



Red Rice Health Mix 250g

Introducing Aapt Herbs' Red Rice Antioxidant Health Mix - Your Gateway to Health and Taste! Red rice, known for its vibrant hue, derives its color from the powerful antioxidant anthocyanin. This compound, also found in various red and purple vegetables, not only gives the rice its characteristic color but also brings a myriad of health benefits. **Nutritional Powerhouse:** Our Red Rice Antioxidant Health Mix is a treasure trove of essential nutrients. Loaded with fiber, iron, and anthocyanin, it plays a pivotal role in reducing inflammation, controlling cholesterol levels, and lowering blood pressure. The rich magnesium content in red rice aids in improving breathing patterns, making it a fantastic choice for overall respiratory health. **Bolstering Bone Health:** Red rice is a natural source of calcium and magnesium, both vital nutrients for bone health. Regular consumption contributes to stronger bones and better overall bone density, ensuring you stay active and agile. **Why Choose Aapt Herbs?** At Aapt Herbs, we take pride in sourcing the finest ingredients directly from local farmers, ensuring there is no compromise on quality. Our Red Rice Antioxidant Health Mix undergoes a meticulous process, enhancing both its taste and ease of preparation. The result? A product that is not just healthy but also irresistibly tasty and incredibly convenient to use. **How to Use:** Preparing a nutritious and delicious meal with our Red Rice Antioxidant Health Mix is a breeze. Just take 1½ tablespoons of this health mix and mix it with 200ml of water. Boil the mixture for 10 to 20 minutes over medium flame, and voilà! You have a wholesome, hearty meal ready to delight your taste buds and nourish your body. **Storage and Shelf Life:** To maintain its freshness and quality, store our Red Rice Antioxidant Health Mix in a cool, dry place away from direct sunlight. Once opened, transfer it to an airtight container to preserve its goodness. With a shelf life of 10 months, you can enjoy the benefits of this health mix for an extended period. **Pure and Natural:** Aapt Herbs takes pride in offering products that are free from artificial preservatives and colors. Our Red Rice Antioxidant Health Mix is a testament to our commitment to providing you with pure, natural goodness that your body deserves. Don't miss out on the opportunity to enhance your well-being with our Red Rice Antioxidant Health Mix. Experience the perfect blend of health, taste, and convenience. Try it today and embark on your journey to a healthier, happier you!

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Price: ₹385.00