

CONTROLS BP



REDUCES JOINT  
PAIN



HELPS  
MANAGEING PCOS



MANAGE THYROID  
FUNCTION



REDUCES SKIN  
PROBLEMS



CONTROLS HAIR  
FALL





PEARL MILLET



SOYABEAN



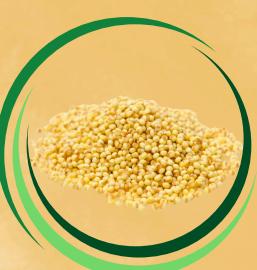
MENTHI



RAJMA



SABHUDANA



JOWAR MILLET



MASOOR DAL



GREEN GRAM



WALNET



BADAM



POPCORN



GROUND NUT



KABHUL  
CHANNA



PUMPKIN SEEDS



FLAX SEEDS



SUNFLOWER  
SEEDS



ELACHI



RAGI



WATER MELON  
SEEDS



BARLEY RICE





# SAFETY GUARANTEED



NO ADDED  
SUGAR



NO  
PRESERVATIVES



LAB  
TESTED



NO SIDE  
EFFECTS



# HOW TO COOK

## For Weightloss

Scoop 2 tablespoons of the malt powder into a bowl. Add a little water and mix thoroughly until smooth.

Let it cool down. Meanwhile, mix soaked sabja seeds and chia seeds into buttermilk. Once the malt mixture is cool, combine everything together.

Boil 250 ml of water and gradually add the mixture while stirring. Cook until it thickens and becomes lump-free.

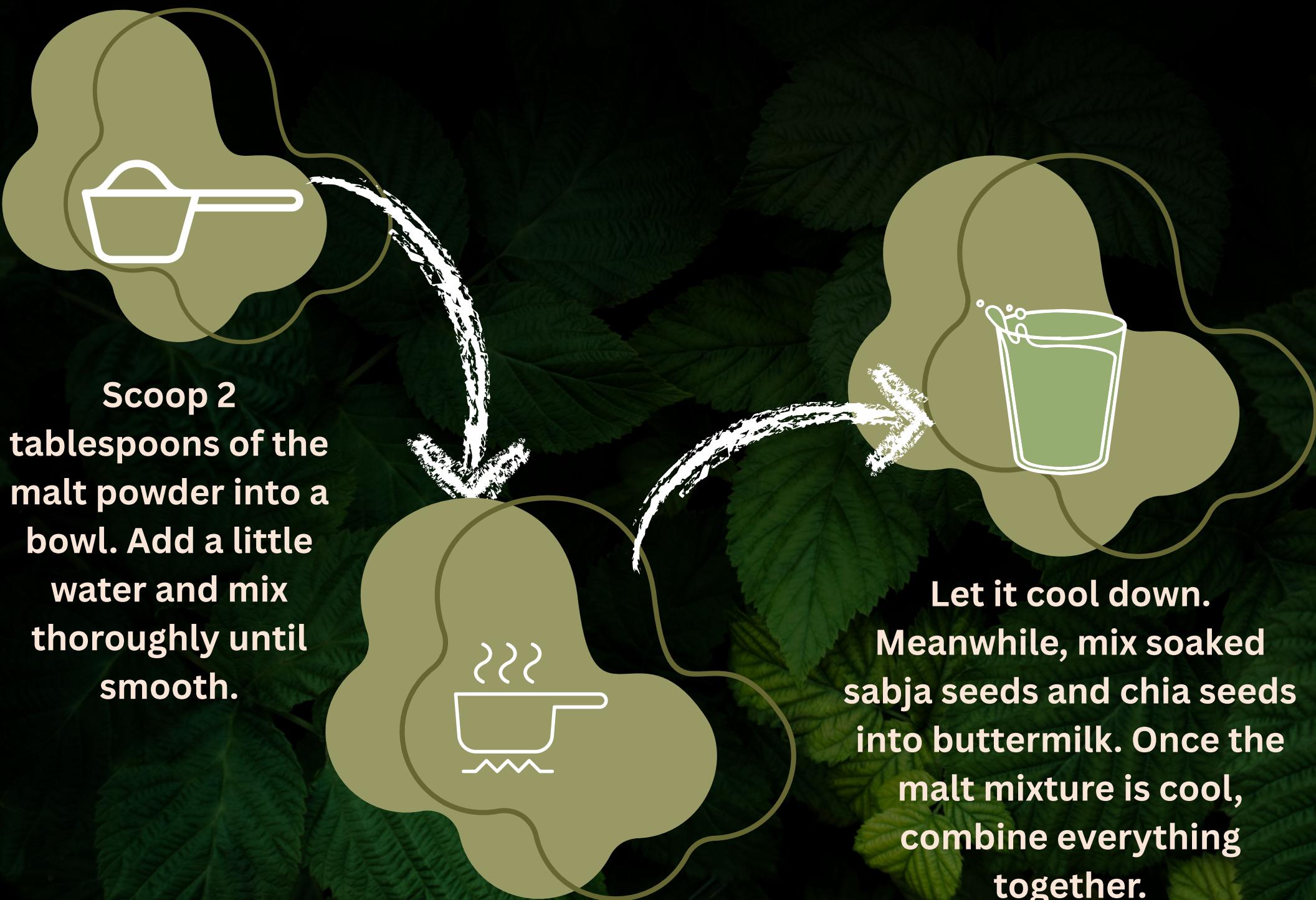
### HELPFUL TIPS

You may skip breakfast and have a salad if you feel the need.



