

jīvat

Catalog

SUNFLOWER SEEDS

Sunflower seeds are an excellent snack that gives you protein and healthy fats, They also make a delightful, crunchy addition to a vegetable salad , provide flavour for a sandwich, or form the bulk of a vegetarian burger. No matter how you use your sunflower seeds, you can enjoy the benefits of the nutrients that are contained in each crunchy kernel.



RAW SUNFLOWER SEEDS 100GM	-100Rs
RAW SUNFLOWER SEEDS 200GM	- 190Rs

BASIL SEEDS

Basil seeds are low in cholesterol and high in monounsaturated fats, which can be beneficial for diabetics and sugar-conscious people in fibre and low in cholesterol, these seeds are effective in making you feel full , thus helping you to prevent binge eating and promotes weight loss. Basil seeds are helpful in maintaining skin health as they are rich in antioxidants. The antibacterial properties prevent the harmful bacteria from entering into the body, thus helping to strengthen the skin cells. These basil seeds contain fibre in high amounts.

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BASIL SEEDS 100GM -75Rs

BASIL SEEDS 200GM -140Rs

CHIA SEEDS

Jivatu Seeds brought to you the finest chia seeds which is the perfect blend of taste and nutrition. Chia Seeds deliver a massive amount of nutrients with very few calories, it also has high proteins and help in reducing the risk of heart disease. To achieve health goals one needs to add them to their day-to-day life.



CHIA SEEDS 130GM	-130Rs
CHIA SEEDS 250GM	-250Rs

FLAX SEEDS

Flax seeds have been considered as a “Nutrition Power of House” and have been used for a variety of health benefits over the centuries such as Heart conditions, Diabetes, Constipation, Skin health, and many more. It is a rich source of heart-healthy Omega 3 fatty acids-Alpha-Linolenic Acids (ALA) and offers a variety of beneficial nutrients such as proteins, Fibers, Vitamins, Minerals, and Antioxidants.



ROASTED FLAX SEEDS 100GM - 45Rs

ROASTED FLAX SEEDS 175GM -87Rs

HEALTHY MIX SEEDS

Jivatu Mix Seeds has been made with goodness of four natural seeds like Sunflower, Pumpkin, Flax, Watermelon to provide you a ready-to-eat nutty, crunchy, and nutritious munching option. Mix Seeds is easy to use and can be added to your daily diet regime. These seeds are known to contain health beneficial nutrients such as Protein, Fiber, Vitamins, Minerals, and Healthy Fats Omega-3 (ALA) that may help you achieve different health goals by improving the nutritional quality of your favourite meals.



RAW MIX SEEDS 100GM -115Rs

RAW MIX SEEDS 200GM -220Rs

MIX SEEDS ROASTED

Our Roasted Mix Seeds is packed with 4 super seeds including four natural seeds like Sunflower, Pumpkin, Flax, Watermelon, all of are highly rich in plant-based protein. Fibrous seeds present in this seed mix is not only great for fulfilling your hunger, but also improves your digestive system by adding a bulk to the stools and preventing problems such as constipation. These seeds are also rich in antioxidants which can help in keeping the free radicals from entering into the body and preventing the cause of any infectious disease. Being a rich source of dietary fibre, these seed based snacking munchies are fulfilling enough to keep you satiated for longer duration.



ROASTED MIX SEEDS 175GM -240Rs

POWDER FLAX SEEDS

Jivatu Flax Seeds Powder is simply known for its tremendous health benefits. It is an excellent source of Omega-3 fatty acids, fibers, and plant-based protein hence helps in weight management hunger cravings. Jivatu Flax Seeds Powder can be used while baking biscuits and cakes to make them more crunchy yet nutritious, You can mix grounded flax seeds in smoothies to boost their nutritional value. Sprinkle Flax Seeds powder on Oatmeals and yogurt for even more benefits.



POWDER FLAX SEEDS 200GM - 90Rs

ROASTED PUMPKIN SEEDS

Jivatu Roasted Pumpkin seeds are highly nutritious and packed with powerful antioxidants. Eating them can help solve dietary deficiencies and may protect against various health problems. In fact, pumpkin seeds have been shown to improve heart health, blood sugar levels, fertility and sleep quality.



ROASTED PUMPKIN SEEDS 200GM

-270Rs

ROASTED WATERMELON SEEDS

Jivatu Roasted Watermelon seeds are purely natural & can be consumed in the form of a snack, since its totally guiltfree and rich in nutrients. Watermelon Seeds are in the limelight due to their high content of vitamins and nutrients. Watermelon is always considered as a superfruit that helps in hydrating your body and prevent dehydration. But the seeds are always thrown away.



