



*nirvana
organic*

LIVE NATURAL



NIRVANA ORGANIC is actively working towards women empowerment, youth engagement, education and other developmental projects in the Uttarakhand, Himalayas.

All NIRVANA ORGANIC products are curated to promote health, happiness and complete wellness.

Our every products are cultivated in the pristine Himalayas, without the use of any chemicals and packaged with loving care.

By choosing NIRVANA ORGANIC products you are supporting our mission and participating in creation of sustainable environment.





PAHADI TURMERIC

HIGHLY NUTRITIOUS. TASTY AND HEALTHY

Often called as "Pahari Gold" due to its incredible healing properties, it has rich source of Curcumin as the main active ingredient. It has powerful anti-inflammatory effects and is a very strong antioxidant. Rich source of calcium, iron, potassium, manganese, copper, zinc and magnesium also.

Net Wt.: 250gms

MRP: Rs. 120/-





HIMALAYAN RAJMA

Net Wt.: 500gms

MRP: Rs. 100/-



8 GRAIN FLOUR

HEALTH IS NOW A TASTY CHOICE

Nirvana Organic 8 Grain Flour with Multigrains is made with the choicest of grains from the fields of Mukteshwar Himalayas to give you the wholesome goodness of multiple grains in a tasty rotis.

Our 8 Grain Flour with Multigrains gives you the wholesome goodness of eight different grains – Ramdana, Methi Dana, Wheat, Corn, Millet, Flax Seed, Pahari Bhatt & Barley. These ingredients infuse proteins, vitamins, minerals and fibre into your diet. So you and your family stay active, healthy and energetic, everyday.

Net Wt.: 1 KG

MRP: Rs. 220/-





RAGI ATTA

RICH IN CALCIUM, PROTEINS AND DIETARIFIBRE

Nirvana Organic Ragi is extremely helpful in weightloss. The richest source of calcium. Excellent for growing children. Good For diabetics. Prevents high Blood Pressure. Natural relaxant. Use Ragi To Make Pancake, Roti, Porridge, Idli, Dosa. Replace wheat roti for ragi roti in your daily diet. It is more substantial, satisfying, keeps you fuller for a longer time.

NetWt.: 500gms

MRP: Rs. 100/-



HIMALAYAN RED RICE

HIGHLY NUTRITIOUS. TASTY AND HEALTHY

Nirvana Organic Red Rice is handpicked selection of premium and rich tasting Red Rice that are rich in anti-oxidants and excite your taste buds like no other. Our Red Rice are naturally dried without any process. No industrial process or any synthetic technique or chemical was used to dry these Red Rice and it is vegetarian friendly.

NetWt.: 1kg

MRP: Rs. 200/-



HAND MADE COW GHEE

NIRVANA ORGANIC COW GHEE is made from the milk of cows cared on farmlands with love and compassion. These cows are raised in Mukteshwar Himalayas and are not exposed to harmful chemical pesticides, artificial hormones that may be found in conventional ghee.

NIRVANA ORGANIC COW GHEE is heat stable & perfect to use for cooking at high temperatures. Most other cooking oils, especially refined oils, form harmful free radicals at high temperatures. Contains many fat soluble nutrients that are essential for good health. Research now shows that a totally fat free diet is unhealthy and can accelerate ageing. Our Nirvana Organic Cow Ghee contains only what is good for you and nothing else.

- Our Ghee is made from milk of happy, stress free and loved cows.
- Contains **Arachidonic acid**, which assists in brain function.
- Contains conjugated **Linoleic acid**, which has strong anti-cancer properties, and prevents weight gain.
- Contains **Glycosphingolipids**, a type of beneficial fat that helps against gastrointestinal infections.
- Gives healthy skin inside out, is good for eyes and nourishes body tissues.

Helps to improve Brain functioning and Memory
Strengthens Heart
Increases Bone density and strength
Improves Skin Glow
Reduce Dark Circles
Strengthens Hair
Helps Digestion
Helps in Weight management
Improves Vision
Slows down ageing process
Excellent for growing kids
Power house of Vitamins and Acids that promotes good health
Lubricate Joints
Super rich in anti-oxidants to improve body immunity

Net Wt.: 1kg

MRP: Rs. 1800/-



HIMALAYAN ROCK SALT

**NATURALLY RICH WITH ESSENTIAL MINERALS.
DETOXIFYING & NOURISHING**

Himalayan Rock Salt is all natural, sourced from Himalayan cliffs, where they have crystalized over million years in a pristine and unpolluted environment. It is a healthy choice straight from nature which is 100% pure and abundant in essential minerals.

