

Lakadong Turmeric Powder

- ▶ Grown in the Hills of Meghalaya. Lakadong Turmeric is widely known by all as the most premium type of Turmeric.
- ▶ Curcumin, the key active ingredient in turmeric, is a miracle compound known for its antioxidant and anti-inflammatory properties and renders a bright yellow colour to the spice. The higher the curcumin, the more prized is the turmeric This particular type of Turmeric has a curcumin content ranging from 6% to 7.6%



Ginger (Nadia)

- Ginger is commercially grown in almost all the states of north eastern region. Meghalaya is second largest producer of ginger in the country after Kerela.
- Nadia is the high yealding variety. It is known to have a 4.2% crude fibre content.
- Gingerol is the main bioactive compound in ginger. According to reasearch Gingerol has powerful anti-inflammatory and antioxidant effects.



Blackpeppercorn

- Grown in the Hills of Meghalaya. Black pepper is one of the most commonly used spices worldwide.
- Black pepper is more than just a kitchen staple. It has been deemed the “king of spices” and used in ancient Ayurvedic medicine for thousands of years
- Black pepper is rich in a potent antioxidant called piperine, which may help prevent free radical damage to your cells.



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Bay Leaf

- Grown in the Hills of Meghalaya. Bay Leaf is an aromatic leaf commonly used in cooking. It can be used whole or in a dried or ground form.
- Bay leaves are a rich source of vitamin A, vitamin C, iron, potassium, calcium, and magnesium.
- Hand plucked by our farmers with utmost care to give the very best to our clients.



Lakadong Dried Slice Turmeric

- Lakadong Turmeric dried slice is naturally grown which is free from pesticides and other chemical.
- The curcumin content of Lakadong Turmeric is about 7.40 % and above.
- This Lakadong has a lot of Health Benefits due to its high Curcumin content.



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Perilla Seeds

- Perilla Seeds is a staple food in many Asian Countries the seed contains a higher concentration of fatty acids. Perilla seed's omega-fatty acid ratio is 6:1 omega-3s to omega-6 fatty acids; that's the highest ratio of 3 to 6 of any known seed.



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Black Sesame Seeds

- Black Sesame Seeds, also known as kala til, used for many health promoting and anti-ageing benefits. You can incorporate these nutrient-rich seeds in your cereals, rice, etc
- Perilla seeds contain healthy fats like polyunsaturated fatty acids and Omega-6, it also contains fiber, iron, calcium, magnesium and phosphorus.



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Black Large Cardamom

- Black Cardamom, one of the most sought spices in the world has also silently made an inroad into Meghalaya. It is one of the most expensive spices in the world.
- The Black Cardamom which is mostly produced from Nongrah Village in Ri-Bhoi District is purely organic devoid of the use of chemical.



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White Sticky Rice

- ▶ White Sticky rice is a staple cereal grain in many Asian countries, but it has a surprisingly large number of health benefits. This form of rice contains B vitamins, selenium, zinc, magnesium, copper, and phosphorous. There is almost no fat or cholesterol of any kind in this rice.
- ▶ The health benefits of sticky rice include its ability to regulate diabetes, prevent chronic diseases, reduce inflammation, and optimize digestion, among others.



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Red Sticky Rice

- Red Sticky Rice is grown widely in our state.
- This Rice is rich in antioxidants, dietary fibre, copper & vitamin B5
- It is a good source of selenium and manganese,
- Lowers risk of heart diseases, Protects tissues, shields cells from damage.

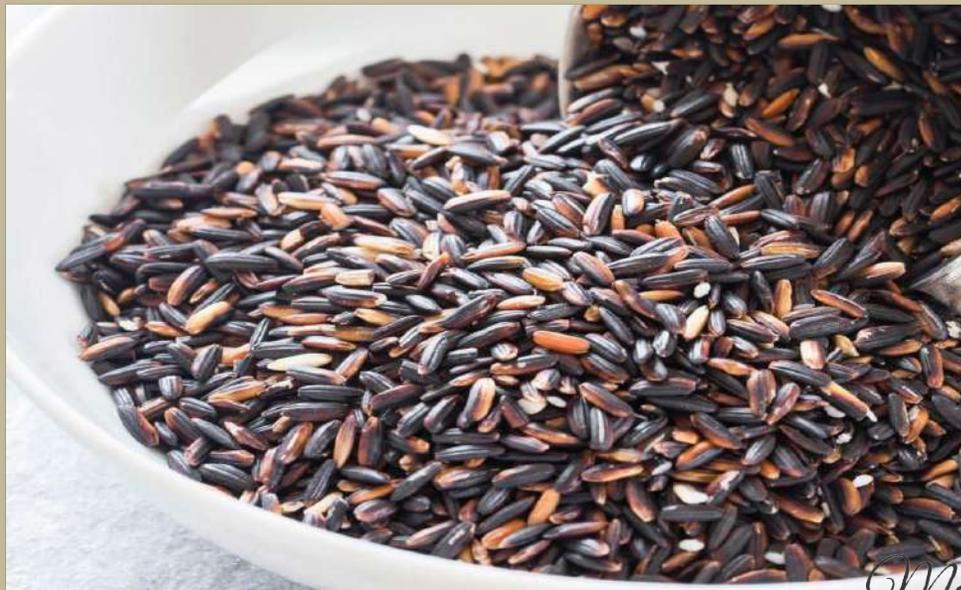
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Black Sticky Rice

- ▶ Black Sticky Rice is unprocessed and it retains more of its other nutrients, making it a healthy food choice overall.
- ▶ Black rice is rich in antioxidants, which may be helpful in fighting cancer and heart disease.



