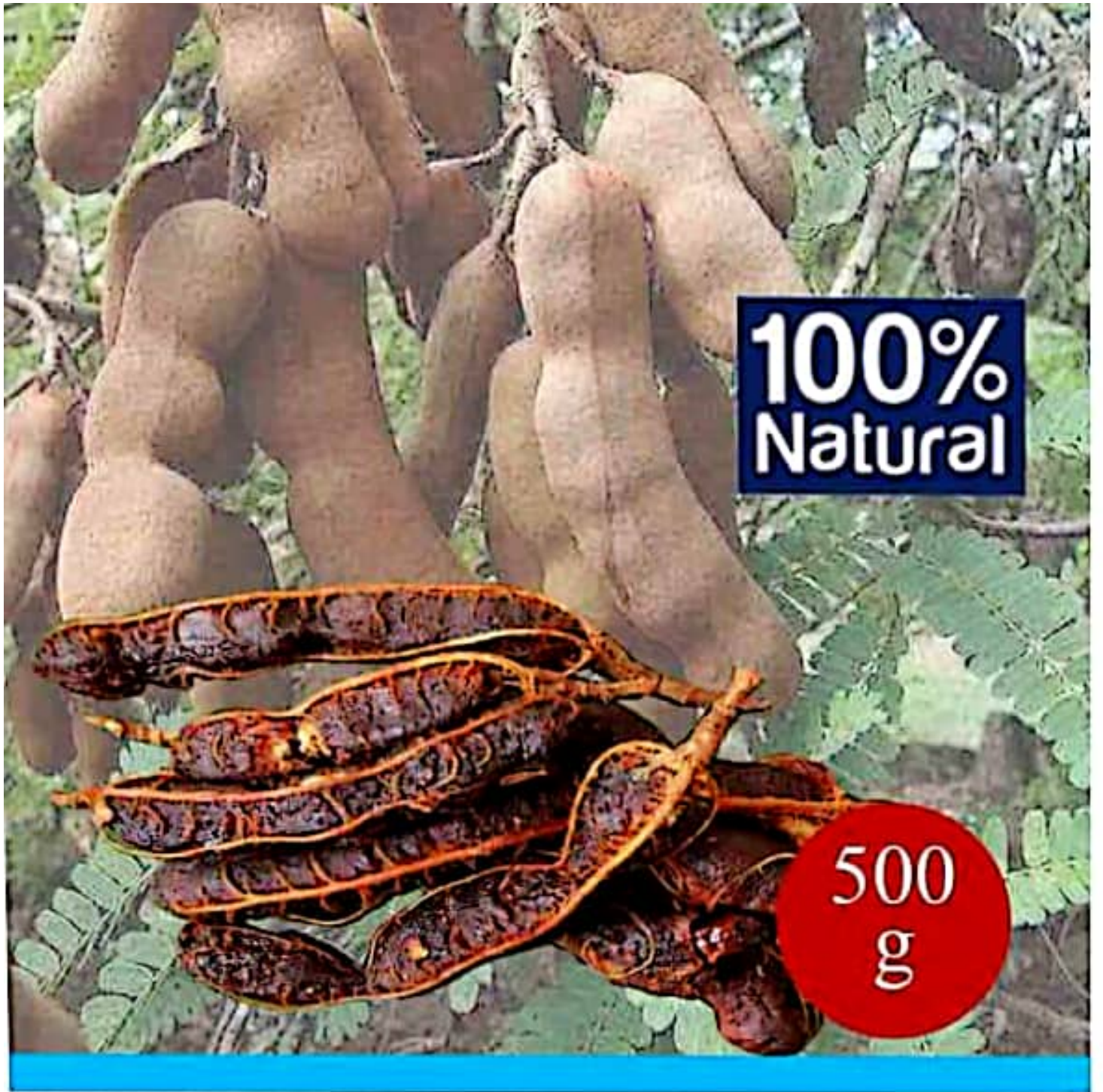


**Original Palm Jaggery 500g | நாடன் கருப்பட்டி
| നാടൻ കരുപ്പട്ടി**

100% pure palm jaggery (Karupukatti/Panai Vellam) .
Exclusively processed and prepared by Munchirai YMCA.



