



MAKHANA

FOX NUTS



Makhana (Foxnut), also known as prickly water lily, *Euryale ferox*, Gorgon Nut, is grown in India. It comes from the lotus seeds. Foxnut (Makhana) can be mixed with vegetables, popped like corn and made into yummy Porridge. Makhana has been proven to be high nutrients food which is rich in medicinal properties and good for daily health diet. The nutrients contained are vitamin, minerals and fibres. Makhana is a high value commodity commercially cultivated only in Bihar. And certain parts of eastern India.

Euryale ferox (common names prickly water lily, fox nut, Foxnut, gorgon nut or Makhana) is the only extant species in the genus *Euryale*.

The seeds of Foxnut are used in Ayurveda preparations and in traditional Chinese medicine. These seeds are often used in quite a few Indian sweets and savouries like Kheer, Raita or Makhana curry, and are also eaten as an evening tea-time snack.

Product Details:

- Product Type - Makhana
- Style - Dried
- Colour - White
- Grade - Food grade
- Origin - India
- Shelf Life - 4-6 Months

4 - 5 - 6 Suta Makhana

Payment Term: - Advance | Delivery time: - Depend on country to Country

MAKHANA NUTRITION VALUE	Quantity - 100 g	Protein - 9.7 g	Carbohydrates - 76.9 g
		Calories - 347 Cal	Fats - 0.1 g

10 HEALTH BENEFITS OF MAKHANA

Instead of taking sleeping pills, take Makhana! Proven to help, it is a much healthier solution to deal with insomnia.

**INSOMNIA
REMEDY**



Makhana is a good snack as well as a good source of calcium. 60mg in every 100g.

**RICH IN
CALCIUM**



The high potassium and lower sodium contained in Makhana is good for anyone with hypertension. It helps to regulate blood.

**GOOD FOR
BLOOD
PRESSURE**



For those with arthritis, Makhana's high calcium content is a real benefit.

**ARTHRITIS
SOLUTION**



Makhana is recommended for those with digestion issues because its very high fibre content is proven to be good for body metabolism.

**HELPING TO
DEAL WITH
DIGESTION**



Roasted Makhana could become a coffee substitute. For those worried about having too much coffee being bad for their health, substituting coffee with Makhana is the healthier solution.

**COFFEE
SUBSTITUTE**



Makhana is rich in kaempferol which is a well known anti-aging property.

**CONTAINS SPECIAL
ENZYME TO
FIGHT AGEING**



Makhana contains medical properties which are believed to strengthen the heart and improve cardiovascular function.

**REDUCES HEART
DISEASE RISK**



By being high in fibre and low in fat Makhana helps the metabolism system, making your stomach feel full, while low fat is an immediate support in any weight loss diet program.

**WEIGHT LOSS
SOLUTION**



The high nutrients contained in Makhana are good for pregnant women at high risk of gestational diabetes and hypertension and the high calcium content is very good for fetal development.

**GOOD FOR
PREGNANT
WOMEN**



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