



RAGI WHOLE 1KG





☐☐ **Swastik Brand Ragi Whole 1Kg**

Swastik Brand Ragi Whole 1Kg is a premium-quality selection of whole finger millet, carefully sourced and hygienically packed to preserve freshness, purity, and natural goodness. Naturally rich in calcium, dietary fibre, and essential nutrients, Ragi is ideal for preparing porridge, rotis, dosa, malt drinks, and wholesome family meals. Nutritious, versatile, and naturally gluten-free, it is the perfect choice for healthy everyday living and balanced family nutrition.

Key Benefits:

Rich in Calcium • High in Fibre • Supports Digestive Health • Provides Sustained Energy • Gluten-Free • Hygienically Packed.

☐☐ **Swastik Brand Ragi Whole 1Kg**

Wholesome. Nutritious. Naturally Powerful.

Swastik Brand Ragi Whole 1Kg is a premium-quality selection of whole finger millet, carefully sourced and hygienically packed to deliver exceptional freshness, purity, and natural goodness. Renowned as one of the most nutritious ancient grains, Ragi is widely used in preparing porridge, rotis, dosa, malt drinks, and a variety of healthy recipes. Naturally rich in calcium, dietary fibre, and essential nutrients, Whole Ragi is an excellent addition to a balanced and healthy lifestyle for all age groups.

☐ **Key Features**

Premium Quality Whole Ragi (Finger Millet) – Carefully selected for superior quality, freshness, and purity.



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

Rich Authentic Taste – Delivers the natural, earthy flavour cherished in traditional Indian cuisine.

Versatile Ingredient – Ideal for preparing porridge, rotis, dosa, malt, baked goods, and wholesome family meals.

Naturally Rich in Calcium & Dietary Fibre – Supports daily nutritional requirements and overall wellness.

Nutrient-Dense Ancient Grain – Contains essential minerals, antioxidants, and plant-based nutrients.

Gluten-Free Grain – Naturally suitable for individuals seeking gluten-free dietary options.

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

☐ **Health Benefits of Whole Ragi**

Rich in Calcium – Helps support strong bones and teeth, making it beneficial for growing children, adults, and seniors.

High in Dietary Fibre – Promotes healthy digestion and supports overall gut wellness.

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

Supports Healthy Weight Management – Fibre content promotes satiety and helps you feel fuller for longer.

Supports Heart Health – Naturally low in fat and cholesterol-free, making it a



heart-friendly grain choice.

May Help Maintain Healthy Blood Sugar Levels – The low glycaemic properties of ragi support balanced nutrition when consumed as part of a healthy diet.

Rich in Essential Minerals – Contains iron, magnesium, phosphorus, and antioxidants that contribute to overall well-being.

Supports Overall Wellness – A wholesome, nutrient-rich grain suitable for daily consumption 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.

Categories: Lentile