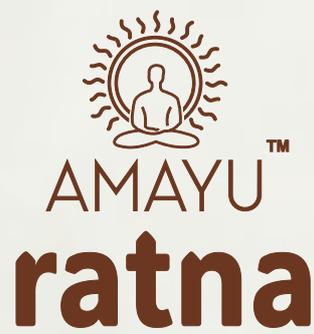




AMAYU™ ratna





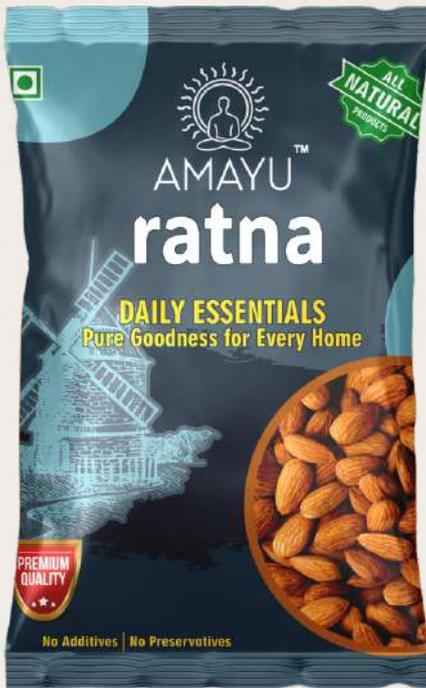
About Us

While health is defined as the overall mental and physical state of a person; free from any type of disease.

Wellness refers to the state of being in optimal both mental and physical health. We bring to you – AMAYU RATNA – a wellnessbrand that focuses on holistic wellness of your mind, body and soul. We believe that wellness needs to be approached from the inside out and it has everything to do with the way we manage and take care of ourselves – physically, mentally as well as emotionally. This means we exercise, eat well, practice a good lifestyle, don't indulge in stressful activities and so on.

We know that physical fitness increases wellness, but along with that, it is essential that we add some nutritional value in our daily diet to rejuvenate our body and mind. Modern-day lifestyle is getting tough on our mind and body, extensive working hours, social gathering, peer pressure, constant struggle to achieve our goals, excess use of digital devices causes anxiety and stress





AMAYU RATNA CALIFORNIA ALMONDS

Amayu ratna California Almonds are crunchy, nutrient-dense nuts packed with healthy fats, protein, fiber, and antioxidants that support overall wellness. These premium-quality almonds help boost energy, improve brain function, promote heart health, and strengthen bones, making them an ideal choice for daily snacking and nutrition.

Available in Sizes:

100g, 200g, 500g

AMAYU RATNA GOLDEN RAISINS

Amayu ratna Raw Golden Raisins are naturally sweet, nutrient-rich, and packed with antioxidants that support overall health. These sun-dried raisins help boost energy, improve digestion, promote better skin health, and strengthen immunity, making them a perfect natural snack for everyday wellness.

Available in Sizes:

100g, 200g, 500g



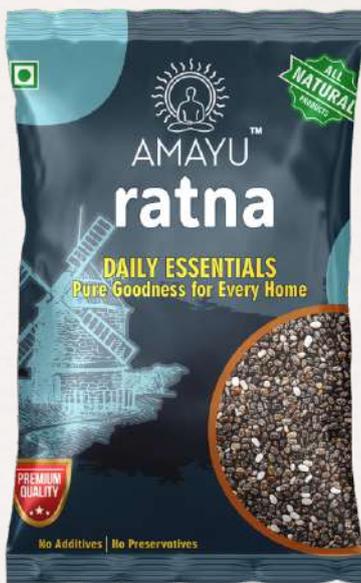
AMAYU RATNA WHOLE CASHEWS

Amayu ratna Whole Cashews are rich, creamy, and loaded with essential nutrients including healthy fats, vitamins, and minerals. These premium nuts support heart health, boost energy, improve bone strength, and promote overall wellness, making them a perfect anytime snack for daily nutrition.

Available in Sizes:

100g, 200g, 500g





AMAYU RATNA CHIA SEEDS

Amayu ratna Raw Chia Seeds helps in weight loss and helps to improve your digestive system. Consume raw chia seeds for weightloss every day. These organic edibleseeds suit well with every snackor meal at any time of your day.These are perfect seeds forglowing skin also.

Available in Sizes:
100g, 200g, 500g

AMAYU RATNA FLAX SEEDS

Amayu ratna Raw Flax Seeds (also known as Alsi seeds) are high-quality and purely natural seeds derived from the organically grown plants. Because of the presence of omega-3fatty acids in Alsi seeds, it can be really helpful in weight loss and enhancing skin health. This seeds mixture is also helpful for hair growth

Available in Sizes:
100g, 200g, 500g



AMAYU RATNA PUMPKIN SEEDS

Amayu ratna Raw Pumpkin Seeds are highly nutritious and beneficial for the entire body. These ediblePumpkin seeds are jumbo seeds and unprocessed. Amayu Raw Pumpkin Seeds are purely natural. These are rich in healthy fats, protein, fiber, essential nutrients and reduce inflammation, and boost the immune system

Available in Sizes:
100g, 200g, 500g

AMAYU RATNA SUNFLOWER SEED

Amayu ratna Raw Sunflower Seeds are highly nutritious and beneficial for the entire body. These Sunflower Seeds are purely natural. Amayu sunflower seeds that possess a mild nutty taste, which cannot resist you from wanting it more and has a firm texture

Available in Sizes:
100g, 200g, 500g





AMAYUTM ratna

HEALTH BENEFIT



Chia Seeds

Rich in Omega-3 & Fiber
Boosts Digestion & Energy



Flax Seeds

Supports Heart Health
High in Plant Omega-3



Pumpkin Seeds

Protein-Rich Superfood
Great for Immunity



Sunflower Seeds

Packed with Vitamin E
Helps Healthy Skin & Hair



Almonds

Brain & Energy Booster
High in Vitamin E



Cashews

Good Fats for Heart
Source of Minerals



Golden Raisins

Natural Energy Booster
Supports Healthy Digestion

HOW TO USE



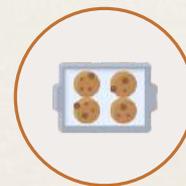
Smoothie



Salad



Breakfast
Bowl



Baking



Gifting



AMAYU™
ratna

AMOD FOODS & SPICES LLP

Office Address :-

40&41, Trinita Tower, 6th Floor, 5,
Swage Farm, New Sanganer Road, Jaipur - 302019 (Raj.)

Factory Address :-

Plot No. 3, Balaji Industrial Park,
New RIICO Road, Bagru, Jaipur - 303007, Rajasthan

+91 9166354111

support@amayu.in

Also Available On All Online Platforms

