Makhana Amrit Mantra
bridging ancient wisdom with modern lifestyle

Makhana Amrit Mantra Pvt. Ltd.
The MAK-SNACK: Mindful, Healthy Snacking, anytime anywhere...™
Makhana Amrit Mantra Pvt. Ltd.
Producers, Exporters & Technology Innovators-Raw, Roasted Flavored Makhana/Fox Nuts

The MAK-SNACK: Mindful, Healthy Snacking, anytime anywhere...™

Makhana Snacking - It’s Hasty-Tasty & Very Healthy!
So, go ahead tickle your taste buds without any regret!!™

Easy to roast/microwave at home within 3 minutes.

Snack Guilt-Free with The Superfood - Makhana, your way at home.
**ABOUT US**


- We are a team of seasoned global professionals (based in India, USA, Germany, UK, Canada and Singapore) with rich international experience.

- We are going global with a variety of Raw/Roasted/Flavored Makhanas/Fox Nut-based products. At the first stage of our Business expansion, we EXPORT Makhanas/Fox Nuts to selected target geographic regions and identify existing or potential bulk/large buyers in the region.

- In the second phase of our global rollout - 2022, we are launching several patented Makhana-based products, flavors along with retail and household equipment (AI/IoT driven). Driving National and International consumption and growth along with our identified strategic partners by introducing and offering our license to multiply their ROI by five-fold. We welcome inquiries from potential distributors, retailers, franchise partners on our license policy.

- Finally, in the third phase, We are launching a variety of patented **Signature Fox Nut products** such as Makhana Snacks/Pops, Fox Nut Flour for baking naturally Gluten-Free Bread/Pizza, Cakes, Cookies, Breakfast Cereals, Health/Gym Energy-Protein Powder & Bars, Baby Food etc. Along with Patented technology & equipment to go Retail/Commercial globally along with our strategic partners using our global license - adding to our partner’s revenues well as ours through royalty, license fees, and sales.

- We have diligently invested in R&D, technology & commercial equipment, marketing, promoting, positioning Makhanas as a healthier alternative to popcorn & junk food/snacks on a global stage. We’re creating global awareness regarding the health benefits of makhana hence aiming to catapult Makhana from a 50 million $ global industry to a potential 15 billion $ industry in the next 12-15 years.

- We've streamlined & automated the Makhana farming and processing using scientific farming & IP technologies like AI, robotics, IoT along with our proprietary IP Commercial License /Retail / Franchise business model & well-positioned innovative nutritious products.

- We work closely with relevant Government agencies and international institutions to provide transparency in business and quality assurance.

**OUR MISSION**

- **Our mission** is to have a global reach & bridging ancient wisdom with modern lifestyle™. Creating awareness about the health benefits of Makhana/Fox Nuts and make the finest quality products easily accessible by augmenting domestic & international demand. Contribute back to the Makhana farming community & humanity in general through life-transforming initiatives.

**OUR VISION**

- **Our vision** is to be the market leader by providing immaculate products and services. Reach out to the global community with the health benefits of Makhana & help promote a holistic/healthy lifestyle.
Makhanas/Fox Nuts/Gorgon Nuts/Lotus seeds/Nelumbo Nucifera is an AQUATIC crop also referred to as The Food of Gods in India is now an Official Superfood that is globally recognized. Thanks to the benefits it provides in managing a host of health issues. This wholesome nut ensures that the body functions well and remains healthy. The impact of makhana in weight management, heart & Kidney health, and alternative medicinal systems is immense.  

- The superfood/snack is 67% less fatty than popcorn & 100% more tastier. They are low in cholesterol, fat and sodium, making them ideal for breakfast and snacks in general to curb untimely hunger pangs. They are a rich source of Vegan Protein & are calcium powerhouse, packed with nutrients. They are also Gluten-Free, Keto Friendly, Diabetic Friendly loaded with Anti-Oxidant /Detox properties and immune system boosting agents.  

- Makhanas are Protein-rich, high in Fiber, Magnesium, Potassium, Iron, Zinc & other Minerals. Also known as Popped Lotus Flower Seeds, Fox Nuts, Gorgon Nuts with the botanical name Nelumbo Nucifera or Euryale Ferox Salisb. It comes from a plant known as Euryale Fox that grows in the ponds in Eastern Asia.  

- It is cultivated for centuries in Asia, India accounts for 90% of the finest quality global harvest of Makhanas/Fox Nuts.  

- Loaded with taste & versatility, fiber, vegan protein & minerals. Makhana is widely used in the Indian, Chinese & Japanese culinary systems, Ayurvedic medicine & Traditional Chinese medicine (TCM). It is a food-grade herb classified in Chinese medicine as a herb that stabilizes and binds, hence stops diarrhea. The herb is classified as neutral, sweet and astringent and goes to the Kidney and Spleen.  

- Makhanas are extremely nutritious and filling during fasting or overnight / 16 hours Intermittent fasting. Since they are high in protein, minerals like magnesium (very useful for people suffering from heart disease, high blood pressure, diabetes, and obesity), potassium, phosphorus, iron, fibers and low-fat content/calories, significantly lower in the glycemic index than most high carbohydrate foods like rice or bread. They help one stay fuller after eating & dealing with untimely hunger pangs.  

- Known to contain kaempferol, a natural flavonoid also found in coffee (which prevents inflammation and aging) and is high on phytonutrients (disease-fighting nutrients) includingalkaloids, gallic acid, saponins.  

- Makhana epitomizes health & vitality hence also referred to as Amrit or Nectar/Immortality in ancient holy textures. Considered a sacred/pious food or the food of Gods, it is used as sacred offerings to Gods (Panch-Mewa/Amrit Prasadam) and also during Hindu & Buddhist wedding rituals.  

