

**Storage Instruction:**

Store in a cool, dry place.  
Keep away from moisture.  
Seal tightly after use.

**Customer Care No:**

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Email I'd: tecspiherb.info@gmail.com

**Processed & Mkt By:**

THEEPIC CRAFT GLOBAL SPICES  
& HERBS PVT LTD  
63/1 APMC Market Yard Second Gate  
Line, VISNAGAR -DIST-MEHSANA  
(N.G) - 384315

Net Wt :  
Batch No :  
Dt of Mfg :  
Exp Dt :  
M.R.P.  
USP :

Best Before 24 Months From Dt of Mfg

Ingredients:  
Hing Ras, wheat Flour, Edible Gum, Hing Powder

**Nutritional Fact**

Approx 100g

|               |         |
|---------------|---------|
| Energy        | 365Kcal |
| Carbohydrates | 73.26g  |
| Protein       | 10.14g  |
| Fat           | 1.60g   |
| Calcium       | 0.83g   |
| Sodium        | 0.05g   |
| Iron          | 0.02g   |
| Vitamin-C     | 60mg    |

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Product of India



SUVARNA

**HING**  
POWDER

**Benefits**

Stimulates  
Digestion



Reduces Gas  
Related Issues



Improves Gut  
Cleansing And  
Boosts Immunity



Helps Regulates  
Blood Pressure



Balances  
Hormone Level



Safe & Suitable  
For Children

**Directions for Use**

Add a small pinch of hing to hot oil or ghee while preparing tempering. Use sparingly as it has a strong flavor.

**Culinary Uses**

- Dals and Pulses
- Vegetable Curries
- Sambhar, Rasam & Kadhi
- Pickles & Chutneys
- Tempering for Indian dishes