

## PRICE LIST WEF 1/4/2017

NATURAL REMEDIES			
1	<b>AMLA POWDER</b> (Good for constipation and entire body.)	200g	50.00
2	<b>AMRIT [ANTI DIABETIC POWDER]</b> Controls diabetes with no side effect.	300g	110.00
3	<b>ARJUN CHAAL POWDER</b> It is a cardio tonic and relieves hypertension.	100g	75.00
4	<b>ASHWAGANDA POWDER</b> Is a tonic for the heart and lungs and rejuvenates tissues	50g	50.00
5	<b>JAMUN POWDER</b> Good remedy for digestive ailments & diabetics	200g	45.00
6	<b>BRAHMI POWDER</b> Improves concentration & mental performance, good for insomnia.	50g	50.00
7	<b>GREEN TEA (LEAF)</b> With natural antioxidants, great slimming solution, promotes heart health.	80g	90.00
8	<b>KARELA POWDER</b> Has 'plant-insulin' and is specifically useful for diabetes.	200g	50.00
9	<b>MULATHI POWDER</b>	100g	50.00
10	<b>PUDINA POWDER</b> Helps digestion, cures upset stomach good for asthma and cough.	100g	75.00
11	<b>SHANKPUSHPI POWDER</b> Used as a brain tonic, good for hypertension and skin.	50g	35.00
12	<b>HERBAL SLIM TEA</b> Increases the metabolic rate helping in fat and weight loss naturally.	100g	80.00
13	<b>TAAZGI HERBAL TEA</b>	100g	70.00
14	<b>TRIFLA POWDER</b> (Good for constipation and acidity.)	200g	45.00
15	<b>TULSI POWDER</b> Protects from all infections & beneficial in reducing cholesterol.	100g	75.00
16	<b>BEL POWDER</b> Reliable Remedy for dysentery, diarrhea & good for diabetics.	200g	45.00
17	<b>NEEM POWDER</b> (Purifies blood and enhances immunity.)	200g	45.00

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### HERBALS

1	<b>Neem Batti-Neem Bath</b>	100g	40.00
	Chemical free soap made from multani mitti.		
2	<b>Keshkalp Hair Washing Powder</b>	200g	55.00
	Makes hair clean & healthy, free from dandruff.		
3	<b>Multani Mitti</b>	200g	25.00
4	<b>Nikhar Herbal Skin Mask</b>	100g	40.00
	Good for a healthy flawless skin.		
5	<b>Plain Mehndi</b>	100g	30.00
6	<b>Rachika Herbal Mehndi</b> For conditioning and colouring.	100g	35.00
7	<b>Reetha Powder</b> Gives hair gloss and bounce.	200g	45.00
8	<b>Sandalwood Powder</b>	20g	50.00
9	<b>Shikakai Powder</b> Gives hair gloss and bounce.	200g	45.00

### ATTA

1	<b>ANTI DIABETIC ATTA</b> (Wheat less 9 grain Atta)	1kg	75.00
2	<b>BAJRA ATTA</b>	500g	35.00
3	<b>BARLEY ATTA</b> (Good for diabetics, weight reducer.)	500g	40.00
4	<b>CHANA ATTA</b>	500g	100.00
5	<b>HIGH PROTEIN ATTA</b> (Rich in proteins and fibre.)	1kg	85.00
6	<b>JAWAR ATTA</b>	500g	40.00
7	<b>MAKKA ATTA</b>	500g	40.00
8	<b>MISSI ATTA</b>	500g	110.00
9	<b>SOYA ATTA</b> (Low in sodium and cholesterol, ideal for weight loss.)	500g	75.00
6	<b>BARLEY SATTU</b> (good for diabetes and kidney problems.)	500g	60.00
7	<b>CHANA SATTU</b> (tonic for our body & health. It is also good for skin)	500g	100.00
8	<b>ORGANIC RAGI ATA</b>	500g	90.00