Tamarind 500g | நாடன் புளி | നാടൻ പുളി

Seedless Tamarind.



**Puttu Mavu with Brahmi leaves. 500g | (புட்டு
மாவு தோல் நீக்காத கைகுத்தல் சம்பா
அரிசி வல்லாரை மூலிகையுடன் | புது
பொசி ஸ்ரோமி இல உபயோகம்).**

Hand processed Skinned Samba Rice, Brahmi Herbal powder, Fenugreek and Cumin are finely grinded and roasted together.



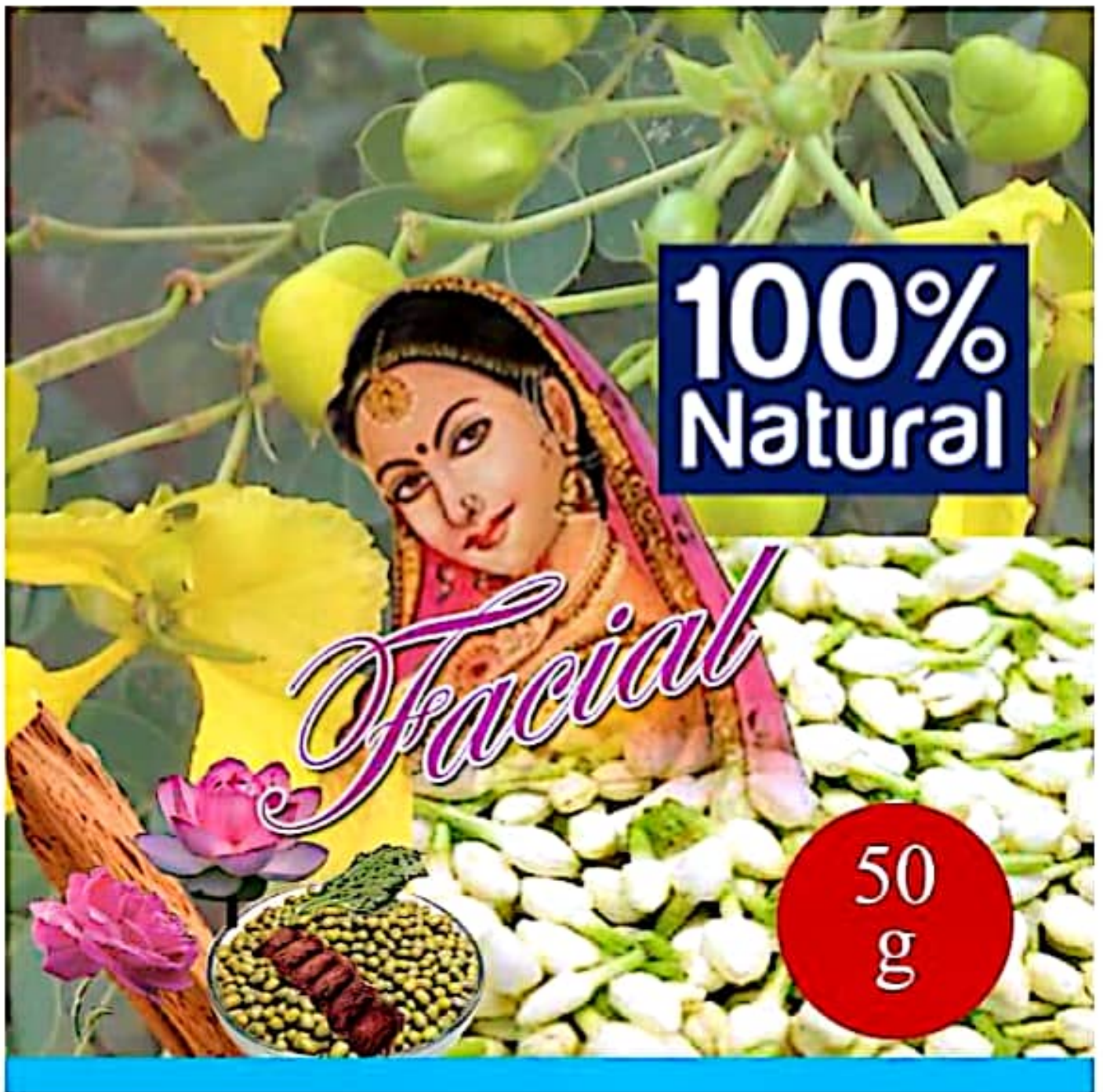
Idiyappam Mavu with Brahmi leaves 500g |
இடியப்பமாவு கைகுத்தல் சம்பா அரிசி
வல்லாரை மூலிகையுடன் | இசியப்ப பொசி
ஸாஹி இல உபர்ணத்து

