

FEM'O VITA**Ingredients** (20gm per serve)

Sprouted: Greengram & Horsegram, Barley, Barnyard millet, Browntop millet, Finger millet, Foxtail millet, Jowar, Little millet, Red rice, Radam, (Ragi), Flax seed, Sesame seed, Soya bean, Turmeric, Carrot, Sweet Potato, Brown sugar, Ashoka, Ashwagandha, Brahmi, Gokshur, Jatamansi, Lodhra, Punarnava, Shatavari, Shigru, Yastimadhu & Safran.

Other Ingredients: Permitted Flavoring agents, Benzoes, Sorbates.

* Daily Value Not Established

Manufactured By:

Award Nutraceuticals LLP,

Plot No.23A & 24,Krish Complex,1st Floor,

Senthil Industrial Estate,Dhiraviyam Nagar, Porur, Chennai -116

FSSAI No : 12419023000636

Distributed By:

Award Nutraceuticals LLP,

11,University Ave, New Castle, Delaware, USA 19720

Contact for any queries: +001 732 8592837

* Product of INDIA

Batch No.:

Mfg Date :

Best Before 12 Months From Manufacture

* These statements have not been evaluated by the food and drug administration. This product is not intended to Diagnose, Treat, Cure or Prevent any Disease.

For Feed back / Complaints

E-mail : care@holinovita.in

You Can also buy this Product on:
www.holinovita.in



FEM'O VITA

Wellness for Women

*It's Wonderful Life
With*

HOLIN
Natural Products

Direction for use

Oral Consumption Only

20gm twice a day, preferably with 200ml of milk or water. Mix it thoroughly so that there are no lumps formed and you get a homogenous mixture.

Do not consume more than recommended daily usage.

NOT FOR MEDICINAL USE

FEM'O VITA can be consumed without medical supervision. Children under 5 years should not take adolescents shall use it, strictly under instructions from health advisor.

Storage Instructions

Store the container in dry, cool place in hygienic conditions, away from sunlight. Deep freeze not required.

Do not consume if the container is damaged, puffed or there is any leakage.



Nutrition Made Simple

Transforming Health in Every Direction

Helps build immunity as well as physical and emotional "Well Being"

Let's Go Green

"HEALTH SUPPLEMENT"

Food for Women Wellness



* Contains Gluten and Soya

Nutrition Facts

20 Servings per Container

Serving size 20g scoop

Amount per serving

Calories 82.8

% Daily Value*

Total Fat 1.46gm	4.86%
Saturated Fat 0.13g	
Trans fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.38g	
Cholesterol 0mg	0%
Sodium 9.73mg	0.48%
Total Carbohydrates 15g	15%
Dietary Fibre 3.15g	7.88%
Total Sugar 2g	
Includes 2g Added Sugar	
Protein 2.4g	4.36%
Iron 3.46mg	18.2%
Vitamin A <6.65 IU	0.67%
Vitamin B6 <0.1mg	4.16%
Vitamin B9 9.71mcg	3.23%
Vitamin B12 3.55mcg	161%
Vitamin E <2.98mcg	33.3%
Calcium 49.56mg	4.95%
Copper 0.12 mg	5.46%
Magnesium 37.16 mg	8.44%
Iodine 2 mcg	1.33%
Phosphorus 68.75mg	1.95%
Potassium 117.75mg	11.77%
Zinc 0.40mg	2.38%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. A 2000 calorie diet is used for general nutrition advice.