Red Chilly Flakes

- ▶ Red Chilli Flakes is fresh from the fields and dried naturally in the sun, hence the aroma and taste of the chilli flakes does not hamper the digestive system.

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Dried Slice Ginger

- ▶ Dried Slice Ginger has a very long history of use in various forms of traditional/alternative medicine.
- ▶ It has been used to help digestion, reduce nausea and help fight the flu and common cold. The unique fragrance and flavour of ginger come from its natural oils, the most important of which is gingerol.
- ▶ Gingerol is the main bioactive compound in ginger, responsible for much of its medicinal properties. It has powerful anti-inflammatory and antioxidant effects.



Ginger Powder

- ▶ Ginger Powder has a very long history of use in various forms of traditional/alternative medicine.
- ▶ It has been used to help digestion, reduce nausea and help fight the flu and common cold. The unique fragrance and flavour of ginger come from its natural oils, the most important of which is gingerol.
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White Tea Leaves

Black Tea Leaves

- ▶ White Tea Leaves is planted in the hills of the state, the topography of the state makes the tea unique and fresh.
- ▶ White tea has a high amount of antioxidants, it helps reduce the risk of heart disease, combat skin aging and even help with weight loss, protect against Osteoporosis.

- ▶ Black Tea Leaves is planted in the hills of the state, the topography of the state makes the tea unique and fresh.
- ▶ This tea has Antioxidant Properties, Boost Heart Health, Helps Reduce Blood Pressure, Helps Reduce the Risk of Stroke, Lower Blood Sugar Levels, May Helps Reduce the Risk of Cancer, and Improve Focus.



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Green Tea Leaves

- ▶ Green Tea Leaves is planted in the hills of the state, the topography of the state makes the tea unique and fresh.
- ▶ Green Tea Contains Bioactive Compounds That Improve Health, Increases Fat Burning and Improves Physical Performance,
- ▶ Green Tea May Protect Your Brain in Old Age, Lowering Your Risk of Alzheimer's and Parkinson's. Green Tea Can Kill Bacteria, Which Improves Dental Health and Lowers Your Risk of Infection, Reduce Your Risk of Cardiovascular Disease, It Can Help You Lose Weight and Lower Your Risk of Obesity.



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Oolong Tea Leaves

- ▶ Oolong Tea Leaves is planted in the hills of the state, the topography of the state makes the tea unique and fresh.
- ▶ Oolong tea is slightly fermented and semi-oxidized, giving it a taste in between black and green tea.
- ▶ This tea can Boosts your metabolism, causing weight loss, Lowers cholesterol, Promotes healthy hair, Better your skin condition, Stabilizes blood sugar, and strengthens the immune system.



Cinnamon Sticks

- ▶ Cinnamon Sticks is Loaded With antioxidants, it has Anti-Inflammatory Properties, May cut the Risk of Heart Disease.
- ▶ Cinnamon Lowers Blood Sugar levels and Has a Powerful Anti-Diabetic Effect, Cinnamon May Protect Against Cancer.
- ▶ Cinnamon Helps Fight Bacterial and Fungal Infections.



Cinnamon Powder

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Black Pepper Corn Powder

- ▶ Black Peppercorn Powder is a rich source of minerals like manganese, copper, magnesium, calcium, phosphorus, iron, potassium, vitamin C, K, and B6.
- ▶ Black pepper aids in weight loss, and treats sinus, asthma, and nasal congestion.



Wild Medicinal Pepper

- ▶ Wild Medicinal Pepper is a rich source of minerals like manganese, copper, magnesium, calcium, phosphorus, iron, potassium, vitamin C, K, and B6.
- ▶ Black pepper aids in weight loss, and treats sinus, asthma, and nasal congestion.



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Wild Forest Honey

- ▶ Since ancient times, honey has been used as both a food and a medicine.
- ▶ The Honey has been collected by farmers from the vast forest. The smell, colour and taste depend on the types of flowers the bees visit.
- ▶ Honey Is "Less Bad" Than Sugar for Diabetic patients.
- ▶ Honey Is Rich in Antioxidants, It Can Help in Lowering Blood Pressure. Honey Also Helps Improve Cholesterol Burns and Wound Healing.



Mandarin Honey

- ▶ Mandarin comes from the orange orchards in Meghalaya. The honey is pure and natural and it has no added sweeteners or infusions
- ▶ It's high in natural antioxidants. It's an efficient anti-bacterial agent. A thin film which can be applied on wounds, burns and scalds and its faster healing.
- ▶ It's a great source for minerals like Potassium, Magnesium, Calcium, Phosphorus, Manganese, Zinc, Iron and Selenium.
- ▶ It boosts the immune system. Honey helps regulate your blood cholesterol levels and moisturize your skin.



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White Honey

- ▶ White honey doesn't exactly look white. Instead it's almost clear in colour .The honey is collected as a liquid and naturally crystalizes to a smooth creamy white texture.
- ▶ For instance, White honey offer a lighter taste and sweeter compared to Wild Forest Honeys.
- ▶ White honey provides you with more than just calories. It has vitamins and minerals including B vitamins, copper, calcium, potassium, phosphorus and zinc. It also a powerhouse of antioxidants.



Stone Flower

- ▶ Parmotrema perlatum, commonly known as black stone flower, is a species of lichen used as spice in India. It is one of the ingredients in East Indian Bottle Masala, used for cooking Meats, fish and vegetables.
- ▶ Treats Kidney And Bladder Illnesses. It is also widely applied in traditional ayurvedic formulations as an effective remedy for urolithiasis i.e. formation of stones in the bladder, urinary tract, as well as to treat UTI.
- ▶ Stone Flower powder is very effective in promoting wound healing as it possesses antibacterial and anti-inflammatory properties.

