



Turmeric Powder (Haldi)

Information:

- Derived from the root of the *Curcuma longa* plant.
- Active compound: Curcumin (responsible for its yellow color and health properties)

Benefits:

- Anti-inflammatory and antioxidant.
- Supports immune function and joint health.
- Aids in digestion and liver detoxification.
- May help improve skin conditions and wound healing.

Red Chilli Powder

Information:

- Made from dried and ground red chillies.
- Contains capsaicin, which gives heat and health benefits.

Benefits:

- Boosts metabolism and aids weight loss.
- Acts as a natural pain reliever.
- Promotes heart health by improving blood flow.
- Rich in vitamin C and antioxidants.





Coriander Powder (Dhaniya Powder)

Information:

- Made by grinding dried coriander seeds.
- Mild flavor with citrusy notes

Benefits:

- Aids digestion and reduces bloating.
- Helps regulate blood sugar levels.
- Contains vitamin C, iron, and fiber.
- May have cholesterol-lowering effects.

Garam Masala Powder

Information:

- A blend of ground spices (commonly cinnamon, cloves, cardamom, cumin, coriander, nutmeg, black pepper).
- Warm, aromatic, and flavorful.

Benefits:

- Improves digestion and boosts metabolism.
- Contains antioxidants that support immunity.
- Provides a warming effect to the body (especially useful in cold seasons).
- May have antibacterial and antifungal properties depending on the blend.

Black Pepper Powder (Kali Mirch)

Information:

- Ground from dried black peppercorns.
- Contains piperine, which enhances nutrient absorption.

Benefits:

- Improves digestion and relieves gas.
- Enhances bioavailability of nutrients (especially curcumin in turmeric).
- Acts as an antioxidant and supports respiratory health.
- May help in weight loss by boosting metabolism.