



INTRODUCING

**SOUL
FLAVOURS**

DIET & DIABETIC*

WHITE RICE

*Swaad Bhi,
Sehat Bhi*

Low GI

**Clinically Tested to help
manage blood sugar levels*
& support your
weight management goals****

*Based on clinical tests, it has been shown to manage blood sugar levels and has a tested low GI of 52. Sobhana PP, Murugaiha JS, Hrusikesh P, Epparapalli S, Korrapati D. Development of Low Glycemic Index Rice and Its Effectiveness in the Regulation of Postprandial Glucose Response in Type 2 Diabetes. American Journal of Food and Nutrition, 2019, Vol. 7, No. 4, 158-165. DOI:10.12691/ajfn-7-4-6.

**Portion controlled and well-balanced diet along with regular exercise is a must for sustainable weight management

Loyalty coupon is not applicable on
Soul Flavours Diet & Diabetic White Rice (4.5 Kg).

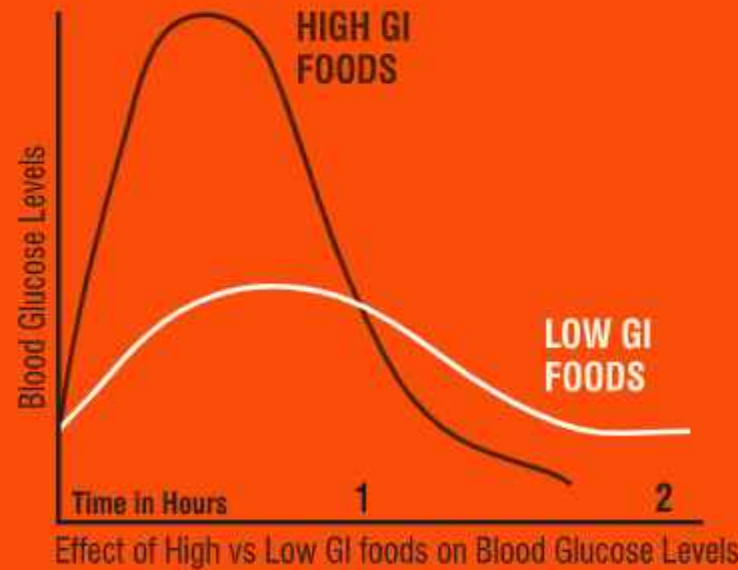
LAUNCHING ON 8th October 2024

DID YOU KNOW ?

The glycemic index (GI) is a measure of how quickly a carbohydrate-containing food raises blood glucose levels.

High-carb foods have high GI values and rapidly release sugar into your bloodstream.

This can lead to sudden spikes in blood sugar levels and frequent hunger pangs.

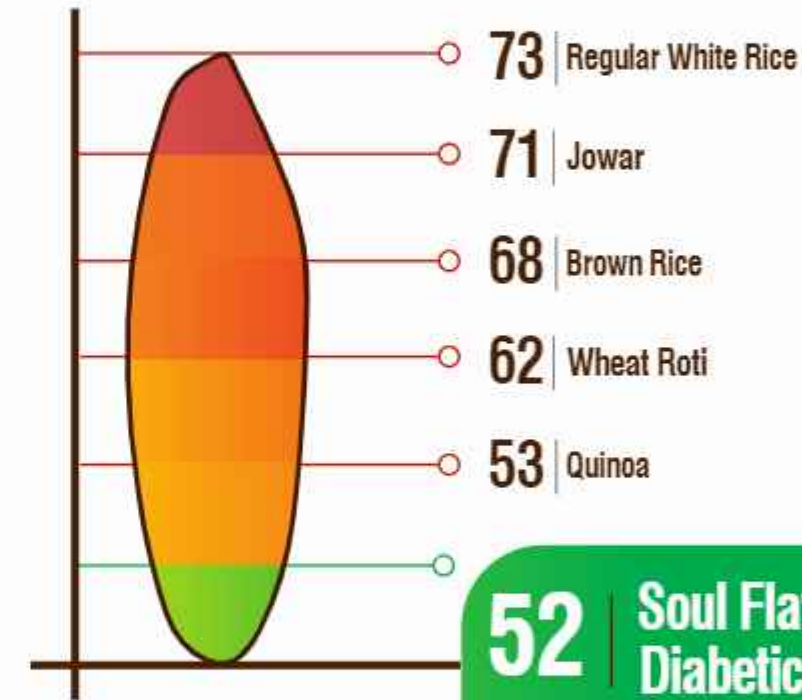


Swaad Bhi, Sehat Bhi

Taste just like **regular rice**. **Low-fat, low GI rice** packed with **nutrients for the whole family**.



