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CONCATSOL
ASSOCIATES PVT LTD

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Welcome to Concatsol Associates Pvt. Ltd., offering premium Spray Dried Fruit Juice Powders with natural taste, color, and nutrients intact. Our instant soluble powders are perfect for food, beverage, and nutraceutical applications. Quality-assured, easy-to-use, and hygienically packaged for your convenience.

Vegetables and fruits Juice Powders

CATALOG

Banana Powder

100% Natural | Made from Ripe Bananas | No Added Sugar | No Preservatives

Banana powder is a nutritious, easy-to-digest food made from carefully dried ripe bananas. It is ideal for all age groups and works as an instant energy and nutrition booster.



Nutritional Value (per 100 grams)

Nutrient	Quantity
Energy	350-370 kcal
Carbohydrates	85-88 g
Natural Sugars	45-50 g
Dietary Fiber	7-9 g
Protein	3-4 g
Fat	0.5-1 g
Potassium	900-1100 mg
Calcium	20-25 mg
Iron	1-1.3 mg
Magnesium	90-100 mg
Vitamin B6	0.4-0.5 mg
Vitamin C	8-10 mg

Key Benefits

- Instant natural energy
- Supports healthy digestion
- Rich in potassium for muscle & heart health
- Helps in weight gain & recovery diets
- Suitable for kids, adults & seniors

Recommended Consumption

- Adults: 20-30 g/day (2 tbsp)
- Children: 10-15 g/day (1 tbsp)
- Athletes: Up to 40 g/day
- One 200 g pack lasts 7-10 days

Easy to Use

- Mix with warm milk or water
- Make porridge for kids & elders
- Blend into smoothies or shakes

Gooseberry Powder

100% Natural | Made from Fresh Amla | No Added Sugar | No Preservatives

Amla fruit powder is a highly nutritious, antioxidant-rich superfood made from carefully dried Indian gooseberries. It supports immunity, digestion, and overall wellness for all age groups



Nutritional Value (per 100 grams)

Nutrient	Quantity
Energy	250-280 kcal
Carbohydrates	60-65 g
Natural Sugars	8-10 g
Dietary Fiber	10-12 g
Protein	3-4 g
Fat	0.5-1 g
Vitamin C	500-600 mg
Calcium	40-50 mg
Iron	1-1.5 mg
Potassium	250-300 mg
Magnesium	20-25 mg
Antioxidants	High

Key Benefits

- Boosts immunity naturally
- Rich in Vitamin C & antioxidants
- Supports digestion & metabolism
- Improves hair, skin & eye health
- Suitable for kids, adults & seniors

Recommended Consumption

- Adults: 5-10 g daily
- Children: 3-5 g daily
- Wellness care: Up to 10 g
- 200 g pack lasts 20-30 days

How to Use

- Mix 1 tsp with lukewarm water & honey
- Take on empty stomach for best results
- Add to smoothies or juices

Beetroot Powder

100% Natural | Made from Fresh Beetroots | No Added Sugar | No Preservatives

Beetroot powder is a nutrient-rich superfood made from carefully dried fresh beetroots. It supports blood health, stamina, and overall vitality, making it ideal for daily wellness for all age groups.



Nutritional Value (per 100 grams)

Nutrient	Quantity
Energy	300-330 kcal
Carbohydrates	65-70 g
Natural Sugars	35-40 g
Dietary Fiber	8-10 g
Protein	4-5 g
Fat	0.5-1 g
Iron	2-3 mg
Potassium	300-350 mg
Magnesium	40-50 mg
Folate (B9)	90-110 µg
Antioxidants	High
Nutrient	Quantity

Key Benefits

- Boosts stamina & energy levels
- Supports healthy blood circulation
- Rich in iron & natural antioxidants
- Helps improve endurance & vitality
- Suitable for kids, adults & seniors

Recommended Consumption

- Adults: 5-10 g daily
- Children: 3-5 g daily
- Athletes / Active lifestyle: Up to 15 g
- 200 g pack lasts 20-30 days

How to Use

- Mix 1 tsp with water or lemon water
- Add to smoothies, juices or shakes
- Best consumed in the morning

Strawberry Powder

100% Natural | Made from Fresh Strawberries |
No Added Sugar | No Preservatives

Strawberry powder is a delicious and nutrient-rich fruit powder made from carefully dried ripe strawberries. It is rich in antioxidants and vitamin C, supporting immunity, skin health, and overall wellness for all age groups.



