



Makhana Amrit Mantra

bridging ancient wisdom with modern lifestyle



Amrit Mantra Superfood

***Cravingly Good,
Healthy Snacking!***

Makhana Amrit Mantra Pvt. Ltd.

Producers, Exporters & Technology Innovators-Raw, Roasted
Flavored Makhanas/Fox Nuts

An ISO 9001:2015/22000:2018/HACCP Compliant Company

***The MAK-SNACK: Mindful, Healthy Snacking,
anytime anywhere...™***

Makhana Snacking - It's Hasty-Tasty & Very Healthy!

So, go ahead tickle your taste buds without any regret !!™

Easy to roast/microwave at home within 3 minutes.

Snack Guilt-Free with The Superfood - Makhana, your way at home.



About Us



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- **Makhana Amrit Mantra Pte. Ltd.** Is a multinational firm, ISO 9001:2005/ 22000:2018/ HACCP Certified Company in QMS, Food Safety Management System, Hazard Analysis & Critical Control Points.
- We are Producers, Technology Innovators & Global Exporters in large/bulk quantities of the finest quality of Raw/Roasted/Flavored Makhana/ Fox Nut and Fox Nut-based products & healthy Superfood.
- Under our subsidiary **Amrit Mantra SuperFood**, we produce and market superfoods originating from across the globe.
- We are a team of seasoned global professionals (based in Singapore, India, USA, UK, Germany, Canada, Vietnam & the Philippines) with rich international experience.
- We are going global with a variety of Makhana/Fox Nuts-based products using cutting-edge technologies along with our innovative proprietary IP business model and products. **Welcome to the bandwagon!**
- In the second phase of our **global rollout - 2022**, we are launching several patented Makhana/Fox Nut-based products, flavors along with retail and household patented equipment driving national & global consumption & growth. We welcome inquiries from potential distributors, retailers, franchise partners on our license policy.
- Finally, in the third phase, We're going Global with a variety of patented Signature Fox Nut products such as Makhana pops, Fox Nut Flour for baking naturally Gluten-Free Bread, Cake, Cookies, Breakfast cereals, Health/Gym energy-protein powder & bars, Baby/ Pregnancy food/Vacuum/Freeze Dehydrated Superfood. Along with Patented technology & equipment to go Retail/Commercial globally.
- We work closely with relevant Government agencies and international institutions to provide transparency in business and universal quality assurance.

Fox Nut Products



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With Best Compliments from:
Makhana Amrit Mantra Pvt. Ltd.

Variety & Quality of Raw Fox Nuts/ Makhanas - Nelumbo Nutifera

50gm	- H.P. - Exclusive HANDPICKED (HP) PHOOL Makhanas/Fox Nuts
50gm	- L4 - Lava 4:- Premium Export Quality Hand Picked Makhana, round-shaped
50gm	- L3 - Lava 3:- Superior Quality Graded, round-shaped
50gm	- L2 - Lava 2:- Economy Graded, Quality, round-shaped
50gm	- L1 - Lava 1:- Export Quality Hand Picked Makhana
50gm	- Natural:- Economy Graded Quality makhanas, all round-shaped.
50gm	- Makhana Powder/Wheat Mixed Flour

Flavored and Roasted Fox Nuts / Makhanas 15 different flavors (in Olive Oil or Rice Barn Oil) - 68 Grams Can (Nitrogen filled for freshness / Non-Nitrogen Filled).
 (1) Himalayan Pink Salt (2) White Cheddar Cheese (3) Cheese & Chilli (4) Jalapeno (5) Peri Peri (6) Cream & Onion (7) Chilli Lime (8) Tangy Tomato (9) Caramel Star Arise (10) Butter Salt (11) Cheese & Herbs (12) Sea Weed (13) Sea-Food (14) Tandoori/BBQ Chicken.

Roasted & Flavored Makhanas



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- **Makhanas/ Fox Nuts/Lotus seeds/ Nelumbo Nucifera** also referred to as superfood or **food of Gods**, comes from an AQUATIC plant known as Euryale Fox/ Water Lily that grows in the ponds in the foothills of the Himalayas in India and eastern Asia. The superfood/snack is low in cholesterol, fat, and sodium, making them an ideal snack for untimely hunger pangs. They are a rich source of **VEGAN PROTEIN** & are a **Calcium powerhouse**, packed with nutrients. They are also Gluten-Free, protein-rich, and high in good carbs, fiber, magnesium, potassium, iron, and zinc. Also known as Popped Lotus Flower Seeds, Fox Nut, Gorgon Nut with the botanical name **Nelumbo Nucifera** or Euryale Ferox Salisb.
- They are naturally **GLUTEN FREE** (wheat/grain-free), **TRANS FAT-FREE, Non-GMO.**
- Extremely nutritious, rich in Vegan Protein, Calcium, Good Crabs, Vitamin A, Vitamin B Complex, Vitamin E, Potassium, Magnesium, Iron, Zinc, etc.
- Proven to be an ideal diet/food for would-be mothers during pregnancy and infants (6 months and above).
- **Contains 67% less fat and 20% less calorie than popcorn.**
- They are Diabetic/Keto & Kosher Friendly.