Net Wt.: 500 gms

MRP: Rs. 150/-



PAHADI GARLIC SALT

Garlic helps in checking cardiovascular diseases and removes bad cholesterol. Prepared with love on traditional Grindstone. Relish this with fruits, salads, lassi, butter milk, raita and curd & many more...

Net Wt.: 100gms

MRP: Rs. 120/-





PAHADI MINT SALT

The medicinal benefits of Mint includes proper digestion, weight loss, relief from nausea, depression, fatigue & headache. Prepared with love on traditional Grind-stone. Relish this with fruits, salads, lassi, butter milk, raita and curd & many more...

Net Wt.: 100gms

MRP: Rs. 120/-



PAHARI MIX SALT

Nirvana Organic Pahari Mix Salt is a healthy choice straight from nature which is 100% pure and abundant in essential minerals. Prepared with love on traditional Grind-stone. Relish this with fruits, salads, lassi, butter milk, raita and curd & many more...

Net Wt.: 200gms

MRP: Rs. 150/-



AYURVEDIC SUGAR GUR SHAKKAR

HIGHLY NUTRITIOUS, TASTY AND HEALTHY

NIRVANA ORGANIC brings to you a fine quality Gur Shakkar produced under organic standards, without chemical additives from certified cane, Panela or Gur Shakkar is a highly nutritious, tasty and healthy alternative to sugar and artificial sweeteners. It has high levels of iron, calcium and minerals and enhances the taste of tea, coffee and other beverages.

Net Wt.: 500gms

MRP: Rs. 200/-





BHATT KI DAAL

RICH SOURCE OF PROTEIN AND IRON

Bhatt (BLACK SOYBEAN) known for its high protein and fiber content, black soybeans or Bhatt ki daal also has excellent health benefits, including managing diabetes, strengthening bones, lowering blood pressure, healthy digestion and weight loss. It is also a great source of Vitamin E and amino acids which helps in keeping the skin healthy, build muscle and maintain the health of your hair.

Net Wt.: 500gms

MRP: Rs. 100/-



HIMALAYAN HONEY

Himalayan Honey is smooth, fragrant, perfectly sweet and irresistibly delicious, while being a natural source of energy. This golden nectar, rich in taste and aromas is sustainably collected from the Himalayan forests, where flowering trees and plants grow in abundance (and are never sprayed with chemicals). Our Himalayan Honey is naturally complete with healthful minerals and nutrients and perfect for adding sweetness to your life. Have spoonful with your favourite tea, toast and desserts.

Net Wt.: 250gms

MRP: Rs. 240/-



SESAME OIL

COLD PRESSED • UNREFINED • VIRGIN

Bliss of Nirvana Organic 100% natural Sesame Oil is cold pressed from the white sesame seeds. It is best known as the queen of Oils. It contains impressive amount of vitamins, minerals and natural antioxidants. It's vitamin and mineral ingredients such as iron, copper, calcium, manganese, magnesium, selenium and especially vitamin E & Zink make it highly beneficial for skin and hair.

Net Wt.: 100ml

MRP: Rs. 70/-



APPLE CIDER VINEGAR

WITH THE MOTHER

The Nirvana Organic Apple Cider Vinegar contains health-giving enzymes made from fresh hand-picked apples orchards in the Himalayas, untouched by any chemicals. Our Apple Cider Vinegar is unfiltered, non-pasteurized and has no preservatives. The incredible vinegar "with the Mother" contains raw enzymes and gut-friendly bacteria that promotes healing. Apple Cider Vinegar is known for its cleansing, healing and energizing health properties.

INGREDIENTS:

Organic Raw Apple, Vinegar and Purified Water, Diluted to 5% acidity

Net Wt.: 500ml

MRP: Rs. 550/-





CHAMOMILE TEA

A Hot cup of this magic potion before sleep helps in bringing a sound sleep by relaxing the body and the mind

KEY INGREDIENTS: CHAMOMILE, THYME, ROSEMARY

NUTRITIONAL BENEFITS

- Great for a stressed stomach
- Relieves bloating and indigestion
- De-stress and calms your mind
- Boosts energy level
- Abundant in anti-oxidant

Net Wt.: 70gms

MRP: Rs. 210/-



ROSE MINT TEA

A hot cup of this sweet aromatic tea relaxes your senses on a tiring day, helps in improving concentration by increasing mental focus.

KEY INGREDIENTS: ROSE PETALS, MINT, PEPPERMINT, THYME

NUTRITIONAL BENEFITS

- Improves digestive power
- Great to cure soar throat & congestion
- Improves immunity
- Rich source of Vitamin A & E
- Very good for skin

Net Wt.: 70gms

MRP: Rs. 210/-



LEMONGRASS TEA

The lemony herb is nutritionally rich & packed with many medicinal benefits. Have one for a healthy day.

