



Ayurvedic jam recipe from a powerful blend of nutrient-rich herbs and spices, crafted to **enhance vitality, strengthen defences, and boost energy**. Handcrafted in small batches.

DIRECTIONS: 1 to 2 teaspoons daily on an empty stomach. If pregnant, breast-feeding, have diabetes, or are taking medication, consult a healthcare specialist.

Use only as directed. Once opened, use within 6 months. Store in a cool, dry place away from direct sunlight.

ORIGIN: India.

FREE FROM: Preservatives, artificial colours or flavours.

LEARN MORE ABOUT
CHYAWANPRASH



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250g e



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PURE AYURVEDIC CHYAWANPRASH

FORTIFYING HERB BLEND WITH FRESH AMLA BERRIES



INGREDIENTS: Jaggery (Sugar), Ghee (Milk-derived), Amalaki (Emblica officinalis), Sesame Oil (Sesamum indicum), Pippali (Piper longum), Bilva (Aegle marmelos), Agnimantha (Premna integrifolia), Shyonaka (Oroxylum indicum), Kashmiraya (Gmelina arborea), Patali (Stereospermum suaveolens), Bala (Sida cordifolia), Salaparni (Desmodium gangeticum), Prsniparni (Uraria lagopoides), Mudgaparni (Phaseolus trilobus), Masaparni (Teramnus labialis), Svadamstra (Tribulus terrestris), Brhati (Solanum indicum), Kantakari (Solanum xanthocarpum), Srngi (Pistacia integerrima), Tamalaki (Phyllanthus niruri), Draksha (Vitis vinifera), Jivanti (Leptadenia reticulata), Puskara (Inula racemosa), Agar (Aquilaria agallocha), Abhaya (Terminalia chebula), Amrta (Tinospora cordifolia), Sati (Hedychium spicatum), Musta (Cyperus rotundus), Punarnava (Boerhaavia diffusa), Ela (Elettaria cardamomum), Chandana (Santalum album), Tvak (Cinnamomum zeylanicum), Patra (Cinnamomum tamala).

Suitable for vegetarians.

NUTRITIONAL INFORMATION	PER SERVING (100g)	PER SERVING (5g)	%NRV* (5g)
Energy	1552.87kJ / 370.97kcal	77.65kJ / 18.55kcal	-
Energy of which saturates	8.69g	0.43g	-
Carbohydrates	5.64g	0.28g	-
of which sugars	71.12g	3.56g	-
Dietary Fiber	58.09g	2.90g	-
Protein	5.06g	0.25g	-
Salt	4.60g	0.23g	-
Vitamin C	<0.1g	<0.005g	-
Sodium	29.14mg	1.46mg	1.83%(80mg)**
	125.76mg	6.29mg	-

*Reference intake of an average adult (8400 kJ/2000 kcal)

** Nutrient Reference Values (NRV) are based on EU guidelines for adults.
** NRV for Vitamin C is 80 mg/day. A 5g serving provides 1.83% of the daily reference intake.