Assited by Delhi Khadi & Village Industries Board

AN FSMS ISO 2000:2005 CERTIFIED COMPANY



**SUSHMA GRAM UDYOG**



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## PRICE LIST WEF 1/4/2017

HEALTH FOODS			
1	<b>AKSHAT BROWN RICE</b>	500g	100.00
	Ideal for diabetic patients, calorie conscious people, high blood pressure.		
2	<b>ALFA-ALFA SEEDS</b>	100g	80.00
	Has amino acids, excellent tonic. Good for arthritics & high blood pressure.		
3	<b>AMLA DRY</b> (Good for constipation and eyes.)	200g	40.00
4	<b>ANARDANA GOLI</b> (Good for digestion.)	100g	40.00
5	<b>FLAX SEEDS</b>	200g	60.00
	Reduces cholesterol, blood pressure and risk of heart attack.		
6	<b>FUJLA - WHEAT BRAN</b>	250g	25.00
	Excellent source of fibre. Good for acidity and constipation.		
7	<b>HING GOLI</b> (Good for digestion.)	100g	40.00
8	<b>KHANDSARI</b> (Natural sugar.)	500g	50.00
9	<b>PEARL BARLEY</b> Packed with fiber. Slim on fat and cholesterol-free.	200g	25.00
10	<b>WHEAT MEAL - WHEAT GERM</b>	200g	65.00
	Low fat high fibre diet. Richest source of vitamin E.		
DALIA AND BREAKFAST CEREALS			
1	<b>ANKUR - SPROUTED WHEAT DALIA (ROASTED)</b>	500g	35.00
	Nourishment for body, healthy heart.	<b>ANKUR</b> 1kg	70.00
2	<b>BAJRA DALIA</b>	500g	50.00
3	<b>BARLEY DALIA</b> (Good for diabetics, weight reducer.)	500g	60.00
4	<b>CORN FLAKES</b> (Ready to eat breakfast cereal.)	200g	40.00
5	<b>NUTRITION MIX DALIA (Multi grain dalia)</b>	500g	45.00
	Low fat food, weight reducer, promotes fitness.	<b>MIX DALIA</b> 1kg	90.00
6	<b>OAT BRAN / OAT MEAL</b>	200g	55.00
	Richest source of dietary fibre, reduces cholesterol.		
8	<b>WHITE OATS</b> (Richest source of dietary fibre, reduces cholesterol.)	200g	55.00
9	<b>PAANCH RATAN KICHIDI</b> Low fat food, weight reducer, promotes fitness.	250g	50.00

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<b>PAPAD AND WADI</b>			
1	Aloo Chips	150g	65.00
2	Aloo Lachcha	150g	65.00
3	Fryms	200g	35.00
4	Makka Chips	200g	35.00
5	Mangodi Sprouted Moong	200g	55.00
6	Mangodi Tomato	200g	55.00
7	Mangodi Urad	200g	55.00
8	Moong Mangodi	200g	55.00
9	Papad Moong Spl.	200g	80.00
10	Papad Moong Punjabi Masala	200g	80.00
11	Papad Moong Pudina	200g	80.00
12	Papad Chana Masala	200g	80.00
13	Papad Chana Methi	200g	80.00
14	Papad Chana Lehsun	200g	80.00
15	Papad Urad Spl.	200g	80.00
16	Papad Urad Masala	200g	80.00
17	Papad Rice	200g	40.00
18	Poha	400g	45.00
19	Sabudana Chips	100g	40.00
20	Sabudana Papad	200g	50.00
21	Soya Wadi	150g	30.00

<b>ACHAR AND MURABBA</b>			
1	Aam Achar	500g	120.00
2	Mix Achar	500g	120.00
3	Nimbu Garam Masala	500g	120.00
4	Lal Mirch Achar	500g	120.00
5	Hari Mirch Achar	500g	120.00
6	Adrak Achar	500g	140.00
7	Lehsun Achar	500g	140.00
8	Dhela Achar	500g	140.00

<b>ROASTED HEALTHY SNACKS</b>			
1	SOYA KATORI	130g	50.00
2	SOYA CHIPS	200g	70.00
3	SOYA STICKS	200g	70.00
4	PUDINA CHIPS	200g	70.00
5	GARLIC CHIPS	200g	70.00
	CHEESE CHIPS	200g	70.00
	SOYA BHEL	200g	70.00

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SPICES WHOLE			
1	Ajwain	50g	45.00
2	Badi Elaichi	20g	80.00
3	Choti Elaichi	20g	55.00
4	Kasuri Methi	50g	30.00
5	Dalchini	50g	30.00
6	Hing	20g	50.00
7	Jeera Sabut	100g	40.00
8	Jeera Sabut	200g	80.00
9	Kali Mirch Sabut	50g	80.00
10	Long	20g	45.00
11	Methi	100g	30.00
12	Rai	100g	35.00
13	Sarsoan	100g	35.00
14	Saunf Mithi	100g	45.00
15	Saunf Moti	100g	40.00
16	Tejpatta	50g	20.00

BLENDED SPICES			
1	Bhalla Papri Masala	100g	60.00
2	Biryani Masala	100g	60.00
3	Chana Masala	100g	60.00
4	Chat Masala	100g	60.00
5	Jaljeera Masala	100g	60.00
6	Kitchen King	100g	60.00
7	Meethi Chatni	100g	60.00
8	Methi Chatni	100g	60.00
9	Paneer Tikka Masala	100g	60.00
10	Pav Bhaji Masala	100g	60.00
11	Pudina Chatni	100g	60.00
12	Raita Masala	100g	60.00
13	Rajmah Masala	100g	60.00
14	Sambhar Masala	100g	60.00
15	Shikanji Masala	100g	60.00
6	Subzi Masala	100g	60.00
17	Tea Masala	20g	70.00
18	Thandai Masala	100g	60.00

SPICES GROUNDED			
1	Amchur	100g	55.00
2	Dalchini Powder	50g	40.00
3	Dhania Powder	200g	90.00
4	Garlic Powder	100g	60.00
5	Haldi Powder	200g	70.00
6	Hing Powder	20g	50.00
7	Jeera Powder	100g	45.00
8	Jeera Powder Bhuna	100g	50.00

SPICES GROUNDED			
9	Kala Namak	200g	15.00
10	Kali Mirch Powder	50g	85.00
11	Kashmiri Mirch	100g	60.00
12	Lal Mirch Powder	200g	70.00
13	Methi Powder	100g	40.00
14	Sainda Namak	200g	15.00
15	Saunth Powder	100g	60.00
16	Special Garam Masala	50g	60.00