



METHI DANA POWDER

Rich in protein, energy, calcium, iron, carotene & many minerals

Benefits

Diabetes, blood pressure, constipation, nursing mothers, lung congestion, arthritis.



CHILLA POWDER

Rich in protein, low fat, fiber, vitamin B complex, folic acid, calcium, minerals

Benefits

Reduces cholesterol & constipation, easy to digest, and acts as a brain tonic for the elderly.



AMLA POWDER

Rich in vitamin C, vitamin B complex, iron, calcium, carotene & a very good antioxidant.

Benefits

Repairs tissues, reduces inflammation, prevents cancer, protects the kidney, liver, nerves, lungs.



PICKLES & CHUTNIES

Rich in vitamin C, magnesium, calcium, iron, fiber, loaded with fruits or vegetables.

Benefit

The fermentation process induces properties that kill harmful bacteria & microbes in the stomach & intestines. Vinegar improves health. It strengthens the immune system, helps during the flu and cold season.

Pickles, if eaten in moderation can be enjoyed without any guilt!

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SUKARYA

COMMITTED TO A CAUSE

buy our products



HALDI

Rich in protein, fiber, niacin, potassium, calcium, vitamin C, E, K

Benefits

Antioxidant, antiseptic, helps in indigestion, heals female reproductive system, prevents cancer, and helps in healing wounds.

RED CHILLY POWDER

Rich in Vitamin C, A, folic acid

Benefits

Excellent for digestion, releasing toxins & relieving pain. Use in moderation. NOT advised for Ulcer patients.





DHANIA POWDER

Rich in fiber, iron, copper, calcium, vitamin B complex.

Benefits

It has cooling, carminative & digestive properties. It helps to eliminate flatulence.

CUMIN SEEDS

Rich in Iron, zinc, calcium, protein & provides essential amino acids.

Benefits

Builds healthy blood. Transports oxygen to all the cells, regulates B.P, prevents anemia.



AMCHUR

Rich in iron, antioxidants and vitamins C, E, A.

Benefits

Combats acidity, improves digestion and helps in balancing the hormonal system. It also increases hemoglobin.



GARAM MASALA

Ingredients used in Garam masala are elixirs for our Good- Health. It is like one pill for all diseases.

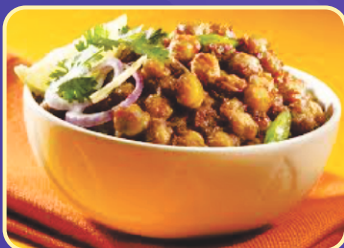


CHANNA MASALA

Rich in vitamin C, iron, fibers

Benefits

Good for digestion & improves taste of food.



SWASTH ATTA

Rich in energy value, fiber, protein, minerals & vitamins

Benefits

Reduces kidney problems and helps generate new cells.



SWASTH DALIA

Rich in fiber, protein & amino acids which are necessary for us.

Benefits

Wheat ,pulses complement each other & make it a complete food. Easily digested by even the sick & invalid. Prevents constipation and is good for the diabetic.

DALIA

Broken wheat is a good source of protein, carbohydrates, iron, minerals, fiber & B group vitamins.

Benefits

Excellent health- building food. Helps in building & repairing muscular tissues. Cures constipation & fights heart diseases.



WHEAT ATTA

Wheat is rich in protein, fiber, carbohydrates, B group vitamins & minerals.

BESAN

Rich in protein, fiber, foliate, a store house of vitamin 6 & minerals

Benefits

Good for patients with diabetes & hypertension and pregnant women. Easy to digest.



KASAR

Mixture of roasted wheat, gram and jaggery. Rich in protein, fiber, iron, antioxidants.

Benefits

Reduces cholesterol, helps in excretion of bile acid. Jaggery helps to cool your stomach besides being beneficial for skin & hair.

TIL CHUTNEY

Rich in protein, vitamin 6, thiamin, calcium selenium & rich in minerals too.

Benefits

Good for those suffering from high B P and asthma; Health of Women & adolescent girls. Helps in arthritis, eyes; reduces muscle pain