KEY INGREDIENTS: LEMONGRASS, THYME, OREGANO

NUTRITIONAL BENEFITS

- Natural cleanser and detoxifies
- Helps digestion and prevents hair loss
- Overcomes melancholy and uplifts mood
- Controls cholesterol
- Reduces blood pressure
- Relieves muscles and joint pains
- Keeps skin healthy

Net Wt.: 70gms

MRP: Rs. 210/-



APPLE CHUTNEY



A Tangy spread made from delicious fresh apples with a hint of spices. Nirvana Organic Apple Chutney is prepared from the pulp of delicious fresh apples of pristine mountains of Mukteshwar Himalayas. Great combination of taste and health which is easy to serve. Enjoy it with bread, toast, muffin or bun and melt into the taste.

INGREDIENTS: Apple pulp, Sugar, Garam Masala, Red Chilli powder, Onion, Ginger, Garlic, acid and Class II preservative

Net Wt.: 375gms

MRP: Rs. 210/-

NUTRITIONAL INFORMATION

Energy	275.12 K Cal
Protein	1.02 g
Carbohydrate	67.76 g
Fat	0.00 g
Sugar	63.91 g
(Values are given as per 100 gm)	



APPLE JAM



A ready to serve, sweet medley Nirvana Organic Apple Jam is prepared from the pulp of delicious fresh apples from pristine mountains of Mukteshwar Himalayas. Great combination of taste and health which is easy to serve. Enjoy fresh apple jam with bread, toast, muffin or bun. The melting sweet taste of apples will make you experience the apple orchards of Uttarakhand.

INGREDIENTS: Apple pulp, Sugar, Citric acid and Class II preservatives

Net Wt.: 375gms

MRP: Rs. 210/-

NUTRITIONAL INFORMATION

Energy	280.04 K Cal
Protein	0.99 g
Carbohydrate	69.02 g
Fat	0.00 g
Sugar	64.15 g
(Values are given as per 100 gm)	



PLUM CHUTNEY

A zesty spread made from organically grown fresh plums with a hint of spices. Nirvana Organic Plum Chutney is prepared from the pulp of delicious fresh plums of pristine mountains of Mukteshwar Himalayas. Great combination of taste and health which is easy to serve. Enjoy it with bread, toast, muffin or bun and melt into the taste.

INGREDIENTS: Plum (*Prunus domestica*), Sugar, Garam Masala, Red Chilli powder, Onion, Ginger, Garlic, Red Chilli, Rosemary Powder, Oregano Powder, Thyme Powder and Class II preservative.

Net Wt.: 375gms

MRP: Rs. 210/-

NUTRITIONAL INFORMATION

Energy	281.32 K Cal
Protein	1.77 g
Carbohydrate	67.03 g
Fat	0.68 g
Sugar	61.02 g
(Values are given as per 100 gm)	



PLUM JAM



A ready to serve, sweet and sour medley prepared from the pulp of organically grown plums. A great combination of taste and health which is easy to serve. Enjoy this yummy spread on bread, toast, muffin or bun. The remarkable taste of plums will take you to the plum orchard of Uttarakhand. Another initiative to provide livelihood security to the marginal farmers of the region.

INGREDIENTS: Plum (*Prunus domestica*) Pulp, Sugar, Citric acid and Class II preservatives.

Net Wt.: 375gms

MRP: Rs. 210/-

NUTRITIONAL INFORMATION

Energy	274.64 Kcal
Protein	0.48 g
Carbohydrate	67.85 g
Fat	0.15 g
Sugar	60.83 g
(Values are given as per 100 gm)	



PEACH JAM

A ready to serve, sweet and sour medley prepared from the pulp of organically grown peaches. A great combination of taste and health which is easy to serve. Enjoy this yummy spread on bread, toast, muffin or bun. The remarkable taste of plums will take you to the plum orchard of Uttarakhand. Another initiative to provide livelihood security to the marginal farmers of the region.

INGREDIENTS: Peach (*Prunus persica*) Pulp, Sulphur-free Sugar, Citric acid and Class II preservatives.

Net Wt.: 375gms

MRP: Rs. 240/-

NUTRITIONAL INFORMATION

Energy	280.04 Kcal
Protein	0.25 g
Carbohydrate	70.02 g
Fat	0.50 g
Sugar	44.83 g
(Values are given as per 100 gm)	



OREGANO

Oregano is known as the delight of the mountains is widely used as a culinary herb and is also great for health. It is a rich source of anti-oxidants, vitamins & minerals like .