Nutritional Value (per 100 grams)

Nutrient	Quantity
Energy	320-350 kcal
Carbohydrates	70-75 g
Natural Sugars	45-50 g
Dietary Fiber	7-9 g
Protein	5-6 g
Fat	1-2 g
Vitamin C	55-65 mg
Potassium	150-200 mg
Calcium	20-25 mg
Iron	0.8-1.2 mg
Antioxidants	High
Polyphenols	Present

Key Benefits

- Rich in antioxidants & Vitamin C
- Supports immunity & skin health
- Aids digestion & heart health
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts 20-30 days

How to Use - Easy Recipes

- Strawberry Health Drink: 1 tsp + 1 glass milk/water, mix & consume
- Strawberry Milk: 1 tsp + 1 glass milk, stir & serve
- Strawberry Smoothie: 1 tsp + milk/yogurt, blend & serve chilled

Blueberry Powder

100% Natural | Made from Fresh Strawberries |
No Added Sugar | No Preservatives

Strawberry powder is a delicious, nutrient-rich fruit powder made from carefully dried ripe strawberries. Packed with antioxidants and vitamin C, it supports immunity, skin health, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Quantity
Energy	320-350 kcal
Carbohydrates	70-75 g
Natural Sugars	45-50 g
Dietary Fiber	7-9 g
Protein	5-6 g
Fat	1-2 g
Vitamin C	55-65 mg
Potassium	150-200 mg
Calcium	20-25 mg
Iron	0.8-1.2 mg
Antioxidants	High
Nutrient	Quantity

Key Benefits

- Rich in antioxidants & Vitamin C
- Supports immunity & skin health
- Aids digestion & heart health
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts 20-30 days

How to Use - Easy Recipes

- Strawberry Health Drink: 1 tsp + 1 glass milk/water, mix & consume
- Strawberry Milk: 1 tsp + 1 glass milk, stir & serve
- Strawberry Smoothie: 1 tsp + milk/yogurt, blend & serve chilled

Alovera Juice Powder

100% Natural | Made from Fresh Aloe Vera | No Added Sugar | No Preservatives

Aloe Vera Juice Powder is a natural, nutrient-rich herbal powder made from carefully processed fresh aloe vera leaves. Rich in antioxidants, vitamins, and minerals, it supports digestion, immunity, skin health, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	250 kcal
Carbohydrates	60 g
Dietary Fiber	15 g
Protein	5 g
Fat	1 g
Vitamin C	20 mg
Calcium	400 mg
Iron	10 mg
Potassium	1200 mg
Iron	0.8-1.2 mg
Antioxidants	High
Nutrient	Quantity

Key Benefits

- Supports digestion & gut health
- Helps detoxify the body naturally
- Promotes skin hydration & glow
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Aloe Vera Health Drink:

- 1 tsp + 1 glass lukewarm water, mix & consume

Aloe Lemon Drink:

- 1 tsp + water + lemon juice + honey, mix well

Aloe Detox Drink:

- 1 tsp + water + pinch of ginger powder, stir & drink

Banana Ripe Powder

100% Natural | Made from Ripe Bananas | No Added Sugar | No Preservatives

Banana Ripe Powder is a wholesome, nutrient-rich fruit powder made from carefully dried ripe bananas. Naturally sweet and easy to digest, it provides instant energy and essential nutrients, supporting digestion, wellness for all age groups



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	360 kcal
Carbohydrates	88 g
Natural Sugars	45 g
Dietary Fiber	10 g
Protein	4 g
Fat	1 g
Potassium	1500 mg
Magnesium	110 mg
Vitamin B6	0.6 mg
Iron	3 mg

Key Benefits

- Provides instant energy & stamina
- Supports digestion & gut health
- Rich in potassium for heart & muscle health
- Helps healthy weight gain in kids & adults
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Banana Health Drink:

- 1 tsp + 1 glass milk/water, mix & consume

Banana Milk:

- 1 tsp + warm milk, stir & serve

Banana Smoothie:

