



# PRODUCT CATALOG



# ORGANIC TURMERIC POWDER

## INGREDIENTS

- ◆ 100% Natural
- ◆ Non-GMO
- ◆ Gluten Free
- ◆ Vegan
- ◆ No Preservatives or Additives



### NUTRITION FACTS

For a Serving Size of 1 tbsp (7g)

Calories	25	Calories from Fat 4.5 (18%)
		% Daily Value *
Total Fat 0.5g	-	
Sodium 0mg	0%	
Potassium 150mg	4%	
Carbohydrates 5g	-	
Net carbs 4g	-	
Sugar 0g	-	
Fiber 1g	4%	
Protein 1g	-	
Vitamins and minerals		
Calcium 0mg	0%	
Iron 2.7mg	34%	
Fatty acids	-	
Amino acids	-	

# HOW TO USE

## ORGANIC TURMERIC POWDER

- Mix ½ teaspoon of Turmeric powder into warm milk or tea for a soothing beverage. Sweeten to taste if desired.

OR

- Add a pinch of organic turmeric powder to your favorite recipes for a vibrant color and earthy flavor.
- Blend organic turmeric powder into smoothies or juices for an added health boost.
- Mix organic turmeric powder with warm milk or tea for a soothing beverage.
- Incorporate organic turmeric powder into homemade skincare products for its antioxidant properties.

## HEALTH BENEFITS

- Eases arthritis symptoms
- Boosts immune system
- Promotes healthy digestion
- Helps prevent cancer
- Improves liver function



# WHOLE TIGER NUTS

## INGREDIENTS

- ◆ 100% Natural
- ◆ Non- GMO
- ◆ Gluten Free



### NUTRITION FACTS

For a Serving Size of 3 tbsp (32g)

Calories 150	Calories from Fat 63 (42%)
% Daily Value *	
Total Fat 7g	-
Monounsaturated fat 6g	-
Polyunsaturated fat 1g	-
Sodium 0mg	0%
Potassium 320mg	7%
Carbohydrates 18g	-
Net carbs 10g	-
Sugar 7g	-
Fiber 8g	32%
Protein 2g	-
Vitamins and minerals	
Vitamin A 0µg	0%
Vitamin C 0mg	0%
Vitamin D 0µg	0%
Calcium 26mg	3%
Iron 1.8mg	23%
Fatty acids	-
Amino acids	-

# HOW TO USE

## WHOLE TIGER NUTS

- **Snack Directly:** Enjoy whole tigernuts as a nutritious and crunchy snack straight from the bag.
- **Soak Overnight:** For a softer texture, soak whole tiger nuts in water overnight before consuming.
- **Blend into Smoothies or Nut Milk:** Incorporate soaked tiger nuts into smoothies or homemade nut milk for added creaminess and nutrition.
- **Use in Baking:** Grind tiger nuts into flour and use in baking recipes for a gluten-free and nutrient-rich alternative.

# HEALTH BENEFITS

- Rich in Nutrients
- Boost immune system
- May improve digestion
- May aid weight loss
- Reduce blood sugar levels
- Rich in fiber
- Improve heart health
- Rich in vitamin C



# DRIED MORINGA POWDER

## INGREDIENTS

- ◆ 100% Natural
- ◆ Gluten Free
- ◆ Non- GMO
- ◆ Vegan



### NUTRITION FACTS

For a Serving Size of 1 servings (5g)

Calories 10.3	Calories
from Fat 1 (10.1%)	
% Daily Value *	
Total Fat 0.1g	-
Sodium	0%
Potassium 66.2mg	2%
Net carbs 2.8g	-
Fiber 1g	4%
Vitamins and minerals	
Vitamin A 18.9µg	3%
Vitamin C 0.9mg	2%
Vitamin E 5.7mg	29%
Calcium 100.2mg	11%
Iron 1.4mg	18%
Magnesium 18.4mg	6%
Phosphorus 10.2mg	2%
Zinc 0.2mg	2%
Copper 0mg	2%
Thiamine 0.1mg	9%
Riboflavin 0mg	2%
Fatty acids	
Amino acids	

# HOW TO USE

## DRIED MORINGA POWDER

- **Mix:** Add a teaspoon of dried moringa powder to smoothies, juices, or water.
- **Sprinkle:** Sprinkle dried moringa powder over salads, soups, or cooked dishes for added nutrition.
- **Stir:** Stir dried moringa powder into sauces, dips, or dressings for a boost of flavor and health benefits.
- **Brew:** Steep dried moringa powder in hot water to make a nutritious tea.

