

100% ALL NATURAL. GLUTEN-FREE. VEGAN.

Enjoy a wholesome, delicious, healthy, and nutritious shake.

All natural sprouted, roasted / popped ingredients provide Complex Carbs, Protein, Essential Fatty Acids, Fiber, Vitamins and minerals.

INGREDIENTS: Millets (25%) (Finger Millet, Fox Tail Millet, Brown Top Millet); Super Foods (20%) (Quinoa, Flax Seed, Chia Seed, Amaranth); Lentils and Pulses (35%) (Horse Gram, Green Gram, Bengal Gram); Nuts (12.5%) (Dry Dates, Almonds, Cashews, Pistachios, Walnuts); Spices (2.0%) (Fenugreek Seeds, Caraway Seeds, Cardamom, Cinnamon, Nutmeg, Clove, Black Pepper, Saffron); Jaggery, Guar Gum and Acacia Gum.

Allergen Notice: This product contains nuts.

How to Use?

READY TO USE. NO NEED TO COOK.

Simply mix 40 grams (4 tablespoons) in 500 ml of water, juice, milk or buttermilk, and shake vigorously in a glass or blender bottle. Or add fruits of choice and mix it in a blender.

Drink once a day as a MEAL REPLACEMENT. Provides all natural essential nutrients to sustain, maintain, rebuild and recover quickly from physical and mental stress.

POSHAN POORAK is a synergistic product. Each ingredient has impressive qualities and when put together, in precise amounts based on their Optimal Clinical Nutritional Value, single nutrients exponentially enhance each other's benefits. Nutrients interact and act simultaneously through multiple biological pathways and cellular mechanisms, and in the process, the positive effect of POSHAN POORAK becomes truly greater than the sum of its parts.

At BIOPRO Health Foods, our goal is to offer you the best health food products formulated with the most potent and purest ingredients possible. We implement strict quality control measures right from R&D and formulation through stringent tests of raw materials and evaluation of finished products so that we set and meet the highest gold standards expected from our brand GRAINBOW.

All-Natural products. Color, texture, flavor and other traits may vary from batch to batch.

Nutrition Facts

25 servings per container
Serving size 4 Tbsp (40g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated 1.5g	
Monounsaturated Fat 0.8g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 4g	2%
Added Sugars 4g	
Protein 14g	22%
Vitamin D 4mcg	20%
Calcium 120mg	10%
Iron 5mg	30%
Potassium 80mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Net Wt. 1 kg

Also available in 280g and 160g pouches



Manufactured & Marketed by
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ISO 22000:2018 (FSMA)

**STORE IN A COOL DRY PLACE,
KEEP OUT OF REACH OF CHILDREN
BEST BEFORE 12 MONTHS FROM MANUFACTURE**

SUPERFOOD MIX
NO NEED TO COOK

FULL OF ENERGY
READY TO DRINK



GRAINBOW
HEALTH FOODS



INDIA'S ORIGINAL SUPERFOOD

POSHAN POORAK

Nutrient Dense



**Immune Boosting
Functional Nutrition
for Health & Wellness**

The Wholesome Power-Blend of
Sprouted/ Roasted Millets, Pulses,
Legumes, Superfoods, Nuts & Spices.

**26 Organic
Natural
Ingredients**

NO ADDITIVES or PRESERVATIVES.

GRAINBOW.COM



POSHAN POORAK Immune-Booster Power Nutrition Blend

POSHAN POORAK is a complete food, prepared in a traditional way for maintenance, growth, development, and recovery. It can be very beneficial for active adults, recuperating and fragile adults, young children above the age of 5 years and for pregnant and lactating women as well.

POSHAN POORAK is 100% Natural Vegan product. We have carefully chosen only such ingredients that are time-tested and have proven to improve health and well-being and do not have any contraindications.

Horse gram (hurali), Green gram (mung), and Bengal gram (channa) provide fibre, protein, carbohydrate, B vitamins, iron, copper, magnesium, manganese, zinc, and phosphorous. They are rich in essential amino acids, such as phenylalanine, leucine, isoleucine, valine, lysine, arginine, etc. Essential amino acids are those that your body is unable to produce on its own.

Finger millet (Ragi), Foxtail millet (Navane), Browntop millet (Korle) Amaranth (Rajgira) are all rich in protein, complex carbs, soluble fibres, vitamins, minerals, and antioxidants. They are alkaline and they digest easily.

Millets act as a prebiotic feeding the microflora in the guts. They are gluten-free and non-allergenic.

The gluten-free Superfoods, seeds of Chia, Flax, and Quinoa, are rich in nutrients such as protein, omega-3 fatty acids, antioxidants, fibre, bioflavonoids, alpha-linolenic acid, and lignans. They improve digestive health, lower blood pressure, lower bad cholesterol and provide several health benefits.

Nuts and dates increase the amount of crucial vitamins, minerals, fibre, antioxidants protein and the heart healthy

fatty acids. Nuts help in reducing the risk of diabetes, and heart disease. They help with weight management, and also have strong anti-inflammatory properties.

Spices not only add to the flavor but also provide chock-full of healthy compounds. They boost metabolism, improve digestion, fight inflammation, and remove free radicals and fight bacteria. Pure Spanish Saffron has antioxidants such as crocin, crocetin, safranal, and kaempferol. Edible Guar gum and Acacia gum, are water-soluble fibres and are also prebiotics that stimulate the growth of beneficial bacteria in the guts.