Hand processed Skinned Samba Rice and Brahmi Herbal powder are finely grinded and roasted together.



Kayathirimeni Herbal Oil 100ml | காயத்திரிமேனி தைலம் | காயத்திரிமேனி தைலம்

Piper Betle, Citrus limon, Sida Retusa, Nigella Sativa and Cassia Angutifolia are the major ingredients. NO CAMPHOR ADDED. THIS HERBAL SIDDHA OIL IS GOOD FOR JOINT PAIN AND SPRAIN. FOR EXTERNAL USE ONLY.



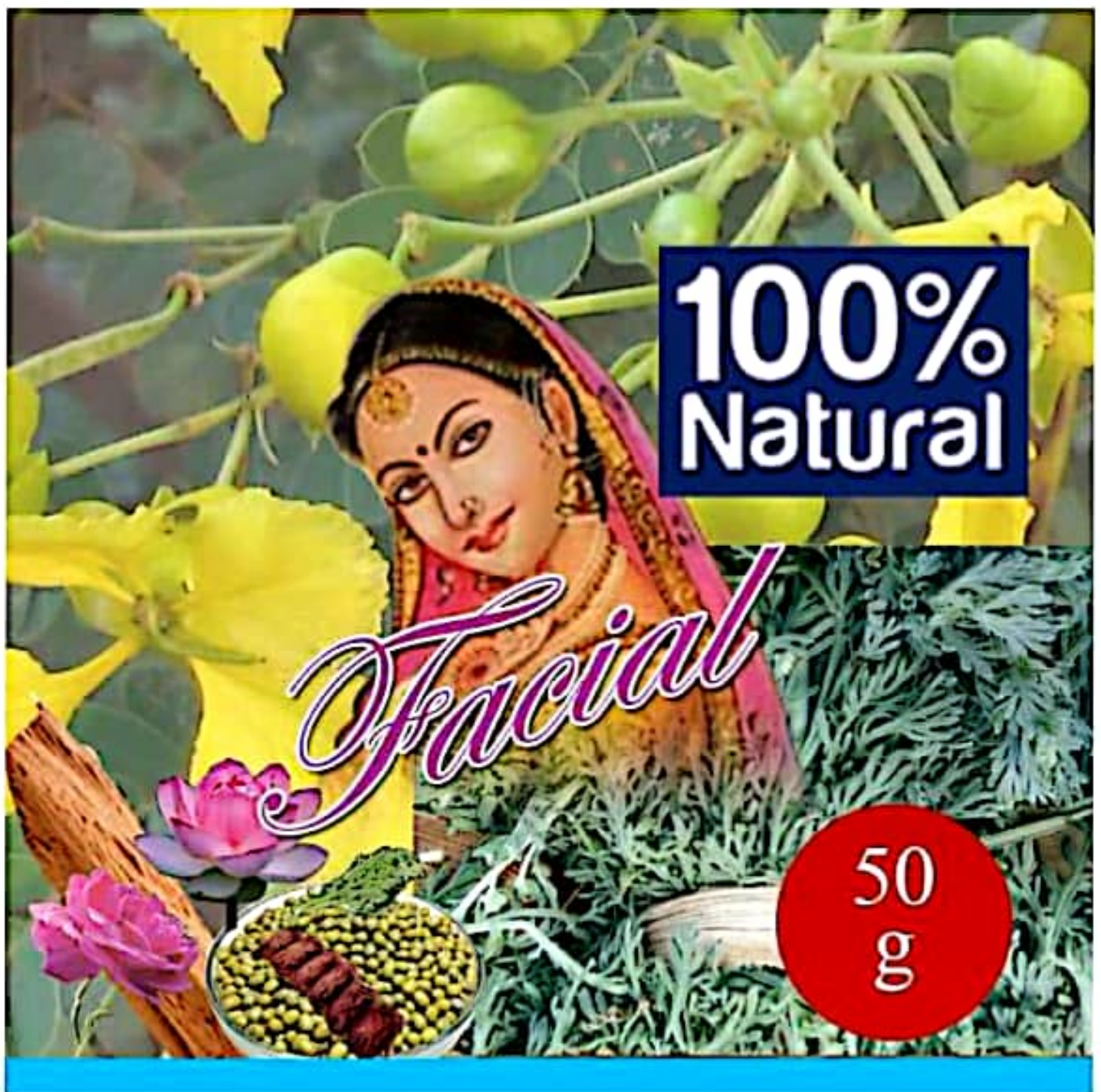
Facial Herbal Powder (Jasmine) 40g

Rose, Lotus, Aavaarampoo, Jasmine, Shikakai, Sandal, Green Gram, Roots and Tubers are Sun dried and finely powdered (IN ANCIENT DAYS, THIS POWDER WAS USED BY QUEEN & PRINCESS AS FACIAL)



Cashew Nuts (Burnt) 275g | சுட்ட அண்டிபருப்பு | கஸுவளி அதுது

Cashews are low in sugar and rich in fiber, heart-healthy fats, and plant protein. They are also a good source of copper, magnesium, and manganese — nutrients important for energy production, brain health, immunity, and bone health.



