

## BANANTHI LEHA

Bananthi Leha is a nutrient-rich, restorative formulation designed especially for **post-pregnancy care**. It draws on traditional South Indian postpartum recipes, offering a perfect blend that nourish's the body, improve digestion, and rebuild the strength.



### MAIN BENEFITS:

-  Improves Lactation
-  Enhances Digestion
-  Supports Tissue Healing
-  Prevents anemia
-  Boosts Energy
-  Strengthens immunity

## KEY INGREDIENTS



**COCONUT MILK**  
Boosts Energy ,  
Supports Immunity ,  
Aids Digestion ,  
Promotes Bone Health ,  
Helps Hormonal Balance.



**ONION**  
Enhances Digestion,  
Natural Antimicrobial,  
Rich in Antioxidants,  
Supports Immunity.



**JAGGERY**  
Natural Energy Source,  
Helps Prevent Anemia  
Detoxifies & Purifies  
Blood,  
Rich in Antioxidants.



**PEPPER**  
Powerful Antioxidant,  
Improves Digestion,  
Supports Gut Health,  
Relieves  
Cold & Discomfort.



**GHEE**  
Nourishes & Heals,  
Supports Postpartum  
Recovery,  
Improves Digestion,  
Strengthens Immunity.

## HOW TO CONSUME

- ✓ Take 2 teaspoon (10g) once or twice a day followed by lukewarm water or milk
- ✓ Can be taken after 15 days of delivery or as directed by physician

## WHO CAN USE

- ✓ New mothers looking for faster recovery
- ✓ Women's facing low immunity or fatigue post-childbirth
- ✓ Anyone in need of natural energy support without relying on artificial supplements

**100% organic with no added preservatives or color.**

## CERTIFICATION AND DISCLAIMER:

Bananthi Leha is **FSSAI** certified.

Contains natural jaggery and is not recommended for diabetic individuals, though it may be taken in moderation. or as suggested by healthcare professionals



## TRADITIONAL GRANNY'S RECIPES FOR TODAY'S MOTHER

We, at Mavedas, believe that every mother deserves care, comfort, and nourishment. By combining age-old wisdom with modern science, we create foods that help womens heal, grow stronger, and embrace motherhood with confidence. "Because when a mother is cared for, generations thrive".



**MaVedas**  
Ancient Wisdom. Modern Nourishment.

## Contact Us:

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## KEY INGREDIENTS



**FENUGREEK SEEDS**  
Supports lactation,  
aids digestion,  
and helps reduce  
inflammation.



**GHEE**  
Nourishes the body,  
promotes gut health,  
and supports  
recovery after delivery.



**CUMIN SEEDS**  
Naturally  
anti-inflammatory  
and promotes  
better digestion.



**AJWAIN**  
Helps relieve gas  
and bloating,  
improves metabolism,  
and supports  
digestive health.



**CORIANDER SEEDS**  
Aids digestion  
and provides cooling,  
anti-inflammatory  
benefits.



**PEPPER**  
Rich in antioxidants,  
supports gut health,  
and may provide  
natural pain relief.



**GARLIC**  
Boosts immunity,  
aids digestion,  
and helps regulate  
metabolism.



**MUSTARD SEEDS**  
Improves digestion,  
supports gut health,  
and provides antioxidant  
benefits.



**JAGGERY**  
A natural energy  
booster,  
rich in iron, calcium,  
and antioxidants.



**GRATED COCONUT**  
Provides healthy fats,  
boosts energy,  
and supports  
immunity and lactation.



**ONION**  
Rich in antioxidants,  
supports digestion,  
and helps improve  
iron absorption.



**POHA**  
Light, easily digestible,  
provides quick energy,  
and supports  
healthy weight gain.

## METHI SATHVA

**Methi Sathva** is a traditional wellness formulation inspired by age-old recipes passed down through generations. It supports **women's health** across every stage of life—right from puberty, through motherhood, and into menopause.

Carefully crafted to meet modern needs, **Methi Sathva** is convenient, ready-to-eat, and nutrient-rich. It helps restore balance, energy, and vitality, making it a trusted companion for women in every phase of their journey.



## HOW TO CONSUME

- ✓ Take 2 teaspoon (10g) once or twice a day followed by lukewarm water or milk
- ✓ Can be taken after 15 days of delivery or as directed by physician
- ✓ Best consumed in the morning for energy or before bedtime for digestion.

## WHO CAN USE

- ✓ New mothers (after 15 days of delivery)
- ✓ Womens experiencing postpartum weakness or irregular periods
- ✓ Womens struggling with low energy or hormonal imbalances

100% organic with no added preservatives or color.

## CERTIFICATION AND DISCLAIMER:

Methi Sathva is FSSAI certified

Contains natural jaggery and is not recommended for diabetic individuals, though it may be taken in moderation, or as suggested by healthcare professionals



## MAIN BENEFITS:



**Improves Lactation**



**Enhances Digestion**



**Supports Tissue Healing**



**Prevents Anemia**



**Maintains Hormonal Balance**



**Boosts Energy**



**Reduces Muscle Cramps**



**Strengthens Immunity**



**MaVedas**  
Ancient Wisdom. Modern Nourishment.

www.mavedas.com

## About Mavedas Foods and Cereals Private Limited

At Mavedas Foods & Cereals Pvt. Ltd., we revive the wisdom of grandmothers through natural, wholesome foods. Inspired by traditional recipes and backed by modern science, we craft safe and nourishing products for women, children, and families.

Mavedas was born from a mother's journey and the healing power of ancestral recipes. Today, we bring back forgotten traditions in a modern way—offering nutrition that is pure, trustworthy, and made with love.