



Assisting the Indian Tribal Community



Dietary Supplement



100% Natural



No Preservatives

# VEDIC<sup>TM</sup> HERBS

Your Health Matters

Purity Guarantee Process  
Sorted | Washed | Dried

# Garcinia Indica Fruits

Kokum

Net Weight : 100 g / 3.52 Oz



No Artificial color, Flavor



Gluten Free



100% Original



NON GMO

## Supplement Facts

Serving Size: 3g  
Serving per Container: 33.3

	Amount Per Serving	%DV*
Garcinia indica fruits	3g	*

The % Daily Value determines the nutrient value based on 2000 Calories.  
\* Daily Values not established.

**Direction for use:** Consume 3 grams mixed with warm water. Twice daily after meal.



Vegan



Authentic Premium Quality



100% Veg



scan with mobile camera

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Add healthy herbs to your daily routine, along with walking, meditation & yoga. Stay fit, Stay healthy.

Let's try some Yoga



Virabhadrasana



Phalakasana



Utkatasana



Navasana

## Garcinia Indica Fruits

**Ingredients:** Garcinia indica fruit – 100%.

\*Garcinia indica, commonly known as Kokum, is a fruit-bearing tree native to the Western Ghats region of India. The fruit have various traditional and culinary uses and is known for its distinct sweet and sour taste. fruits are used to prepare syrups and concentrates, often used in refreshing drinks, sherbets, and culinary recipes. Here are some common uses of Garcinia indica –

- \* Kokum is considered a cooling agent.
- \* Believed to have anti-inflammatory properties.
- \* May help neutralize free radicals in the body.
- \* Digestive Aid – The fruit is believed to have digestive properties that may help relieve indigestion and acidity.

\* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Garcinia indica can be used in various forms, including as a powder, tablet, capsule, extract, or even as a part of traditional Ayurvedic preparations as below –

- prepare kokum sherbet by soaking dry kokum skins in water
- Create a decoction for making tea.
- Add Kokum concentrate to your favourite smoothie or protein shake.
- Create a decoction for making tea.
- Add Garcinia indica powder to your favourite smoothie or protein shake.

**Food Allergens:** Does not contain- Fish, Meat or milk.

Color variation may occur batch to batch due to natural ingredient & climatic variations, but the nutritional values remain constant.

We source the finest quality from Indian farms & Forests.

Individual responses to Garcinia indica's potential benefits may vary. Prior to using Garcinia indica or any supplement, it is advisable to consult with a healthcare provider, particularly if you have underlying health conditions or are taking medications.

"The oxygen absorber and silica gel in this packaging preserve product quality by absorbing excess oxygen and moisture. They are not meant for consumption and should be removed before consuming the contents."

Store in a cool & Dry place. Keep away from Humidity & direct sun light. Keep out of reach of children.

Manufactured for:  
**Sumitra Remedies LLC**  
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**fssai** INDIA

Net Weight

12223999000032  
: 100 g / 3.52 Oz

Batch No.  
Best Before  
(mm/dd/yy)



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