# HOW TO COOK

## For Health Management

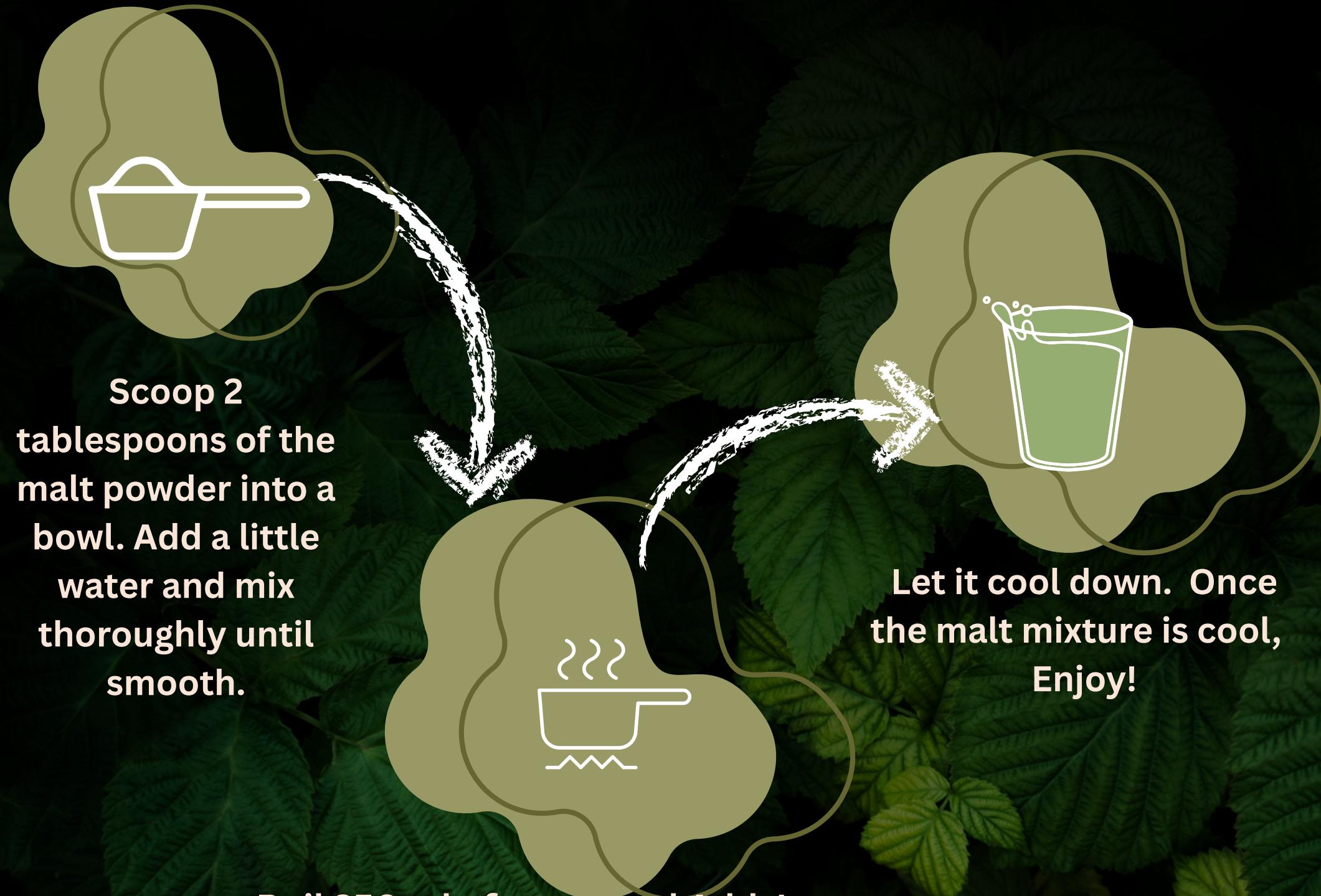


Boil 250 ml of water and add salt to taste, if needed. Gradually stir in the mixture while cooking until it thickens and becomes smooth without lumps.



# HOW TO COOK

## For Healthy weight gain



**Scoop 2**  
**tablespoons of the**  
**malt powder into a**  
**bowl. Add a little**  
**water and mix**  
**thoroughly until**  
**smooth.**

**Let it cool down. Once**  
**the malt mixture is cool,**  
**Enjoy!**

**Boil 250 ml of water and Add Jaggery**  
**gradually add the mixture while stirring.**  
**Cook until it thickens and becomes lump-**  
**free.**



### Health Benefits of Nimma Ashwini Malt

- Controls PCOS Problem
- Corrects Irregular Periods
- Helps to Control Thyroid
- Reduces BP
- Control Sugar level
- Controls Hair fall
- Reduces Skin Problems
- Control Joint Pain
- Helps Weight Loss  
(For weight Loss take with Buttermilk)
- Helps Weight Gain  
(For weight Gain take with Jaggery)

### Who Can Take

 Recommended for  
above 1 year age

 Recommended for From  
5th Month of Pregnancy



Be Natural ▶ Be Healthy