# HEALTH BENEFITS

- Antioxidant properties
- Rich in nutrients
- Anti inflammatory effects
- Management of cholesterol
- Blood sugar regulation
- Nutritional support during pregnancy



# FONIO GRAIN

## INGREDIENTS

- ◆ 100% Natural
- ◆ Gluten Free
- ◆ No sand No Stone



### NUTRITION FACTS

For a Serving Size of 0.25 cup (50g)

Calories 180	Calories from Fat 4.5 (2.5%)
% Daily Value *	
Total Fat 0.5g	-
Sodium 5mg	1%
Carbohydrates 40g	-
Net carbs 39g	-
Sugar 0.5g	-
Fiber 1g	4%
Protein 4g	-
Vitamins and minerals	
Vitamin A 0µg	0%
Vitamin C 0mg	0%
Vitamin D 0µg	0%
Calcium 26mg	3%
Iron 1.1mg	14%
Fatty acids	-
Amino acids	-



# HOW TO USE

## FONIO GRAIN

- Cook: Boil water or broth. Add fonio grains and simmer for 5 minutes, then let it sit, covered, for 5 minutes.
- Fluff: Fluff cooked fonio with a fork to separate grains.
- Serve: Enjoy fonio as a side dish, salad base, or breakfast porridge

# HEALTH BENEFITS

- Rich in essential Vitamins
- Help in reduce heart diseases
- Reduce the risk of diabetes
- Reduce the risk of cancer
- Helps in weight loss
- Help in balanced diet



# GINGER POWDER

## INGREDIENTS

- ◆ 100% Natural
- ◆ Non- GMO
- ◆ No additives
- ◆ No Preservatives

**Storage:** Keep ginger powder in a cool, dry place away from direct sunlight for freshness.



### NUTRITION FACTS

For a Serving Size of 1 serving (5g)

Calories 12	Calories
	from Fat 0 (0%)
	% Daily Value *
Total Fat 0g	-
Sodium 2mg	1%
Carbohydrates 3g	-
Net carbs 3g	-
Sugar 0g	-
Fiber 0g	0%
Protein 0g	-
Vitamins and minerals	
Vitamin A IU 50IU	-
Vitamin C 0.6mg	2%
Calcium 0mg	0%
Iron 0mg	0%
Fatty acids	-
Amino acids	-

# HOW TO USE

## GINGER POWDER

- Sprinkle: Sprinkle ginger powder into cooking recipes for added flavor.
- Stir: Stir ginger powder into teas, smoothies, or juices for a spicy kick.
- Bake: Incorporate ginger powder into baking recipes for a warm and aromatic taste.
- Enjoy!: Experiment with ginger powder in various dishes to enhance their taste and health benefits.

# HEALTH BENEFITS

- Perfect Aid to common cold
- Burns Fat
- Helps in weight loss
- Pain relief Medicine
- Lower holestrol level
- Prevent excess gas in stomach



# DRIED MANGO SLICES

## INGREDIENTS

- ◆ 100% Natural
- ◆ No added sugar
- ◆ Gluten free
- ◆ Non-GMO
- ◆ Vegetarian, Vegan

Storage: Seal package tightly to maintain freshness.



### NUTRITION FACTS

For a Serving Size of 1 serving (5g)

Calories 12	Calories from Fat 0 (0%)
% Daily Value *	
Total Fat 0g	-
Sodium 2mg	1%
Carbohydrates 3g	-
Net carbs 3g	-
Sugar 0g	-
Fiber 0g	0%
Protein 0g	-
Vitamins and minerals	
Vitamin A 1U 50IU	-
Vitamin C 0.6mg	2%
Calcium 0mg	0%
Iron 0mg	0%
Fatty acids	-
Amino acids	-

# HOW TO USE

## DRIED MANGO SLICES

- **Snack Directly:** Enjoy Dried Mango as a nutritious and crunchy snack straight from the bag.
- **Soak:** For a softer texture, soak Dried Mango in warm water for 10 minutes before consuming.
- **Smoothie:** Blend soaked Dried Mango with Milk or Honey.
- **Pour into a glass and serve immediately.**

# HEALTH BENEFITS

- High in Natural sugars
- Dehydrated for ultimate nutrition
- Source of fiber
- Healthy snack for kids and adults
- Healthy snack for kids and adults



# DRIED HIBISCUS FLOWER

## INGREDIENTS

- ◆ 100% Natural
- ◆ No Preservatives
- ◆ or additives
- ◆ Non - GMO
- ◆ Gluten Free
- ◆ No artificial Colors or Flavors



### NUTRITION FACTS

44 servings per container (serving size 10g)

Amount per serving	30
	% Daily Value *
Total Fat 0g	0%
Saturated fat 0g	0%
Trans fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total carbohydrate 8g	3%
Dietary fiber 4g	14%
Total sugars 0g	
Includes 0g added sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 88mg	8%
Iron 3mg	20%
Potassium 125mg	2%

# HOW TO USE DRIED HIBISCUS FLOWER

- Boil water.
- Add dried hibiscus flowers to boiling water.
- Steep for 5-10 minutes.
- Strain and enjoy as hibiscus tea.
- Store remaining flowers in a cool, dry place.

