



# ZEN DIET

To Induce Appetite improves Digestion

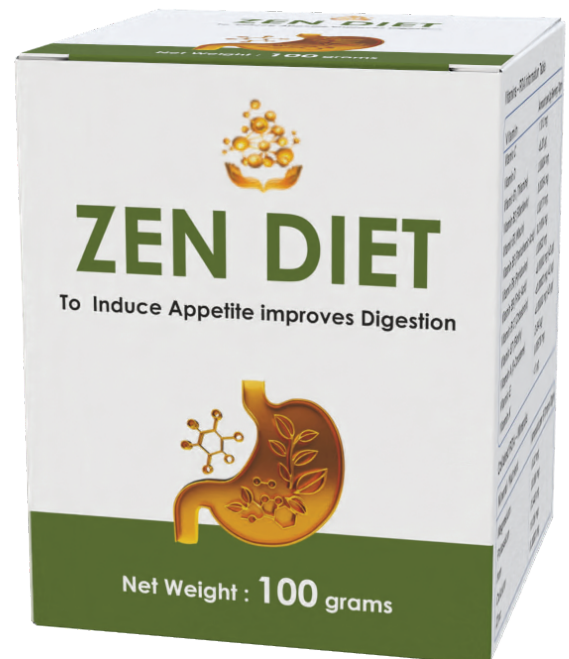


## Product Specification Data Sheet

Product Name	: <b>ZenDiet Traditional Spice &amp; Herb Blend</b>
Form	: <b>Powdered Blend</b>
Serving Size	: <b>2 Grams (2g)</b>
Servings Per Container	: <b>100 gm</b>

### Product Description

ZenDiet is a carefully crafted blend of traditional herbs and spices, designed to enhance the flavor and potential wellness properties of food. This formulation is rooted in culinary traditions and combines aromatic leaves, pungent peppers, and digestive spices with a touch of natural mineral salt.



## Qualitative & Quantitative Ingredient Composition (Per 2g Serving)

S. No.	Ingredient Name (Common Name)	Botanical Part Used	Regulatory Status
1.	Curry Leaf (Karuveppillai)	Leaf ( <i>Murraya koenigii</i> )	Schedule IV Plant Leaf
2.	Black Pepper (Milagu)	Fruit ( <i>Piper nigrum</i> )	Schedule IV Fruit / Spice
3.	Long Pepper (Thippili)	Fruit / Root ( <i>Piper longum</i> )	Schedule IV Fruit / Root
4.	Dry Ginger (Chukku)	Rhizome ( <i>Zingiber officinale</i> )	Schedule IV Rhizome
5.	Cumin Seeds (Seeragam)	Seed ( <i>Cuminum cyminum</i> )	Schedule IV Seed / Spice
6.	Rock Salt (Indhuppu)	Natural Mineral Salt	Appendix A Permitted Salt
7.	Asafoetida (Perungayam)	Oleo-gum-resin ( <i>Ferula asafoetida</i> )	Schedule IV Traditional Spice

## Organoleptic Properties

Property	Description
Appearance	A fine, dry, free-flowing powder. The color is a heterogeneous mix of dark green, brown, and off-white specks, reflecting the various ground herbs and spices.
Odor	A potent, characteristic aroma that is intensely spicy, earthy, and herbal, with dominant notes of black pepper, cumin, and asafoetida, complemented by the subtle fragrance of curry leaves.
Taste	A complex flavor profile that is pungent, spicy, and slightly salty, with pronounced notes of pepper and ginger, an earthy cumin base, and a distinct savory umami character from asafoetida.

## Nutritional Information (Per Serving of 2g)

Nutrient	Amount Per Serving	% RDA Compliance (Approx.)
Sodium	1.19 mg	0.06%

\*RDA (Recommended Dietary Allowance) based on a 2000 kcal diet as per FSSAI/ICMR. Values are approximate.\*

## Vitamin & Mineral Profile (Per Serving of 2g)

This product contains trace amounts of various vitamins and minerals derived from its natural botanical ingredients. It is not a significant source of any vitamin or mineral, as the % RDA values are all below 4%.

Vitamin / Mineral	Amount Per Serving	%RDA Compliance
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Vitamin C	1.013 mg	1.27%
Iron	0.548 mg	3.22%
Calcium	19.36 mg	1.93%
Magnesium	6.82 mg	1.82%
Zinc	0.3692 mg	3.08%

\*Other vitamins (B-Complex, A, D, E, K) are present in negligible amounts (< 0.5% RDA).\*

## Directions for Use

Use as a culinary seasoning. Sprinkle 1 serving (2g) or to taste on soups, salads, curries, rice, or other prepared dishes. Integrate into your cooking for added flavor.

## Storage

Store in a cool, dry place below 30°C. Protect from moisture and direct sunlight. Keep the container tightly closed to preserve aroma and potency.

## Disclaimer & Safety Information

ZenDiet is a food product intended for culinary use as a seasoning. It is not intended to diagnose, treat, cure, or prevent any disease. As with any dietary change, individuals with specific health conditions or those who are pregnant or nursing should consider consulting with a healthcare provider. Keep out of reach of children.



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