

# Makhana Amrit Mantra

bridging ancient wisdom with modern lifestyle



Amrit Mantra Superfood <sup>TM</sup>

**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



*Makhana Amrit Mantra*

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- **Makhana Amrit Mantra Pte. Ltd.** A Global Food-Tech firm, ISO 9001:2005/ 22000:2018/ HACCP Certified Company in QMS, Food Safety Management System, Hazard Analysis & Critical Control Points.
- We are Manufacturers, 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 vibrant subsidiary **Amrit Mantra SuperFood**, we produce and market **Freeze/Vacuum cooked SUPERFOOD** originating from across the globe.
- We are a team of seasoned global professionals (based in Singapore, India, USA, UK, Germany, Canada, Vietnam, Thailand & 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 Superfood. Along with Patented technology & equipment to go Retail/Commercial globally.
- We work with relevant Government agencies & international institutions to provide transparency in business and universal QA.

# Fox Nut Products



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*With Best Compliments from:*

**Makhana Amrit Mantra Pvt. Ltd.**

Variety & Quality of Raw Fox Nuts/ Makhanas - *Nelumbo Nucifera*

- 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

Freeze/Vacuum 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.



Amrit Mantra Superfood™

**Cravingly Good,  
Healthy Snacking!**



## 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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**Jackfruits (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.



**Freeze/Vacuum 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 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.



# Mango



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## Mangoes

**Chips/Freeze** 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. 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 Pineapples Chips/Pulpy



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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.



# Sweet potatoes



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## Sweet potatoes

baked/ Vacuum Chips 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.





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# Fruit & Veggies Chips Cocktail Mix



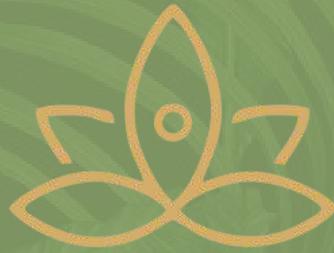
A hearty **crisps cocktail mix** of **Baked/Vacuum cooked fruits & veggies crisps** such as Bananas, Jack fruits, Dragon Fruit, Sweet potato, Beetroot, Mushroom, Bitter gaud, Carrot, Pumpkin, etc.

# Gluten-Free Vacuum Crisp Tapioca Pearls : 8 Flavors



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