- 1 tsp + milk/yogurt + dry fruits, blend & serve chilled

Blackgrape Powder

100% Natural | Made from Fresh Black Grapes | No Added Sugar | No Preservatives

Black Grape Powder is a powerful, nutrient-rich fruit powder made from carefully dried ripe black grapes. Rich in antioxidants like resveratrol and natural polyphenols, it supports heart health, immunity, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	360 kcal
Carbohydrates	88 g
Natural Sugars	45 g
Dietary Fiber	10 g
Protein	4 g
Fat	1 g
Potassium	1500 mg
Vitamin C	15 mg
Potassium	190 mg
Iron	2.5 mg

Key Benefits

- Rich in antioxidants & resveratrol
- Supports heart & blood circulation health
- Helps boost immunity
- Supports skin health & anti-aging
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days
-

How to Use - Easy Recipes

Black Grape Health Drink:

- 1 tsp + 1 glass water/milk, mix & consume

Black Grape Juice:

- 1 tsp + chilled water + lemon juice, stir & serve

Black Grape Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Camel Milk Powder

100% Natural | Made from Pure Camel Milk | No Added Sugar | No Preservatives

Camel Milk Powder is a premium, nutrient-dense dairy powder made from carefully processed pure camel milk. Known for its easy digestibility and rich nutritional profile, it supports immunity, gut health, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	480 kcal
Carbohydrates	38 g
Protein	26 g
Fat	28 g
Calcium	1200 mg
Potassium	650 mg
Iron	6 mg
Vitamin C	35 mg
Zinc	4 mg

Key Benefits

- Supports immunity & overall wellness
- Easy to digest compared to regular milk
- Rich in calcium for strong bones & teeth
- Helps gut health & metabolism
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Camel Milk Health Drink:

- 1 tsp + 1 glass warm water/milk, mix & consume

Camel Milk Shake:

- 1 tsp + warm milk + dates or honey, blend & serve

Camel Milk Porridge:

- 1 tsp + warm porridge or cereal, mix well

Coconut Milk Powder

100% Natural | Made from Fresh Coconuts | No Added Sugar | No Preservatives

Coconut Milk Powder is a rich, creamy, and nutrient-dense plant-based powder made from carefully processed fresh coconuts. Naturally rich in healthy fats and essential minerals, it supports energy, digestion, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	650 kcal
Carbohydrates	25 g
Total Sugars	6 g
Dietary Fiber	16 g
Protein	7 g
Total Fat	60 g
Saturated Fat	55 g
Potassium	720 mg
Iron	4 mg

Key Benefits

- Rich in healthy fats for instant energy
- Supports digestion & gut health
- Helps maintain electrolyte balance
- Supports skin & hair health
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Coconut Milk Drink:

- 1 tsp + 1 glass warm water, mix & consume

Coconut Milk Shake:

- 1 tsp + warm milk or water, stir & serve

Coconut Smoothie:

- 1 tsp + milk/yogurt + fruits, blend & serve chilled

Sapodilla Powder

100% Natural | Made from Fresh Chikoo (Sapota) |
No Added Sugar | No Preservatives

Chikoo Powder is a naturally sweet, nutrient-rich fruit powder made from carefully dried (sapota). Packed with natural sugars, dietary fiber, and essential minerals, it provides instant energy and supports digestion and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	380 kcal
Carbohydrates	90 g
Total Sugars	70 g
Dietary Fiber	8 g
Protein	2 g
Total Fat	1 g
Potassium	430 mg
Iron	2 mg
Calcium	25 mg

Key Benefits

- Provides instant energy & stamina
- Supports digestion & gut health
- Naturally sweet, no added sugar
- Helps improve appetite & nutrition
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Chikoo Health Drink:

- 1 tsp + 1 glass milk/water, mix & consume

Chikoo Milk:

- 1 tsp + warm milk, stir & serve

Chikoo Smoothie:

- 1 tsp + milk/yogurt + ice, blend & serve chilled

Custard Apple Powder

100% Natural | Made from Fresh Custard Apple (Sitaphal) | No Added Sugar | No Preservatives
Custard Apple Powder is a naturally sweet, nutrient-rich fruit powder made from carefully dried ripe custard apples. Rich in natural carbohydrates, dietary fiber, and vitamins, it provides quick energy and supports digestion and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	410 kcal
Carbohydrates	95 g
Total Sugars	75 g
Dietary Fiber	7 g
Protein	3 g
Total Fat	1.5 g
Potassium	380 mg
Magnesium	35 mg
Vitamin C	20 mg

