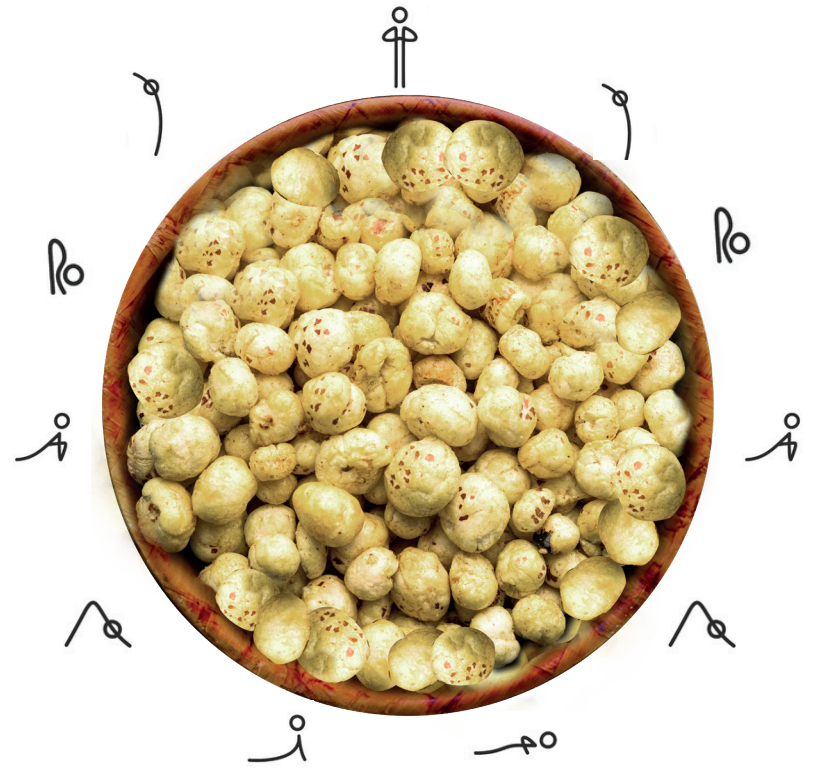


FoodYoga Makhana

(Post Yoga Snack)



12

Added Herbs &
Golden Turmeric



Minimally
Processed



Nutritionally
Dense



Plant Based
Superfood



Naturally
Gluten Free



Non
GMO

Makhana (Popped Waterlily Seeds) is rich in various antioxidants, which are compounds that help neutralize harmful toxins produced due to various environmental & internal factors. In Yogic mythology, Makhana are also traditionally offered to Goddesses during festivals due to their high nutritional benefits.

Nutrition Facts

1 serving per container	
Serving size	2 Cups (40g)
Amount per Serving	
Calories	164
	%Daily value
Total Fat 2.4g	4%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220 mg	10%
Total Carbohydrate 32.3g	12%
Dietary Fiber 3g	11%
Total Sugar 1g	
Includes 0g added Sugars	0%
Protein 3.2g	6%
Vitamin D 0mg	0%
Calcium 18mg	1%
Iron 1mg	4%
Potassium 36mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Waterlily Plant (Nymphaeaceae)



Exciting Range of Flavors

**Spicy
Mint**

**Peri
Peri**

**Flavors
Variety**

Barbecue

**Spicy
Schezwan**

**Sweet
Chilli**

**Himalayan
Pink Salt**

FoodYoga Makhana 5.6 oz (160g)

Pack Dimensions: 20cm x 22cm x 6.5cm

Pieces per Case: 4

Case Dimensions: 23cm x 22cm x 27cm

FoodYoga Makhana 1.4 oz (40g)

Pack Dimensions: 10cm x 11cm x 6.5cm

Pieces per Case: 16

Case Dimensions: 23cm x 22cm x 27cm

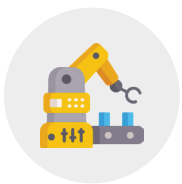


Sustainable
Future Food

Eat this to save the world!

Makhana, also known as waterlily pops, gorgon nut, or foxnut, is mainly grown in the Mithila region of India. Makhana is a climate resilient, non GMO crop that not only satisfies human nutrition needs, but also enhances environmental quality by making efficient use of farm resources, while sustaining the economic viability of farm operations and enhancing the quality of life for farmers.

**Sattviko products are consumed & recommended by
yoga experts, teachers and studios across the world**



BRC compliant own
manufacturing & R&D
facility



FoodYoga
community with
1000s of yogis



Efficient
deliveries

1 Serving
MILLION
Families In USA,
Canada, UAE,
Singapore,
Australia & India

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