Dragon Fruits



Amrit Mantra Superfood

***Cravingly Good,
Healthy Snacking!***

Dehydrated dragon fruits

showcase the awesome tropical taste in delicious and healthy snack form. They taste just right, not overly sweet, an ideal snack for in-between meals, in school or office. Vacuum dried dragon fruits are an excellent source of dietary fibers, vitamins, and minerals. They are also a healthier choice for children & adults who do not like to eat fresh fruits. 100% natural fresh fruits, no added sugar, no added flavourings or preservatives.



Health Benefits:

- Rich in antioxidants like flavonoids, phenolic acid, and betacyanin.
- It's naturally fat-free and rich in fiber.
- It may help lower your blood sugar.
- It contains prebiotics, which are foods that feed the healthy bacteria called probiotics in your gut.
- It can strengthen your immune system.



Jackfruits



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Dehydrated Jackfruit (Vacuum/Freeze Dried) is a vitamin and mineral powerhouse. This unique Superfood is a great source of Vitamin A-contributes to vision health. The Vitamin C in jackfruit helps strengthen immunity to infections and creates protection from free radicals. We serve them in **natural, flavored** (natural ingredients) & **Powder form**.



Green Jackfruit Flour



The nutrients in jackfruit helps lower risk for some health issues, including: Diabetes, Ulcers, High blood pressure, Skin problems etc.

Jackfruit is a good source of fiber, so it could help you feel fuller for longer and help keep your bowel movements regular.

Persimmons



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Persimmons were called “food of the Gods” by the ancient Greeks.

The orange-colored fruit - Persimmons are fiber-rich, sweet, honey-like flavored, versatile fruits full of vitamins, minerals, and beneficial plant compounds.

Dehydrated Persimmons are a good source of vitamins A, Vitamin B complex, and C as well as potassium, manganese, which help heart health and helps the blood to clot & are rich in anti-inflammatory properties. They also have other antioxidants, enhance immunity, Improve eyesight, cell growth, helps fight hypertension and improve heart condition, Improve enzyme functions.

We serve them ready-to-eat
Freeze/Vacuum Dried.



ARTICHOKE



Amrit Mantra Superfood

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A Superfood. Rich in folate, dietary fiber, vitamins C & K. They're # 7 on the USDA's top 20 antioxidant-rich foods list. Regulates Blood Pressure, Improves Liver & Digestive Health, Controls Blood Sugar, Lowers 'Bad' LDL Cholesterol & Increase 'Good' HDL Cholesterol.

**It may be relished with:
tea, soup, etc.**





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Roasted/ Vacuum/Freeze Dried Beetroots

Beetroots are anti-inflammatory, packed full of nutrition, and baked/vacuum dried with no oil. Beets are one of the healthiest superfoods and contain a lot of nutrition like Fiber, Iron, Vitamin B-6 and C, Magnesium, Potassium.