Key Benefits

- Provides instant energy & vitality
- Supports digestion & gut health
- Rich in natural sugars, no added sugar
- Supports immunity & overall nutrition
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use – Easy Recipes

Custard Apple Health Drink:

- 1 tsp + 1 glass milk/water, mix & consume

Sitaphal Milk:

- 1 tsp + warm milk, stir & serve

Custard Apple Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Cranberry Powder

100% Natural | Made from Fresh Cranberries | No Added Sugar | No Preservatives

Cranberry Powder is a tangy, nutrient-rich fruit powder made from carefully dried ripe cranberries. Packed with antioxidants, vitamin C, and polyphenols, it supports immunity, urinary tract health, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	325 kcal
Carbohydrates	82 g
Total Sugars	45 g
Dietary Fiber	8 g
Protein	1 g
Total Fat	1 g
Vitamin C	14 mg
Potassium	330 mg
Antioxidants	High

Key Benefits

- Rich in antioxidants & vitamin C
- Supports immunity & urinary tract health
- Helps digestion & heart health
- Promotes skin vitality & overall wellness
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Cranberry Health Drink:

- 1 tsp + 1 glass water/milk, mix & consume

Cranberry Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Cranberry Milkshake:

- 1 tsp + milk + ice, stir & serve

Dates Powder

100% Natural | Made from Fresh Dates | No Added Sugar | No Preservatives

Dates Powder is a naturally sweet, nutrient-rich fruit powder made from carefully dried ripe dates. Packed with natural sugars, dietary fiber, and essential minerals, it provides instant energy, supports digestion, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	320 kcal
Carbohydrates	75 g
Total Sugars	65 g
Dietary Fiber	7 g
Protein	2 g
Total Fat	0.5 g
Potassium	650 mg
Magnesium	54 mg
Iron	1.9 mg

Key Benefits

- Provides instant energy & stamina
- Supports digestion & gut health
- Naturally sweet, no added sugar
- Rich in essential minerals (potassium & magnesium)
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Dates Energy Drink:

- 1 tsp + 1 glass milk/water, mix & consume

Dates Milkshake:

- 1 tsp + milk + ice, stir & serve

Smoothie with Dates Powder:

- 1 tsp + yogurt/milk + fruits, blend & serve chilled

Dragon Fruit Powder

100% Natural | Made from Fresh Dragon Fruit |
No Added Sugar | No Preservatives

Dragon Fruit Powder is a vibrant, nutrient-rich fruit powder made from carefully dried ripe dragon fruit (pitaya). Packed with antioxidants, vitamin C, and dietary fiber, it supports immunity, digestion, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	320 kcal
Carbohydrates	75 g
Total Sugars	50 g
Dietary Fiber	10 g
Protein	2 g
Total Fat	1 g
Vitamin C	20 mg
Iron	3 mg
Antioxidants	High

Key Benefits

- Rich in antioxidants & vitamin C
- Supports immunity & skin health
- Promotes digestion & gut health
- Helps maintain energy & overall wellness
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Dragon Fruit Health Drink:

- 1 tsp + 1 glass water/milk, mix & consume

Dragon Fruit Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Dragon Fruit Milkshake:

- 1 tsp + milk + ice, stir & serve

Fig Powder

100% Natural | Made from Fresh Figs | No Added Sugar | No Preservatives

Fig Powder is a naturally sweet, nutrient-rich fruit powder made from carefully dried ripe figs. Packed with dietary fiber, antioxidants, and essential minerals, it supports digestion, heart health, and overall wellness for all age groups.