Facial Herbal Powder (Marikozhunthu) 40g

Rose, Lotus, Aavaarampoo, Marikozhunthu, Shikakai, Sandal, Green Gram, Roots and Tubers are Sun dried and finely powdered (IN ANCIENT DAYS, THIS POWDER WAS USED BY QUEEN & PRINCESS AS FACIAL)



Rasam Masala 150g | ரசம் மசாலா | രസം മസాల

Coriander Seed, Organic Turmeric, Garlic, Ginger, Bengal Gram, Red Chilli, Organic Asafoetida, Pepper, Fenugreek, Cumin and Curry Leaves are used. (Traditional taste of Travancore)



Sambar Masala 150g | சாம்பார் மசாலா | സാമ്പർ മസాల

Coriander Seed, Bengal Gram, Black Gram, Red Chilli, Organic Asafoetida, Pepper, Fenugreek, Cumin and Curry Leaves are used. (Traditional taste of Travancore)



Vegetable Kurma Masala 150g | வெஜிடபிள் குருமா மசாலா | പച്ചക്കറി കുർമ മസാല

Coriander seed,, Red Chilli, Turmeric, Black Pepper, Sweet Cumin, Cardamom, Clove, Cinnamon and Curry Leaves are used. (Traditional Taste of Travancore)