Comparison of GI Index of Common Foods v/s Soul Flavours Diet and Diabetic+ White Rice



52 Soul Flavours Diet & Diabetic+ White Rice

- Source of protein
- Source of fiber

52 LOW GI VALUE

NON-GMO AND PESTICIDE-FREE



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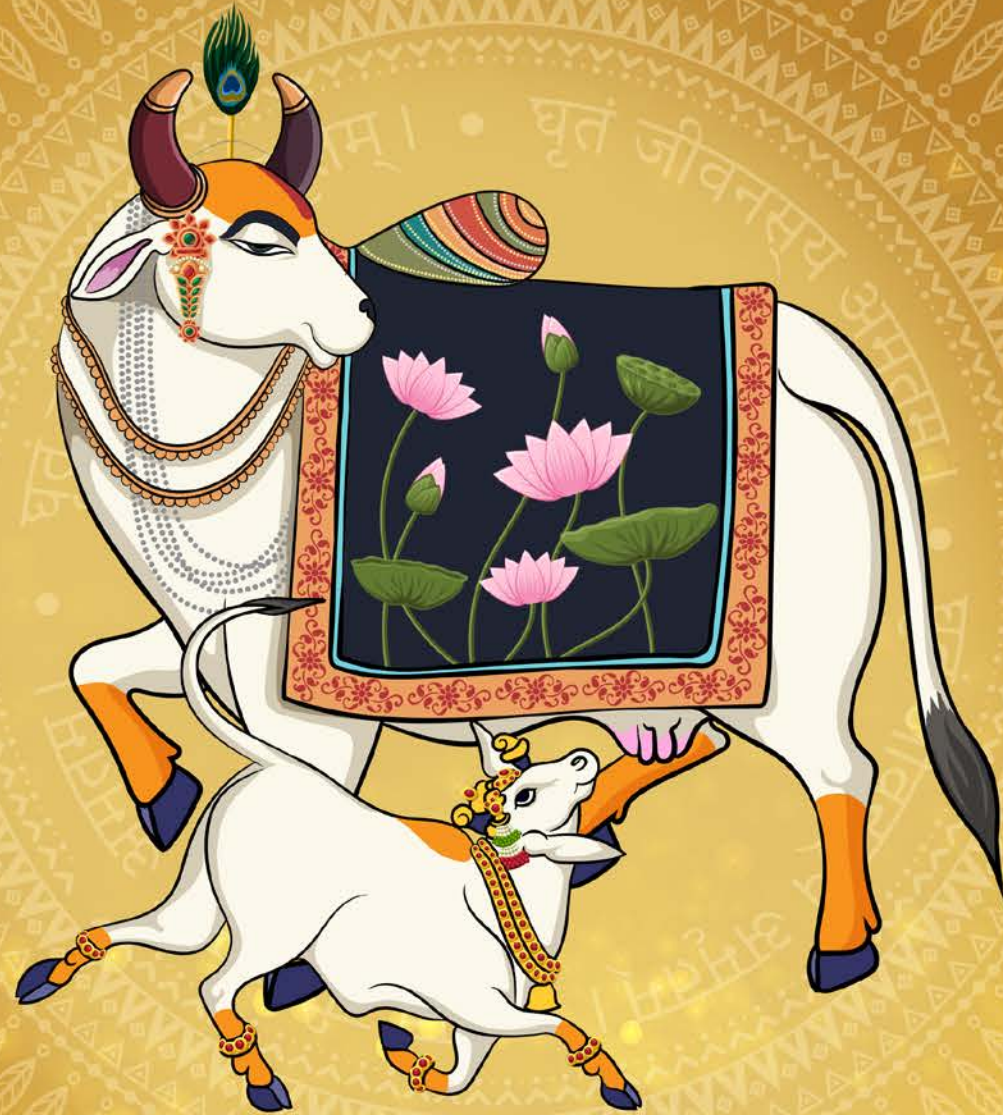
MRP: ₹899/- | DP: ₹699/- | BV: 174.75 | PV: 6.47 | Net Content: 4.5 kg | Code: FP3140

