



# Bringing yoga food to the world





# Our story

Born in India, the birthplace of Yoga, Prasoon started practicing Yoga at the age of 25. A few years back in 2013, he began asking himself why such a remarkable, transforming science was virtually absent in the food industry.

After years of researching and tinkering with over 1000 Yoga and nutrition experts, Prasoon teamed up with Ankush, a technology expert. Together, they crafted an entirely new category of revolutionary plant based food products based on Yogic Nutrition science called FoodYoga, and thus helping people live better and healthier

With that spirit of excitement and wonder, the Sattviko journey began. Sattviko comes from 'Sattvik', which means the food of yogis. Today, as a Yogic food company, Sattviko has created a niche for itself and it has been appreciated not only by its customers but also recognized by the authorities. Under the 'Make in India' program, it was conferred the 'Best Food Brand of India' during the 3rd National Entrepreneurship Awards in 2017 by the Ministry of Skill Development, Government of India.



# FoodYoga Makhana Snack

A true healthy snack

Considered as an Indian superfood, Roasted Makhana has various health benefits which makes it the best alternative amongst the healthy snacks. Roasted Makhana contains less fat than available alternative in market, making it a healthy snack for weight loss. Makhana is also a gluten free and vegan snack. Each Sattviko Makhana pack of 70g packs 9g of Protein.



Non GMO



Vegan



Gluten Free



No trans fat

# Delicious snack with many benefits

## Loaded with Antioxidants

Makhana contains various antioxidants prominent being:

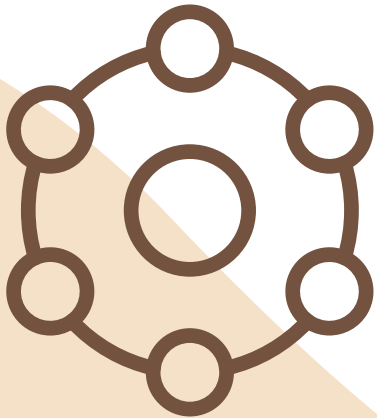
- Gallic acid & kaempferol great for anti-ageing
- Chlorogenic acid reduces cholesterol and boost metabolism
- Epicatechin which has anti-inflammatory properties



## Great for Weight Loss

Makhanas are great healthy snacks

- Contains 16 types of amino acids that helps increase metabolism and speed up the calorie burning process.
- Protein in lotus seeds improves metabolic rate and prevents muscle loss.



## With Added Herbs

Each Sattviko Makhana snack contains

- Curcumin for immunity
- Ginseng for sharper mind
- Licorice for anti-inflammatory properties





# Flavors



Spicy Mint



Spicy Schezwan



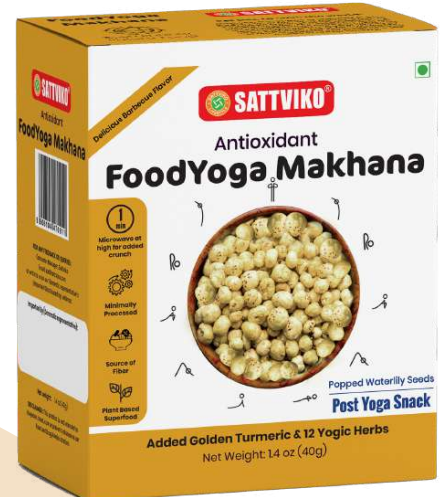
Peri Peri



Sweet chilli



Himalayan  
Pink Salt



Barbecue



**Yoga Community**



# Sattviko FoodYoga Marathon

A worldwide live event

FoodYoga Marathon is an exceptional wellness challenge that expects thousands of people across the globe to digitally join the FoodYoga revolution by performing 108 rounds (54 sets) of Surya Namaskar in a specified time. The target of FoodYoga Marathon is to make individuals mindful of the advantages of yoga and teach its importance. All individuals from age 16-65+ are welcome to participate in this world record.







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