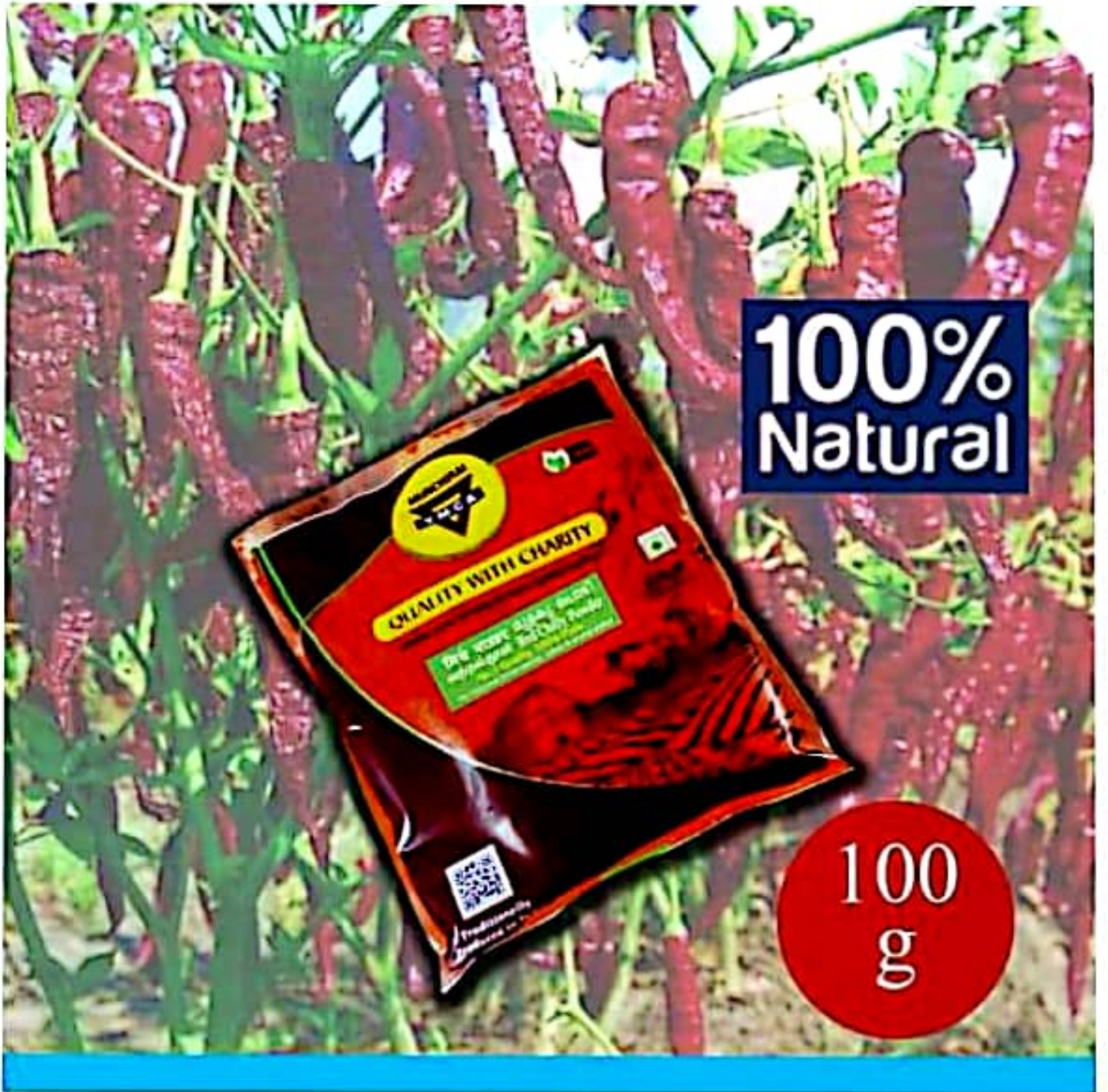
**Red Chilli Powder 250g | வற்றல் மிளகாய்
தூள் | மூலக் பொடி**

No.1 quality red chilli is used.



Coriander Powder 250g | மல்லி தூள் | மல்லி பொடி

No.1 quality coriander seeds are used.



**Kashmir Chilli Powder 100g | കാഷ്മീരി
മിளகாய் தூள் | കാശ്മീരി മുളകുപൊടി**

No. 1 Kashmir Chilli is used.



Lemon Pickle 250g | எலுமிச்சை ஊறுகாய் | നാരങ്ങ അച്ചാർ

Fresh Lemon cut, Red Chilli, Garlic, Sea Salt, Organic Asafoetida and Wood Press Sesame Oil are used. NO PRESERVATIVES & ARTIFICIAL COLOUR ADDED (Traditional Taste of Travancore)



