

ORGANIC TURMERIC POWDER

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

- → Vegan
- No Preservatives or Additives







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.

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



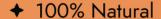
Website: afrivana.com Contact: info@afrivana.us

WHOLE TIGER NUTS

INGREDIENTS







◆ Non- GMO

◆ Gluten Free

WHOLE

TIGER NUTS

fer overnight for better

NET WT. 20oz (575G/1.3LBS)



For a Serving Size of 3 tbsp (32g)	
Calories 150	Calories from Fat
	63 (42%)
	% Daily Value ¹
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	



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.

- Rich in Nutrients
- May improve digestion
- Reduce blood sugar levels
- Improve heart health

- Boost immune system
- May aid weight loss
- Rich in fiber
- Rich in vitamin C



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DRIED MORINGA POWDER

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





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	





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.

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



FONIO GRAIN

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- ◆ 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	



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

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



GINGER POWDER







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

♦ No Preservatives

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

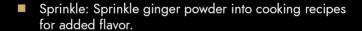




Calories 12	Calorie
	from Fat 0 (0%
	% Daily Value
Total Fat 0g	-
Sodium 2mg	1%
Carbohydrates 3g	-
Net carbs 3g	-
Sugar 0g	-
Fiber 0g	0%
Protein 0g	
Vitamins and minerals	
Vitamin A IU 50IU	-
Vitamin C 0.6mg	2%
Calcium 0mg	0%
Iron 0mg	0%
Fatty acids	
Amino acids	



GINGER POWDER



- 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.

- 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

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	

HOW TO USE

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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.



- High in Natural sugars
- Dehydrated for ultmate 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

Amount per serving	30
	% Daily Value *
Total Fat Og	0%
Saturated fat Og	0%
Trans fat 0g	
Cholestrol 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%





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.

- Prevents liver damage
- It lowers cholestrol
- Helps in managing blood pressure

- Helps improving digestion
- Helps you lose weight
- Helps in preventing cancer



COCOA POWDER

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- ♦ 100% Natural
- No Additives or Preservatives





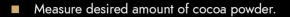
NUTRITION FACTS

For a Serving Size of 1 tbsp (5g)

	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	



COCOA POWDER



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

- Rich in polyphenols
- Improve nitric oxide levels
- Lower the risk of heart attack

- Aid weight control
- Have cancer-protective properties



DRIED PINEAPPLE





- → 100% Natural → No Sugar
- No additives
- Gluten Free

- ♦ Non- GMO



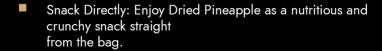
NUTRITION FACTS For a Serving Size of 0.25 cup (40a)

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%
Eatty acids	

Amino acids



DRIED PINEAPPLE



- 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.

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



CHEBE POWDER

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







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



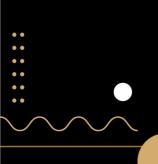




BLACK SOAP



- 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

- ◆ Turmeric Powder
- ◆ Castor Oil
- ◆ Essential Oils







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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