## HEALTH BENEFITS

- Prevents liver damage
- It lowers cholesterol
- Helps in managing blood pressure
- Helps improving digestion
- Helps you lose weight
- Helps in preventing cancer



# COCOA POWDER

## INGREDIENTS

- ◆ 100% Natural
- ◆ No Additives or Preservatives



### NUTRITION FACTS

For a Serving Size of 1 tbsp (5g)

Calories 20

Calories from Fat  
9 (45%)

% Daily Value \*

Total Fat 1g	-
Sodium 0mg	0%
Carbohydrates 2g	-
Net carbs 1g	-
Fiber 1g	4%
Protein 1g	
Vitamins and minerals	
Vitamin A 0µg	0%
Vitamin C 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%
Fatty acids	
Amino acids	



# HOW TO USE

## COCOA POWDER

- Measure desired amount of cocoa powder.
- Mix cocoa powder into hot milk or water.
- Stir until fully dissolved.
- Enjoy as hot chocolate or incorporate into recipes.

## HEALTH BENEFITS

- Rich in polyphenols
- Improve nitric oxide levels
- Lower the risk of heart attack
- Aid weight control
- Have cancer-protective properties



# DRIED PINEAPPLE

## INGREDIENTS

- ◆ 100% Natural
- ◆ No additives
- ◆ Gluten Free
- ◆ No Sugar
- ◆ Non- GMO



### NUTRITION FACTS

For a Serving Size of 0.25 cup (40g)

Calories 140	Calories from Fat 0 (0%)
% Daily Value *	
Total Fat 0g	-
Sodium 104.8mg	5%
Carbohydrates 34g	-
Net carbs 33g	-
Sugar 27g	-
Fiber 1g	4%
Protein 0g	-
Vitamins and minerals	
Vitamin A IU 0IU	-
Vitamin C 0mg	0%
Calcium 0mg	0%
Iron 0.4mg	5%
Fatty acids	-
Amino acids	-

# HOW TO USE

## DRIED PINEAPPLE

- Snack Directly: Enjoy Dried Pineapple as a nutritious and crunchy snack straight from the bag.
- Soak: For a softer texture, soak Dried Pineapple in warm water for 10 minutes before consuming.
- Juice: Blend soaked Dried Pineapple with Milk.
- Pour into a glass and serve immediately.

# HEALTH BENEFITS

- Boosts immunity
- Fights viral infection
- Maintains heart health
- Improves digestion
- Good for bones



# CHEBE POWDER

## INGREDIENTS

- ◆ 100% Natural Chebe Powder, Chebe
- ◆ Seeds, Cloves, Lavender Croton,
- ◆ Gum Arabic, local tree resin, Stone Scent.



# HOW TO USE

## CHEBE POWDER

- Dampen hair.
- Mix Chebe powder with liquid.
- Apply evenly to hair.
- Leave it for 4 hours.
- Rinse thoroughly.
- Use weekly for best results



# BLACK SOAP

## INGREDIENTS

- ◆ 100% Handcrafted
- ◆ Soap, Plant Ash
- ◆ Palm Oil
- ◆ Coconut Oil
- ◆ Shea Butter
- ◆ Palm Kernel Oil
- ◆ Water
- ◆ Sodium Hydroxide



# HOW TO USE

## BLACK SOAP

- Wet skin.
- Rub black soap in hands to lather.
- Apply lather to skin.
- Massage gently.
- Rinse thoroughly.
- Pat skin dry.
- Use daily for best results.



# TURMERIC SOAP

## INGREDIENTS

- ◆ 100% Natural
- ◆ Handcrafted Soap
- ◆ Olive Oil
- ◆ Coconut Oil
- ◆ Palm Oil
- ◆ Water
- ◆ Sodium Hydroxide
- ◆ Turmeric Powder
- ◆ Castor Oil
- ◆ Essential Oils





# HOW TO USE

## TURMERIC SOAP

- Wet skin.
- Lather turmeric soap in hands.
- Apply lather to skin.
- Massage gently.
- Rinse thoroughly.
- Pat skin dry.
- Use daily for best results





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