

HARDE 200 GM



Embrace the ancient wisdom of Ayurveda with **Swastik Harde Mukhwas!** This 200g pack features *Harde* (Haritaki/*Terminalia chebula*), a revered Ayurvedic



ingredient known for its digestive and detoxifying properties. Blended with digestive seeds like fennel and ajwain, this mukhwas offers a unique, slightly bitter-sweet taste that cleanses the palate, boosts digestion, and promotes overall wellness. Perfect for Ayurveda enthusiasts and those seeking a natural, potent digestive aid!

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## Key Features & Benefits

- **Ayurvedic Powerhouse:** Haritaki (Harde) is celebrated in Ayurveda for supporting digestion, detoxification, and respiratory health.
- **Digestive Support:** Combines harde with fennel seeds (saunf) and ajwain to reduce bloating and improve gut function.
- **100% Natural:** No artificial flavors or preservatives. Made with pure harde powder and natural digestive seeds.
- **Detoxifying Properties:** Helps cleanse the body and balance the three doshas (Vata, Pitta, Kapha).
- **Breath Freshener:** Neutralizes odors and leaves a subtle earthy aftertaste.



- **Unique Flavor Profile:** Offers a distinct bitter-sweet taste that grows on you with time.

**Categories:** Mukhwas