

GOLDEN KHAREK 200GM SWASTIK



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Golden Kharek. This 200gm pack features premium quality, sun-dried dates (also known as Khajur, Chhuhara, or Kharek) that are a timeless Indian digestive aid and mouth freshener. Unlike sugary mints or candies, Golden Kharek offers a delicious and healthy way to cleanse your palate, aid digestion, and satisfy your sweet cravings naturally. Enjoy it as a traditional mukhwas after meals or as a nutritious, energy-boosting snack any time of day.

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Key Features & Benefits

- **100% Natural Dried Dates:** Made from pure, selected dates, simply dried to perfection. Contains no added sugars, artificial sweeteners, colors, or preservatives. It's pure, unadulterated natural goodness.
- **Excellent Digestive Aid:** A traditional and effective remedy to naturally stimulate digestion and relieve discomfort after meals. A few pieces of Kharek after eating can help promote gut health.
- **Natural Mouth Freshener:** Effectively neutralizes odors and leaves your mouth feeling fresh and clean, making it a perfect alternative to synthetic breath mints.
- **Rich in Natural Nutrients:** A powerhouse of natural energy. It is an excellent

source of Dietary Fiber, Iron, Potassium, and essential vitamins, supporting overall health, energy levels, and blood circulation.

- **Healthy Sugar-Free Snack:** Its inherent sweetness makes it a perfect treat for those looking to reduce refined sugar intake. It's a guilt-free snack for weight-watchers, diabetics (in moderation), and health-conscious individuals.
- **Versatile Usage:** Enjoy it on its own as mukhwas, chop it into oatmeal or yogurt, use it in baking, or blend it into smoothies for natural sweetness.
- **Trusted Swastik Quality:** A product from the house of Swastik, ensuring you receive a clean, hygienically processed, and premium product that upholds traditional values.

Categories: Mukhwas