ROASTED WATERMELON SEEDS 100GM -95Rs

ROASTED WATERMELON SEEDS 200GM -180Rs

QUINOA SEEDS

A delicious and nutritious plant-based protein, Quinoa seeds are often described as a superfood. True to the name it has earned, Quinoa Seeds, have high nutritional value, not only it is a great source of protein and dietary fibers, this gluten-free grain is rich in vitamins, minerals, and antioxidants. Quinoa seeds are good for diabetics as it has a low glycemic index of 53 and is a healthy alternative to rice and wheat. Quinoa, a flowering plant in the Amaranth Family, is the only Complete Plant Protein and has all of the essential amino acids. It is a light and fluffy alternative to rice and grains.



QUINOA 200GM - 140Rs

PUMPKIN SEEDS

Pumpkin seeds are a good source of healthful oils, magnesium, and other nutrients that enhance the health of the heart, bones, and other functions. Seeds, in general, are considered excellent sources of potassium, magnesium, and calcium. Plant seeds are also a good source of polyunsaturated fatty acids (PUFAs) and antioxidants. The fatty acids in pumpkin seeds contain a range of beneficial nutrients, such as sterols, squalene, and tocopherols. Researchers have described the fatty acid profile of seeds, grains, and legumes as "favourable".



RAW PUMPKIN 100GM -130Rs

RAW PUMPKIN 200GM -250Rs

CUCUMBER SEEDS

Cucumber seeds are a rich sources of essential vitamins and minerals . Cucumber seeds have a high water content, making then beneficial in their hydrating and antioxidant properties. These benefits make then great for maintaining good skin & hair health. They also help in treating urinary tract infections, fatigue & stress.



CUCUMBER 100GM -230Rs

MUSKMELON SEEDS

Jivatu Muskmelon seeds are naturally loaded with a high level of phytonutrients (alpha and beta-carotene), folates , folic acid , potassium, vitamins like C,E,K, and A which are highly required nutrients to keep skin natural , soft, glowing healthy and younger-looking. The muskmelon seeds are protein-rich.



RAW MUSKMELON SEEDS 100GM -125Rs

HALIM SEEDS

Halim seeds are high in protein Vitamin A, folate, Vitamin C, Calcium and iron . For all the ladies, halim is credited for aiding in regulating menstrual cycles and its rich folate content is invaluable for expectant mothers.



RAW HALIM SEEDS 100GM -75Rs

CHANA SATTU

Chana sattu is rich in protein ,fibre ,calcium, iron, manganese, and magnesium Sattu has long been used in rural areas to cool down the body. Sattu sherbet is a great drink to quench your thirst during summer . The high amount of insoluble fibre in sattu is great for the intestines . It cleanses your colon, detoxifies it of greasy food , rejigs your digestion, and nixes flatulence, constipation, and acidity.

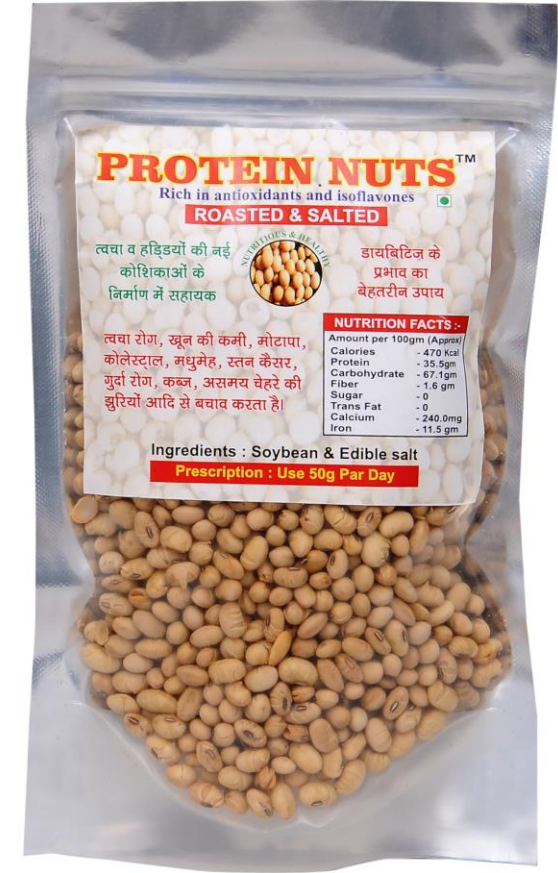


CHANA SATTU 200GM -55Rs

CHANA SATTU 400GM -100Rs

PROTEIN NUTS

Dry roasted soybeans are dense with vitamins, minerals, protein and healthy fats, and provide isoflavones that may protect you from cardiovascular disease over the long term. Their fiber content adds bulk and gives you a long-lasting feeling of fullness, and their carbohydrates and protein feed your brain and muscles, keeping you energized.



PROTEIN NUT 200GM -87RS

PROTEIN NUT 400GM -160RS

PROTEIN NUT 300GM JAR -135RS

PROTEIN NUT 500GM JAR -225RS