Net Wt.: 25gms

MRP: Rs. 120/-



PAHADI CHILLI FLAKES

Those who like it real hot, Nirvana Organic Pahadi Chilli Flakes is amongst the spiciest Chilli found in Kumaon region. Goes best with all cuisines. Extremely rich and strong aroma, builds your appetite.

Net Wt.: 30gms

MRP: Rs. 120/-



MINT

Mint is an aromatic herb known for its numerous vitamins and antioxidants. Extensively used for flavoring and garnishing recipes. It is also full of therapeutic & stress relieving qualities.

Net Wt.: 25gms

MRP: Rs. 120/-



LEMON GRASS

Lemongrass is a refreshing, citrus-scented herb that imparts a unique flavor to recipes. Rich in health-benefiting essential oils and Vitamin B-1, B-5 & B-6 and helps regulate blood pressure & heart rate.

Net Wt.: 20gms

MRP: Rs. 120/-



STEVIA

Stevia is a natural sweetener herb belonging to the Chrysanthemum family. It can be used for all desserts & hot and cold beverages like tea, coffee, lassi, nimbu- pani & breakfast cereals. There are no harmful side effects of Stevia.

Net Wt.: 30gms

MRP: Rs. 120/-



ROSEMARY

Rose Mary is an aromatic herb used for flavoring many kitchen recipes. Rich in vitamins A & B complex, anti-oxidants and iron. It is also known for it's healing properties.

Net Wt.: 20gms

MRP: Rs. 120/-



ITALIAN HERBS BLEND

A spicy twist to traditional Mediterranean herbs. Use on Pasta, Pizzas, Salads & more. A mix of Himalayan oregano, chilli & thyme. Our herbs are naturally grown and sun dried in the pristine air of the mountains.

Net Wt.: 35gms

MRP: Rs. 120/-



THYME

Thymus serpyllifolius L.





DRY OYSTER MUSHROOM

Oyster Mushrooms are a wonderful mushrooms with a sweet scent and nutty, mild flavour that goes well in soups, stews and sauces for a rich tastes and aroma.

Oyster mushrooms are packed with health benefits like low in calories, cholesterol free, high protein, fibre, iron, zinc, potassium, folic acids, Vitamin B1, B3, B5, B12, C & D. Also have cholesterol lowering and anti-oxidant properties.

Net Wt.: 70gms

MRP: Rs. 200/-



ROSE WATER

REJUVENATES AND TONES SKIN

Rose water is traditionally used as a cleanser, toner and moisturizer. Due to its anti-inflammatory and antiseptic properties it is highly recommended for acne and skin irritation. Nirvana Organic Rose Water is 100% pure natural extracted from Damask Roses. Its regular application imparts glow to skin, improves complexion and helps to soothe sensitive skin. It is also edible and could be added to dishes for essence.

Ingredient: Natural Rose water

Net Wt.: 100ml

MRP: Rs. 170/-



PANCH TULSI KESAR DROP

NATURAL IMMUNITY BOOSTER

Tulsi is traditional Indian medicine and considered as a tonic which enhances your immunity power. Tulsi, also known as “Queen of Herbs” and is rich in Phytonutrients. Tulsi contains vitamins & minerals like Vitamin A, Beta - carotene, Potassium, Iron, Copper, Manganese and Magnesium etc. It is a stress buster and a mood elevator. It is undoubtedly one of the best medicinal herb.

Each 30ml contains

- Drudridha Tulsi
- Rama Tulsi,
- Shama Tulsi,
- Babi Tulsi
- Tukshmiya Tulsi extracts.
- Saffron 500 mcg

Contains approved class II preservatives. No added sugar

Net Wt.: 30ml

MRP: Rs. 180/-



FLAX SEEDS



Flax seeds (*Linum Usitatissimum*), also known as common flax or linseeds, are small oil seeds which have gained popularity as a health food. It contain heart-healthy omega-3 fats, fiber & other unique plant compounds. Flax seeds have been linked to health benefits, such as improved digestion & a reduced risk of heart disease, type 2 diabetes and cancer.

Net Wt.: 150gms

MRP: Rs. 150/-



SESAME SEEDS



Sesame seeds have many potential health benefits and have been used in folk medicine for thousands of years. It protects against heart disease, diabetes, arthritis and is a good source of fiber. Helps to maintain low cholesterol and lower blood pressure. Nutritious source of plant protein. Good source of vitamins B. An aid for blood sugar control.

Net Wt.: 150gms

MRP: Rs. 150/-



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