For any product information / feedback contact: Azadi Call Centre Number - 0124-6912900, From 10AM-10PM | email id: support-modicare@modienterprise.com

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PURE GHEE IS THE NECTAR OF LIFE

Daily Wellness and Delicious Taste
since Vedic times



**100%
PURE
Gir Cow
A2 Ghee***




**94+ Quality
Checks**


**Goodness of
Vitamin
A, D, E & K**


**Sourced from
indigenous grass fed
Gir Cows of Gujarat**

 Lactose-Free  Gluten-Free  Keto-Friendly

Loyalty coupon is not applicable on Soul Flavours Gir Cow A2 Ghee (500 ml).

*Lab Tested



LAUNCHING ON **8th October 2024**

Images shown are for illustration purpose only | Scroll down to the next page for more details

FOR DAILY WELLNESS AND DELICIOUS TASTE, CHOOSE OUR 100% PURE GIR COW A2 GHEE



Passed
**94+ quality
checks**

Natural source of
nutrients: **Vitamin
A, D, E & K** -
good for **bones,
eyes, skin, and
immunity**

**Single-origin
A2 ghee from
grass-fed Gir
cows**

**Gluten-Free,
Lactose-Free &
Keto-Friendly**

**Distinct
aroma &
great taste**



RECIPES FOR DAILY WELLNESS & DELICIOUS TASTE



Click or scan
for more information

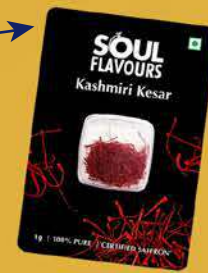


Kesar Sooji Halwa

A heartwarming Indian dessert made with roasted semolina, delicately spiced with cardamom and enriched with the golden warmth of our **Soul Flavours Gir Cow A2 Ghee**.

Ingredients:

- 3/4 cup **Soul Flavours Gir Cow A2 Ghee**
- 2 pinch **Soul Flavours Kashmiri Kesar** soaked in 2 tsp milk
- 1 cup sooji/ semolina
- 1 cup sugar
- 3 cups boiling water
- 3 cups hot milk
- 2 tbsp almond nuts



Steps:

- Melt Ghee in a pan, add semolina, and roast on low flame for 20 minutes or until it turns light pink and becomes fragrant.
- Add sugar, mix well, and cook for 5-8 minutes on low heat.
- Pour boiling water, mix thoroughly, and cook for 5-10 minutes. Add Kesar-soaked milk and almonds, mix, and cook for 5 more minutes.
- Add hot milk, mix, and cook for 10-15 minutes until the mixture thickens slightly.
- Don't overcook, as it thickens while cooling.
- Turn off heat when the desired consistency is reached and serve with pooris or on its own.



Kesar Rice

A staple of Indian royal kitchens, refined with our **Soul Flavours Gir Cow A2 Ghee**. This aromatic delicacy is a perfect fit for dinners and special occasions.

Ingredients:

- 2 tablespoons **Soul Flavours Gir Cow A2 Ghee**
- 1/4 teaspoon **Soul Flavours Kashmiri Kesar** threads
- 1 cup **Soul Flavours Premium Basmati Rice**
- 2 cups water or broth
- 1 small onion, finely chopped
- Salt to taste



Steps:

- Soak Kesar in 2 tablespoons of warm water for 10 minutes.
- Heat Ghee in a saucepan, add onion, and sauté until translucent.
- Add rinsed rice, Kesar water, and salt. Bring to a boil.
- Reduce heat, cover, and simmer for 15-20 minutes.
- Let it sit for 5 minutes, then fluff with a fork.
- Garnish with Soul Flavours Kashmiri Kesar and serve the Kesar rice with any lentil or vegetable curry of your choice.

Loyalty coupon is not applicable on Soul Flavours Gir Cow A2 Ghee (500 ml).

MRP: ₹1999/- | DP: ₹1499/- | BV: 299.80 | PV: 11.10 | Net Content: 500 ml | Code: FP3143

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