



HORSEGRAM 1KG





☐☐ **Swastik Brand Horsegram 1Kg**

Swastik Brand Horsegram 1Kg is a premium-quality selection of whole horsegram (Kulthi/Kollu), carefully sourced and hygienically packed to preserve freshness, purity, and authentic taste. Naturally rich in plant-based protein, dietary fibre, and essential minerals, Horsegram is ideal for preparing soups, curries, sprouts, and wholesome family meals. Nutritious, versatile, and packed with natural goodness, it is the perfect choice for healthy everyday cooking and balanced family nutrition.

Key Benefits:

Rich in Protein • High in Fibre • Supports Digestive Health • Provides Sustained Energy • Rich in Essential Minerals • Hygienically Packed.

☐☐ **Swastik Brand Horsegram 1Kg**

Ancient. Nutritious. Naturally Powerful.

Swastik Brand Horsegram 1Kg is a premium-quality selection of whole horsegram (Kulthi/Kollu), carefully sourced and hygienically packed to deliver exceptional freshness, purity, and authentic taste. Revered as one of India's oldest and most nutritious legumes, Horsegram is widely used in traditional recipes, soups, curries, sprouts, and health-focused meals. Naturally rich in plant-based protein, dietary fibre, and essential nutrients, it is an excellent addition to a balanced and wholesome lifestyle.

☐ **Key Features**

Premium Quality Whole Horsegram – Carefully selected for superior quality, freshness, and purity.



100% Natural & Pure – Free from artificial colours, preservatives, and additives.

Rich Authentic Taste – Delivers the earthy flavour and texture cherished in traditional Indian cuisine.

Versatile Ingredient – Ideal for preparing soups, curries, rasam, sprouts, salads, and wholesome family meals.

Naturally Rich in Plant-Based Protein – An excellent vegetarian source of protein for daily nutrition.

High in Dietary Fibre – Supports balanced eating habits and digestive wellness.

Nutrient-Dense Legume – Naturally rich in iron, calcium, phosphorus, and antioxidants.

Hygienically Packed – Processed and packed under strict quality standards to preserve freshness and purity.

□ **Health Benefits of Horsegram**

Rich in Plant-Based Protein – Helps support muscle maintenance and provides sustained energy throughout the day.

Supports Digestive Health – High dietary fibre promotes healthy digestion and overall gut wellness.

Supports Healthy Weight Management – The combination of protein and fibre promotes satiety and helps you feel fuller for longer.

Supports Heart Health – Naturally low in fat and cholesterol-free, making it a heart-friendly food choice.

Rich in Iron & Essential Minerals – Contains iron, calcium, phosphorus, and magnesium that contribute to overall well-being and vitality.



May Help Support Healthy Metabolism – Traditionally valued as a wholesome legume for maintaining an active and balanced lifestyle.

Provides Sustained Energy – Complex carbohydrates provide slow-release energy and help maintain active lifestyles.

Promotes Overall Wellness – A nutrient-rich ancient legume that complements healthy and balanced family nutrition.

□ **Packaging Information**

Pack Size: 1 Kg (1000g)

Packaging Type: Premium food-grade, hygienically sealed pouch designed to preserve freshness, purity, and product quality.

Storage Instructions: Store in a cool, dry place away from direct sunlight. Once opened, transfer to an airtight container to maintain freshness and prevent moisture absorption.

Suitable For: Everyday household cooking, traditional Indian recipes, health-conscious consumers, sprouts, soups, and wholesome family meals.

□ **Swastik Brand Horsegram 1Kg combines the goodness of an ancient superfood with premium quality and natural nutrition, making it the perfect choice for healthy everyday living and balanced family meals.**

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