**OUR PRODUCTS**  

- **Flavored and Roasted Fox Nuts / Makhanas** 15 different flavors (in Olive Oil or Rice Barn Oil) - 65 Grams Can (Nitrogen filled for freshness /Non-Nitrogen Filled).  
- We customize the container size, flavors as per customer’s demand and needs and may launch the same under their brand.  

**Variety & Quality of Raw Fox Nuts / Makhanas - Nelumbo Nucifera**  
- H.P. - Exclusive HANDPICKED (HP) Phool Makhanas/Fox Nuts  
- L4 - Lava 4-: Premium Export Quality Hand Picked Makhanas, round-shaped  
- L3 - Lava 3-: Superior Quality Graded, round-shaped  
- L2 - Lava 2-: Economy Graded, Quality, round-shaped  
- L1 - Lava 1-: Export Quality Hand Picked Makhanas  
- Natural (L4-L5): Economy Graded Quality makhanas, all round-shaped.
OUR PRODUCTS

H.P (HAND-PICKED) 20-28 MM
The highest grade—typically appropriate for products where the visual appeal of the Makhanas (Gorgon Nuts) is critical to the application.

L4 20-24 MM
High grade—ideal for food applications in repacking where the appearance of the Makhanas (Gorgon Nuts) is very important.

L3 16-20 MM
This grade often used for repacking of Makhanas and for processing products like roasted Makhanas and in breakfast cereals.

L2 14-16 MM
This grade often used for repacking of Makhanas and for processing products like roasted Makhanas and in breakfast cereals.

L1 12-14 MM
This grade is generally used in with chanachur or Indian mixture industry & snack food.
Makhana Powder/Wheat Mixed Flour

Roasted & Flavored Fox Nuts/Makhanas

Nutrition per 100 gm
(recommended dosage 35 gm/1 cup of serving = 110 KCal.)

- Calories: 347
- Protein: 9.7 Gm
- Fats: 0.1 Gm
- Carbohydrates: 76.9 Gm
- Fiber: 14.5 Gm
- Total Lipids (fats): 0.1 Gm
- Calcium: 60 Mg
- Iron: 1.4 Mg

Makhana is good for:
- Managing Diabetes
- Kidney Health
- Developing Healthy Bones
- Heart Health
- Providing Energy
- Weight Loss
- Preventing Skin Damage
- Fighting Insomnia
- Managing Blood Pressure
- Controlling Diarrhea

Really Skinny
Always Hasty & Tasty
Always Roasted

No artificial ingredients
PACKAGING & CERTIFICATIONS

- Packing will be customized as per requirement in 1.00 kgs / 5 kgs / 8 kgs / 10 kgs / 12 kgs (Based on Quality of Makhanas/Fox Nuts)
- Our products are packed in freshness/Triple graded bags at hygienic conditions. With heat transfer technology that retains the nutritional value intact (as recommended by: The Indian Institute of Packaging (IIP) - A Government entity.
- We provide SGS inspection/compliance/ audit & certification (FDA, Import & Export FSMA etc) & packaging with customer’s logo on request at additional charges.

Business License, Accreditations & QC Certifications

- Ministry of Commerce and Industry, Directorate General of Foreign Trade - IEC # AAOCM3354N
- Company Identification Number (CIN) - U51909BR2021PTC050724
- Food Safety and Standards Authority of India, Central License # 10021033000066
- Ministry of Commerce and Industry, Govt. of India, FIEO & APEDA # 208880

Trivia & Fun Facts

Different names of Makhanas/Foxnuts:

English: Fox nut, Gorgon nut, Popped Lotus Seeds, Prickly Water Lily.
India: Makhana.
Japan: Hasu no mi.
Korea: Ga-si-Yeon.
Spanish: Tuerca de Zorro/ Semilla de Loto.
Columbia: Martillo.
China: Qian Shi.
Thai: Med-bua-op

Makhanas/Fox Nuts have been popular in Asia, EMEA, North & South America, Russia, Australia & New Zealand. In Europe, Fox Nuts are imported under the botanic name Nelumbo Nucifera. Recently, there has been a lot of interest and purchase in Belgium, The Netherlands, Germany, Spain, UK, Italy & France.

Trivia: Food for thought: Global Pockcorn market stands at USD 15 billion. The global breakfast cereal market size was valued at USD 38 billion in 2020. The healthy snack market size is $ 28 billion together rising at a market growth of 5.2% CAGR.

HOW TO USE MAKHANAS/FOX NUTS/POPPED LOTUS SEEDS IN YOUR HEALTH JOURNEY

- Makhanas/ Fox Nuts/Popped Lotus seeds comes from an aquatic plant known as Euryale Fox that grows in the ponds in eastern Asia. The superfood/snack is low in cholesterol, fat and sodium, making them an ideal snack for untimely hunger pangs. They are a rich source of Vegan Protein & are calcium powerhouse, packed with nutrients. They are also Gluten Free/ Trans Fat Free/ NON GMO, protein-rich and high in carbohydrates, fiber, magnesium, potassium, iron, and zinc. Also known as Popped Lotus Flower Seeds, Fox Nut, Gorgon Nut with the botanical name Euryale Ferox Salisb.

- Makhanas are Keto Friendly, Diabetic Friendly, Anti-Aging, One of the healthiest foods for a mother during Pregnancy, Rich in Anti-Oxidant properties, extremely nutritious and filling during fasting or overnight / 16 hours Intermittent fasting. Since they are high in protein, minerals like magnesium (very useful for people suffering from heart disease, high blood pressure, diabetes, and obesity), potassium, iron, fibers and low-fat content/calories, they help one stay fuller after eating & dealing with untimely hunger pangs.
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