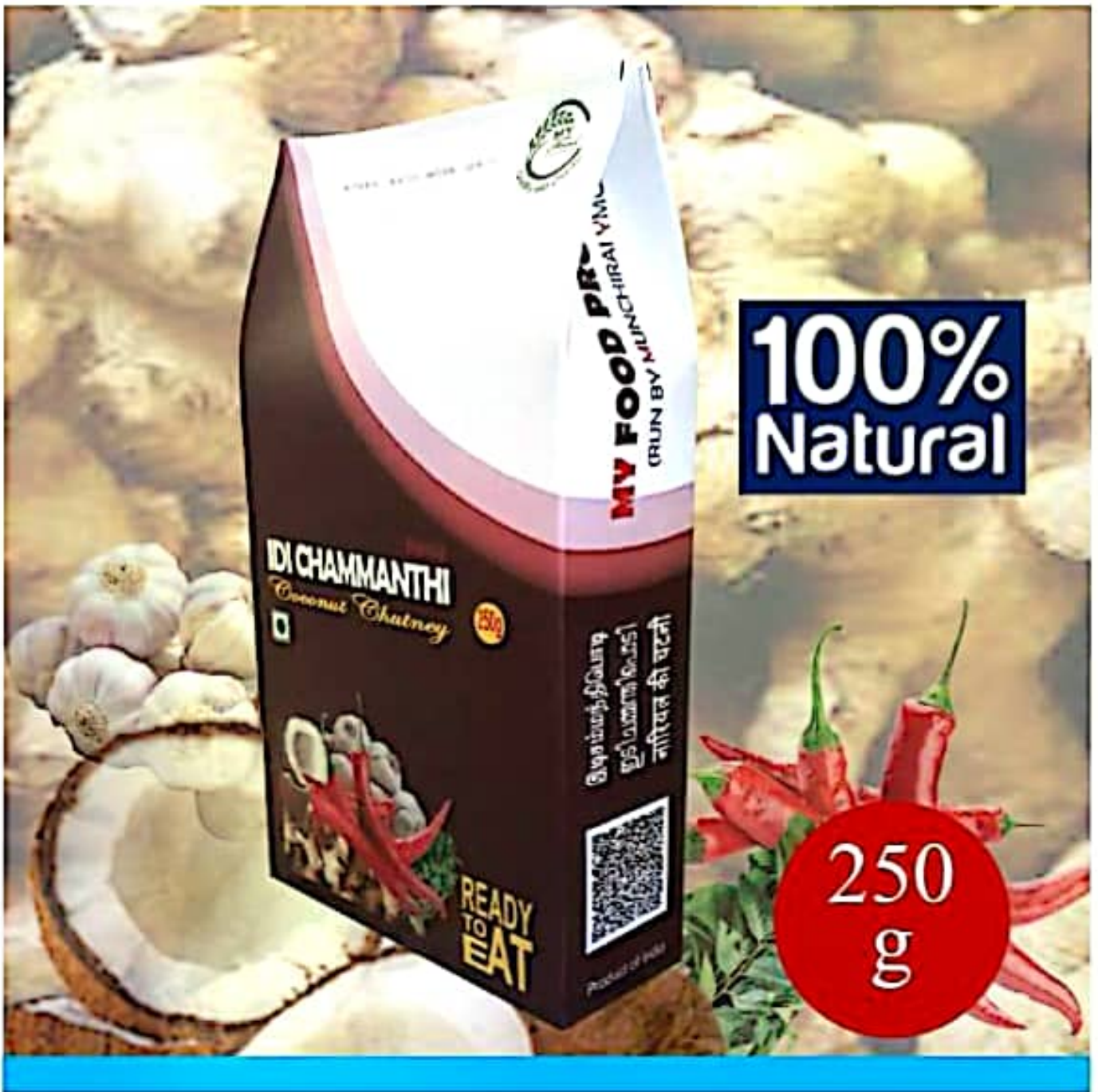
Hair Oil Dandruff fighter 100ml | ൹ലുലികെ കുന്തൽ തെലം പൊറുക് തുരത്തി | ഹെയർ ഓയിൽ

100% Pure Coconut oil, Gooseberry, Hibiscus, Fenugreek, Shallot, Basil, Henna, Curry Leaves, Aloavera and Neem Leaves are used. This hair oil removes dandruff and keep the hair soft and strength.



