



## ASARIO 500GM



**Asario (Haleem) Seeds**, also known as Garden Cress seeds, are nutrient-rich seeds traditionally used to support strength, energy, and overall wellness. They are known for aiding digestion and are commonly used in home remedies and traditional recipes.

## □ **Swastik Asario (Haleem) Seeds - Key Features**

- **Premium Quality Haleem Seeds**

Carefully selected Asario (Garden Cress) seeds known for their freshness, purity, and natural potency.

- **100% Natural & Pure**

Free from artificial colors, preservatives, and additives, maintaining their natural nutritional value.

- **Rich Source of Nutrients**

Naturally high in iron, calcium, fiber, and essential minerals that support overall health and vitality.

- **Supports Strength & Energy**

Traditionally used to help improve stamina, physical strength, and general body nourishment.

- **Aids Digestion & Metabolism**

Helps promote healthy digestion and supports metabolic balance when used regularly.

- **Beneficial for Women's Health (Traditional Use)**

Commonly used in traditional practices to support post-pregnancy recovery

and general wellness.

- **Versatile Usage**

Can be soaked and consumed directly, added to milk, laddoos, or used in traditional recipes and herbal remedies.

- **Hygienically Processed & Packed**

Cleaned and packed under hygienic conditions to ensure freshness, safety, and longer shelf life.

**Categories:** Whole Spices