Nutritional Value (per 100 g)

Nutrient	Amount
Energy	300 kcal
Carbohydrates	74 g
Total Sugars	66 g
Dietary Fiber	8 g
Protein	3 g
Total Fat	0.5 g
Potassium	680 mg
Calcium	35 mg
Iron	2 mg



Key Benefits

- Provides instant energy & stamina
- Supports digestion & gut health
- Rich in natural minerals like potassium & calcium
- Helps maintain heart & bone health
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Fig Health Drink:

- 1 tsp + 1 glass milk/water, mix & consume

Fig Milkshake:

- 1 tsp + milk + ice, stir & serve

Fig Smoothie:

- 1 tsp + yogurt/milk + honey, blend & serve chilled

Blackberry Fruit Powder

100% Natural | Made from Fresh Jamun (Black Plum) | No Added Sugar | No Preservatives
Jamun Fruit Powder is a powerful, nutrient-rich fruit powder made from carefully dried ripe jamun (black plum). Known for its antioxidant properties and traditional wellness benefits, it supports blood sugar balance, digestion, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	295 kcal
Carbohydrates	70 g
Total Sugars	40 g
Dietary Fiber	9 g
Protein	2.5 g
Total Fat	0.6 g
Vitamin C	18 mg
Iron	3 mg
Antioxidants	High

Key Benefits

- Rich in antioxidants & polyphenols
- Supports healthy blood sugar metabolism
- Promotes digestion & gut health
- Supports immunity & overall wellness
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Jamun Health Drink:

- 1 tsp + 1 glass water/milk, mix & consume

Jamun Smoothie:

- 1 tsp + yogurt/milk + honey, blend & serve chilled

Jamun Detox Drink:

- 1 tsp + lukewarm water + pinch of black salt, stir & drink

Litchi Powder

100% Natural | Made from Fresh Litchi | No Added Sugar | No Preservatives

Litchi Powder is a naturally sweet, refreshing, and nutrient-rich fruit powder made from carefully dried ripe litchis. Rich in vitamin C, antioxidants, and natural carbohydrates, it helps boost energy, immunity, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	330 kcal
Carbohydrates	80 g
Total Sugars	65 g
Dietary Fiber	6 g
Protein	2 g
Total Fat	0.5 g
Vitamin C	25 mg
Potassium	300 mg
Antioxidants	Moderate

Key Benefits

- Boosts energy & refreshment
- Rich in vitamin C for immunity
- Supports digestion & gut health
- Helps maintain skin health
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use – Easy Recipes

Litchi Health Drink:

- 1 tsp + 1 glass water/milk, mix & consume

Litchi Milkshake:

- 1 tsp + milk + ice, stir & serve

Litchi Smoothie:

- 1 tsp + yogurt/milk + honey, blend & serve chilled

Lemon Powder Rich

100% Natural | Made from Fresh Lemons | No Added Sugar | No Preservatives

Lemon Powder Rich is a tangy, refreshing, and nutrient-rich citrus powder made from carefully dried fresh lemons. Naturally high in vitamin C and antioxidants, it helps boost immunity, supports digestion, and promotes overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	280 kcal
Carbohydrates	70 g
Total Sugars	20 g
Dietary Fiber	12 g
Protein	4 g
Total Fat	1 g
Vitamin C	55 mg
Calcium	90 mg
Potassium	350 mg

Key Benefits

- Rich in vitamin C & antioxidants
- Supports immunity & detoxification
- Aids digestion & metabolism
- Supports skin health & hydration
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use – Easy Recipes

Lemon Health Drink:

- 1 tsp + 1 glass warm water, mix & consume

Lemon Detox Drink:

- 1 tsp + warm water + honey, stir & drink

Lemon Smoothie:

- 1 tsp + water/yogurt + fruits, blend & serve chilled

Mango Powder Alphonso

100% Natural | Made from Fresh Alphonso Mangoes
| No Added Sugar | No Preservatives

Mango Powder Alphonso is a premium, naturally sweet, and nutrient-rich fruit powder made from carefully dried ripe Alphonso mangoes. Rich in vitamin A, vitamin C, and natural antioxidants, it supports immunity, eye health, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	360 kcal
Carbohydrates	90 g
Total Sugars	75 g
Dietary Fiber	7 g
Protein	2 g
Total Fat	1 g
Vitamin A	1800 IU
Vitamin C	35 mg
Potassium	270 mg

Key Benefits

- Rich in vitamin A & C for immunity and eye health
- Provides instant energy & natural sweetness
- Supports digestion & gut health
- Enhances skin glow & overall nutrition
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Alphonso Mango Health Drink:

- 1 tsp + 1 glass milk/water, mix & consume

Mango Milkshake:

- 1 tsp + chilled milk, stir & serve

Mango Smoothie:

- 1 tsp + milk/yogurt + ice, blend & serve chilled

Mulberry Powder

100% Natural | Made from Fresh Mulberries |
No Added Sugar | No Preservatives

Mulberry Powder is a naturally sweet, nutrient-rich fruit powder made from carefully dried ripe mulberries. Rich in antioxidants, vitamin C, iron, and dietary fiber, it supports immunity, blood health, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	315 kcal
Carbohydrates	78 g
Total Sugars	60 g
Dietary Fiber	9 g
Protein	3 g
Total Fat	1 g
Vitamin C	22 mg
Iron	4 mg
Antioxidants	High

Key Benefits

- Rich in antioxidants & vitamin C
- Supports immunity & overall wellness
- Helps improve hemoglobin & blood health
- Supports digestion & gut health
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use – Easy Recipes

Mulberry Health Drink:

- 1 tsp + 1 glass milk/water, mix & consume

Mulberry Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Mulberry Milkshake:

- 1 tsp + chilled milk, stir & serve

Orange Powder

100% Natural | Made from Fresh Oranges | No Added Sugar | No Preservatives

Orange Powder is a refreshing, nutrient-rich citrus fruit powder made from carefully dried ripe oranges. Naturally high in vitamin C and antioxidants, it supports immunity, digestion, and overall wellness for all age groups.

Nutritional Value (per 100 g)

Nutrient	Amount
Energy	300 kcal
Carbohydrates	75 g
Total Sugars	45 g
Dietary Fiber	10 g
Protein	3 g
Total Fat	1 g
Vitamin C	50 mg
Calcium	80 mg
Potassium	350 mg



Key Benefits

- Rich in vitamin C & antioxidants
- Boosts immunity & energy
- Supports digestion & gut health
- Promotes skin health & hydration
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Orange Health Drink:

- 1 tsp + 1 glass water, mix & consume

Orange Milkshake:

- 1 tsp + chilled milk, stir & serve

Orange Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Pomegranate Powder

100% Natural | Made from Fresh Pomegranates
| No Added Sugar | No Preservatives

Pomegranate Powder is a vibrant, nutrient-rich fruit powder made from carefully dried ripe pomegranates. Rich in antioxidants, vitamin C, and polyphenols, it supports heart health, immunity, and overall wellness for all age groups.

Nutritional Value (per 100 g)

Nutrient	Amount
Energy	330 kcal
Carbohydrates	80 g
Total Sugars	55 g
Dietary Fiber	9 g
Protein	3 g
Total Fat	1 g
Vitamin C	30 mg
Potassium	260 mg
Antioxidants (Polyphenols)	High



Key Benefits

- Rich in antioxidants & polyphenols
- Supports heart & blood circulation health
- Boosts immunity & vitality
- Supports digestion & gut health
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Pomegranate Health Drink:

- 1 tsp + 1 glass water/milk, mix & consume

Pomegranate Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Pomegranate Juice Drink:

- 1 tsp + chilled water + lemon juice, stir & serve

Pink Guava Powder

100% Natural | Made from Fresh Pink Guava |
No Added Sugar | No Preservatives

Pink Guava Powder is a flavorful, nutrient-rich fruit powder made from carefully dried ripe pink guavas. Naturally high in vitamin C, antioxidants, and dietary fiber, it supports immunity, digestion, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	310 kcal
Carbohydrates	72 g
Total Sugars	45 g
Dietary Fiber	11 g
Protein	3 g
Total Fat	1 g
Vitamin C	60 mg
Potassium	420 mg
Antioxidants	High

Key Benefits

- Rich in vitamin C & antioxidants
- Boosts immunity & supports digestion
- Promotes gut health & metabolism
- Supports skin health & vitality
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use – Easy Recipes

Pink Guava Health Drink:

- 1 tsp + 1 glass water/milk, mix & consume

Pink Guava Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Pink Guava Milkshake:

- 1 tsp + chilled milk, stir & serve

Papaya Powder

100% Natural | Made from Fresh Papaya | No Added Sugar | No Preservatives

Papaya Powder is a naturally sweet, enzyme-rich fruit powder made from carefully dried ripe papayas. Rich in papain enzyme, dietary fiber, and antioxidants, it supports digestion, gut health, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	300 kcal
Carbohydrates	75 g
Total Sugars	50 g
Dietary Fiber	12 g
Protein	2 g
Total Fat	0.8 g
Vitamin C	55 mg
Vitamin A	950 IU
Potassium	300 mg

Key Benefits

- Rich in papain enzyme for better digestion
- Supports gut health & metabolism
- Boosts immunity with vitamin C
- Supports skin & eye health
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use – Easy Recipes

Papaya Health Drink:

- 1 tsp + 1 glass water/milk, mix & consume

Papaya Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Papaya Milkshake:

- 1 tsp + chilled milk, stir & serve

Pineapple Powder

100% Natural | Made from Fresh Pineapples |
No Added Sugar | No Preservatives
Pineapple Powder is a tangy, refreshing, and nutrient-rich fruit powder made from carefully dried ripe pineapples. Rich in vitamin C, antioxidants, and the natural enzyme bromelain, it supports digestion, immunity, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	320 kcal
Carbohydrates	80 g
Total Sugars	55 g
Dietary Fiber	9 g
Protein	2 g
Total Fat	1 g
Vitamin C	45 mg
Manganese	2 mg
Potassium	280 mg

Key Benefits

- Rich in bromelain enzyme for digestion
- Supports immunity with vitamin C
- Helps reduce bloating & supports gut health
- Refreshing taste & natural energy booster

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Pineapple Health Drink:

- 1 tsp + 1 glass water/milk, mix & consume

Pineapple Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Pineapple Milkshake:

- 1 tsp + chilled milk, stir & serve

Raspberry Powder

100% Natural | Made from Fresh Raspberries |
No Added Sugar | No Preservatives
Raspberry Powder is a vibrant, nutrient-rich berry powder made from carefully dried ripe raspberries. Naturally high in antioxidants, vitamin C, and dietary fiber, it supports immunity, heart health, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	300 kcal
Carbohydrates	72 g
Total Sugars	45 g
Dietary Fiber	10 g
Protein	2 g
Total Fat	1 g
Vitamin C	26 mg
Manganese	1.8 mg
Antioxidants	High

Key Benefits

- Rich in antioxidants & vitamin C
- Supports heart & cardiovascular health
- Promotes digestion & gut health
- Supports skin health & anti-aging
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use – Easy Recipes

Raspberry Health Drink:

- 1 tsp + 1 glass water/milk, mix & consume

Raspberry Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Raspberry Milkshake:

- 1 tsp + chilled milk, stir & serve

Strawberry Powder

100% Natural | Made from Fresh Strawberries
| No Added Sugar | No Preservatives

Strawberry Powder is a delicious, nutrient-rich fruit powder made from carefully dried ripe strawberries. Packed with antioxidants and vitamin C, it supports immunity, skin health, and overall wellness for all age groups.

Nutritional Value (per 100 g)

Nutrient	Amount
Energy	320 kcal
Carbohydrates	75 g
Total Sugars	55 g
Dietary Fiber	8 g
Protein	2 g
Total Fat	1 g
Vitamin C	60 mg
Potassium	250 mg
Antioxidants	High



Key Benefits

- Rich in antioxidants & vitamin C
- Supports immunity & skin health
- Aids digestion & heart health
- Helps improve overall vitality
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use – Easy Recipes

Strawberry Health Drink:

- 1 tsp + 1 glass milk/water, mix & consume

Strawberry Milk:

- 1 tsp + 1 glass milk, stir & serve

Strawberry Smoothie:

- 1 tsp + milk/yogurt, blend & serve chilled

Sugarcane Powder

100% Natural | Made from Fresh Sugarcane |
No Added Sugar | No Preservatives

Sugarcane Powder is a naturally sweet, energy-rich powder made from carefully processed fresh sugarcane juice. Rich in natural carbohydrates, minerals, and antioxidants, it provides instant energy, supports hydration, and overall wellness for all age groups.