Garlic-Tomato Pickle 250g | பூண்டு தக்காளி ஊறுகாய் | வெஜித்துஜி தக்காளி அச்சார்

Garlic, Tomato, Red Chilli, Turmeric, Fenugreek, Sea Salt, Organic Asafoetida and Wood Press Sesame Oil are used.
NO PRESERVATIVES & ARTIFICIAL COLOUR ADDED



Idi Chammanthi 250g | இடி சம்மந்தி | ഇടി ചമ്മന്തി)

Idi Chammanthi means roasted coconut chutney. Ginger, Coconut, Coriander, Cumin, Organic Asafoetida, Tamarind, Red Chilli, Black Pepper, Sea Salt, Curry Leaves and Wood Press Sesame Oil are used. (Traditional Taste of Travancore)



Pulipayini | പുണി പയിനി | പൂളി പയിനി

Local name is Pulipaini. Tamarind and Palmyra syrup are soaked in a mud pot for more than 4 months. Sweet and sour taste. (Traditional preparation of Travancore)



Groundnut Candy 250g | கடலைமிட்டாய் | குப்பலளி மிதாய்

First quality Groundnuts, Country Jaggery and Cardamom are used. No white sugar used.



Nannari Squash 250ml | நன்னாரி ஸ்குவாஷ் | നന്നാരി സ്കുവാഷ്

Organic Sugar, Naruneendi Root, Ebony and Lemon Juice are used. NO WHITE SUGAR, ARTIFICIAL AROMA & COLOUR ADDED (Traditional taste of Travancore)



Varutha Mavu 400g | வறுத்த மாவு | அவூலோஸ் பொசி

Varutha mavu means roasted rice flour. Carefully made from hand processed Samba Rice, Coconut, Dry Ginger, Sesame seeds, Cumin, Fenugreek, Cardamom, and Cow Ghee. All ingredients are grinded and roasted together. (Traditional preparation of Travancore) Recommended quantity is 50grams per serving. Best to have with fully ripened banana. Can also be taken after mixing hot water or milk and organic jaggery powder.



Honey 1.0kg | தேன் | கறൻ

100% pure honey collected from the foothill of Western Ghats without any adulteration. Low heating process is done to remove the water content from the raw honey. It is free from synthetic and any Sugar. It can be diluted by mixing with warm water for consumption. Honey helps as an instant Energy Booster, rich in antioxidants and builds strong immunity power. It is packed in PET bottle.



Chukku Kappi podi 250g | சுக்கு காப்பி பொடி | ചുക്കു കോപ്പി പൊടി

Dry Ginger, Coriander, Long Pepper, Black Pepper, Cardamom and Nutmeg are used. (Traditional taste of Travancore). 1/4 teaspoon of Chukku Kappi Podi with a cup of Bru coffee will give a pleasant aroma. One tea spoon of MY Chukku kappi podi is boiled with 3 cups of water and 2 table spoons of country jaggery to get 2 cups of Chukku kappi.



**Virgin Coconut Oil 250ml / വിർജിൻ
தேங்காய் எண்ணெய் 250மிலி / വിർജിൻ
വെളിച്ചെണ്ണ 250മിಲി**

Premium glass bottle packing with shelf life of 2 years.
Only and one organic remedy for psoriasis. Natural sun
screen for skin. And good for cooking also.



Banana Chips (Coconut Oil) 250g | வாழக்காய் சிப்ஸ் | வாഴக்கை ചിപ്പ്സ്

No.1 quality bananas are fried on 100% pure coconut oil.
ORGANIC TURMERIC & SEA SALT ADDED



Organic Turmeric Powder 200g | இயற்கை மஞ்சள் தூள் | மணை பொடி

Prepared from 100% pure and naturally cultivated turmeric from Erode district. Curcumin, the main compound is not extracted from the turmeric.



**Natural Country Jaggery 500g | இயற்கை
நாட்டு சர்க்கரை | നാടൻ ശർക്കര പൊടി**

Produced from 100% naturally cultivated sugar cane.



Natural Mappilai Samba Skinned Rice |
மாப்பிள சம்பா அரிசி தோல்நீக்காதது |
மாப்பிள சம்பா அரிசி

160 Days Crop, cultivated naturally in Kanyakumari district.