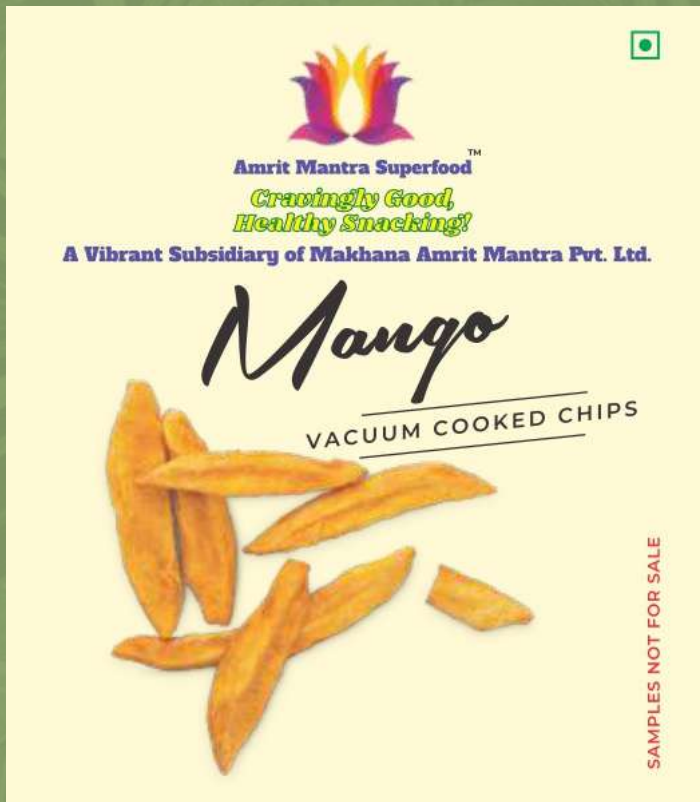




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Mango



Dehydrated Mangoes possess several beneficial nutrients, including Vitamin A, B-complex vitamins, Vitamin C, Calcium, Iron which, along with other nutrients, helps to regulate metabolism. Also rich in Magnesium, Phosphorus, Potassium, Zinc, Selenium, Manganese, Zinc etc. These fruits also contain about 2 grams of fiber in a 1/3-cup serving, as well as roughly 20 grams of fructose. Source: USDA



Baked/Vacuum Dehydrated Pineapples



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Pineapple provides an abundant supply of vitamins, all of which are retained in the dehydrated fruit such as Vitamins A, B, C, and E as well as B Complex group vitamins Thiamine and Folates.

Minerals including manganese, copper & potassium are found in significant quantities alongside dietary fiber. Current thinking in dietary nutrition considers Glycemic Index (GI) which is the rate at which carbohydrate is released into the bloodstream. Low GI foods are regarded as more beneficial and dehydrated pineapple is regarded as having a medium GI.



Baked/Vacuum Banana Chips



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Dehydrated Banana chips are a sweet treat made by baking/vacuum frying thin slices of under-ripe bananas (*Musa acuminata*) in virgin **coconut oil** and drizzling them with mild sugar & honey.

They provide healthy nutrients (such as fiber, potassium, vitamin B6, and vitamin C), This crispy snack is great for blood pressure control. Banana is also rich in fiber, a nutrient that can help you have a healthy digestive system and bowel movement.





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Sweet potatoes

Sweet potatoes are nutrient-dense root veggies that come in a variety of colors. They're superfoods high in Vitamins, fiber, and antioxidants (beta carotene), which protects the body from free radical damage and promotes a healthy gut and brain. **We serve them baked/ Vacuum dried.**





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Fruit & Veggies Air-Fried Cocktail Mix

A hearty cocktail mix of **Baked/Vacuum Dehydrated fruits & veggies crisps** such as Bananas, Jack fruits, Dragon Fruit, Sweet potato, Beetroot, Mushroom, Bitter gaud, Carrot, Pumpkin, etc.



NUTRITIONAL INFORMATION (Approximate Values)	Per 100 g
Energy (kcal)	400
Fat (g)	4.8
Saturated Fatty Acid (g)	1.8
Mono Unsaturated Fatty Acid (g)	2.5
Polyunsaturated Fatty Acid (g)	0.6
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Carbohydrates (g)	79.5
of which Sugar (g)	9.7
Dietary fibre (g)	7.0
Protein (g)	10.5
Calcium (mg)	134.0
Sodium (mg)	198.0

INGREDIENTS: Rolled Oats - 33%, Makhana/Fox Nuts - 18 % Whole Wheat Flakes 15%, CORN FLAKES - 7 % Dried Fruit & Nuts (16%), (Cranberry (5%) Raisins (4.50%), Papaya (3%), Almond (3%), Strawberry powder (0.15%), Sugar, Invert syrup, Honey (1.5%), Maltodextrin, Emulsifier (INS 322), Antioxidant (INS 320) CONTAINS PERMITTED NATURAL COLOUR (BETTER ROOT EXTRACTS) AND FOOD NATURAL FLAVOURING SUBSTANCE (ROSEMARY). ALLERGEN DETAILS: THIS PRODUCT CONTAINS ALBERT ALMONDS. THIS PRODUCT MAY CONTAIN TRACES OF SOY AND PEANUTS.

Date of manufacturing : 21/09/2021
BEST BEFORE 10 MONTHS
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An ISO 9001:2015/22000:2018/HACCP Compliant Company



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Cravingly Good Healthy Snacking!
A Vibrant Subsidiary of Makhana Amrit Mantra Pvt. Ltd.

BLISSFULL

delicious millets & makhanas

fruit & nut

MILLET & MAKHANA MUESLI

92%

WHOLEGRAINS, FRUITS & NUTS

SOURCE OF PROTEIN

Goodness of RAGI FINGER MILLET & MAKHANA

Fruits, Almonds & Makhanas



granola bar
fruits & nuts
cookies



Coffee: Macadamia & Coconut

DARJEELING TEAS

Invigorating Tea Collection

BREAKFAST TEAS **GREEN TEAS**

Gluten Free Tapioca Pearls, A Superfood



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