Nutritional Value (per 100 g)

Nutrient	Amount
Energy	390 kcal
Carbohydrates	95 g
Total Sugars	85 g
Dietary Fiber	2 g
Protein	1 g
Total Fat	0 g
Potassium	110 mg
Calcium	40 mg
Iron	1.5 mg



Key Benefits

- Provides instant energy & refreshment
- Helps maintain hydration & electrolyte balance
- Supports digestion & metabolism
- Natural source of quick carbohydrates
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use – Easy Recipes

Sugarcane Energy Drink:

- 1 tsp + 1 glass chilled water + lemon juice, mix & consume

Sugarcane Refresh Drink:

- 1 tsp + water + pinch of ginger powder, stir & serve

Sugarcane Smooth Drink:

- 1 tsp + water or milk, mix & consume

Tamrind Powder

100% Natural | Made from Fresh Tamarind |
No Added Sugar | No Preservatives
Tamarind Powder is a tangy, nutrient-rich fruit powder made from carefully dried ripe tamarind pulp. Rich in natural acids, antioxidants, and essential minerals, it supports digestion, metabolism, and overall wellness for all age groups.

Nutritional Value (per 100 g)

Nutrient	Amount
Energy	300 kcal
Carbohydrates	75 g
Total Sugars	55 g
Dietary Fiber	8 g
Protein	3 g
Total Fat	1 g
Potassium	570 mg
Magnesium	95 mg
Iron	2.8 mg



Key Benefits

- Supports digestion & gut health
- Helps relieve acidity & bloating
- Rich in minerals like potassium & magnesium
- Supports metabolism & overall wellness
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Tamarind Drink:

- 1 tsp + 1 glass water + pinch of salt/jaggery, mix & consume

Tamarind Chutney Base:

- 1 tsp + warm water, mix & use in cooking

Tamarind Detox Drink:

- 1 tsp + water + cumin powder, stir & drink

Water Melon Powder

100% Natural | Made from Fresh Watermelon |
No Added Sugar | No Preservatives

Watermelon Powder is a refreshing, nutrient-rich fruit powder made from carefully dried ripe watermelons. Naturally rich in antioxidants, vitamins, and hydration-promoting compounds, it supports immunity, skin health, and overall wellness for all age groups.



Nutritional Value (per 100 g)

Nutrient	Amount
Energy	300 kcal
Carbohydrates	75 g
Total Sugars	55 g
Dietary Fiber	5 g
Protein	2 g
Total Fat	0.5 g
Vitamin C	18 mg
Potassium	250 mg
Antioxidants	Moderate

Key Benefits

- Boosts hydration & refreshment
- Rich in antioxidants & vitamin C
- Supports immunity & skin health
- Aids digestion & overall wellness
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Watermelon Health Drink:

- 1 tsp + 1 glass chilled water/milk, mix & consume

Watermelon Smoothie:

- 1 tsp + yogurt/milk + honey, blend & serve chilled

Watermelon Milkshake:

- 1 tsp + milk + ice, stir & serve

Cherry Powder

100% Natural | Made from Fresh Cherries | No Added Sugar | No Preservatives

Cherry Powder is a vibrant, nutrient-rich fruit powder made from carefully dried ripe cherries. Packed with antioxidants, vitamin C, and dietary fiber, it supports immunity, heart health, and overall wellness for all age groups.

Nutritional Value (per 100 g)

Nutrient	Amount
Energy	320 kcal
Carbohydrates	78 g
Total Sugars	55 g
Dietary Fiber	8 g
Protein	2 g
Total Fat	1 g
Vitamin C	20 mg
Potassium	350 mg
Antioxidants	High



Key Benefits

- Rich in antioxidants & vitamin C
- Supports heart health & immunity
- Promotes digestion & gut health
- Helps improve skin vitality & overall wellness
- Suitable for kids, adults & elderly

Recommended Consumption

- Adults: 5-10 g/day (1-2 tsp)
- Children: 3-5 g/day (½-1 tsp)
- Wellness care: up to 10 g/day
- 200 g pack lasts: 20-30 days

How to Use - Easy Recipes

Cherry Health Drink:

- 1 tsp + 1 glass milk/water, mix & consume

Cherry Smoothie:

- 1 tsp + milk/yogurt + honey, blend & serve chilled

Cherry Milkshake:

- 1 tsp + chilled milk, stir & serve