WHOLE ROASTED MAKHANA

PREMIUM QUALITY • THE FOX NUT SUPERFOOD

Nutritional Value Chart (per 100g Pure Makhana)

NUTRIENT	AMOUNT (APPROX.)
Energy / Calories	347 - 362 kcal
Protein	9.7 g - 11.16 g
Carbohydrates	76.9 g
Dietary Fiber	11 g - 14.5 g
Total Fat	0.1 g - 0.5 g
Calcium	60 mg
Magnesium	67.2 mg
Potassium	500 mg
Iron	1.13 mg - 1.4 mg

Key Benefits of Makhana

Nutrient-Dense Powerhouse: Packed with essential minerals like magnesium, potassium, and calcium which support heart, muscle, and bone health.

Supports Weight Management: Low in calories and fat, but high in protein and dietary fiber, which promotes a feeling of fullness and prevents overeating.

Rich Source of Antioxidants: Contains gallic acid, chlorogenic acid, and epicatechin that neutralize harmful free radicals, reduce inflammation, and support cell repair and anti-aging.

Promotes Heart Health: Low sodium and high potassium help regulate blood pressure, while zero cholesterol supports healthy cardiovascular function.

Improves Digestion: The high fiber content adds bulk to stool, facilitating smooth bowel movements, preventing constipation, and supporting gut health.

Blood Sugar Management: With a low glycemic index (around 22), it helps regulate blood sugar levels, making it a safe snack for diabetics.

Gluten-Free Alternative: Naturally free of gluten, making it an excellent nutritious choice for those with wheat allergies or celiac disease.

About Be Herbal

Be Herbal™ – Include Herb's Life in You

At Be Herbal, we believe in gaining health with our premium range of organic and ayurvedic products, including Makhana, Turmeric, and Sattu Powder. We are passionate about traditional Indian superfoods and spices that offer immense health benefits such as immunity boosting, anti-inflammatory properties, and anti-oxidant support.

We work with affiliates all over India who share our love for natural wellness and have become lifelong partners in our amazing growth story. Our products are trusted and loved by individuals as well as many corporate houses for gifting, promoting a lifestyle rooted in health and tradition.

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