

ABOUT US

Healthy Diet Foods for All

At **Ayursona Fine Foods**, we are driven by the philosophy of combining ancient Ayurvedic wisdom with modern nutrition science to provide healthy, maida-free, and herbal based food products. Our range of biscuits and nutritional supplements focuses on delivering wholesome food solutions to health conscious consumers across all age groups.

Our mission is to promote a healthier society by offering nutritious, ready-to-eat products that suit today's fast-paced lifestyles.

Why Trust Ayursona?

- **Its Healthy:** We use nutrient-rich grains like ragi, soyabean and wheat.
- **Ayurvedic Expertise:** Crafted under the guidance of doctors and nutritionists to ensure optimal health benefits.
- **Quality & Freshness Assured:** Hygienically manufactured and packed with advanced technology to preserve nutrients.
- **Moderate & Accessible:** We deliver high-quality health foods at a cost-effective price.



Nutritional values per 100grams

Nutrient	Ragi	Soyabean	Wheat	Jowar	Bajra	Rice
Calories	336 kcal	446 kcal	340 kcal	334 kcal	361 kcal	130 kcal
Calcium	344 mg	277 mg	34 mg	27.6 mg	42 mg	30 mg
Phosphorus	283 mg	704 mg	108 mg	274 mg	285 mg	87 mg
Protein	7.3 g	36.5 g	11.6 g	9.97 g	11.6 g	2.7 g
Carbs	72 g	30.2 g	72.6 g	67.68 g	67.5 g	28.2 g
Fat	1.3 g	19.9 g	1.7 g	1.73 g	5 g	0.3 g
Fiber	3.6 g	9.3 g	12.2 g	10.22 g	8 g	1.4 g
Iron	3.9 mg	15.7 mg	3.9 mg	3.95 mg	8 mg	2.9 mg
Vitamin B1	0.42 mg	0.87 mg	0.41 mg	0.35 mg	0.25 mg	0.04 mg
Vitamin B3	1.1 mg	1.5 mg	2.9 mg	2.1 mg	0.86 mg	0.8 mg

Contact Us



www.ayursona.com



+91-9029840414



contact@ayursona.com
ayursonafinefood@gmail.com



Singh Estate,
Road No. 4, Kandivali
East, Mumbai - 400101,
Maharashtra, India.

Follow Us On



Ayursona

Fine Foods



MEMORY MILK BISCUIT



Nourish Your Mind, Fuel Your Health Naturally

AFF presents **Memory Milk Biscuits**—a unique, healthy snack crafted with the perfect blend of ragi, soyabean, milk powder, and wheat flour. Our biscuits are infused with essential Ayurvedic herbs to enhance cognitive function, memory, and overall well-being. Perfect for children, students, professionals, and seniors looking to nourish their minds and fuel their bodies naturally.

Key Highlights:

- **Enhances Memory & Brain Health:** Infused with powerful Ayurvedic herbs such as Shankhapushpi, Brahmi, Ashwagandha, Brungraj and Vaikhand renowned for their ability to improve cognitive function, reduce stress, and boost focus.
- **Supports Digestion & Wellness:** Made with high-fiber ingredients for better digestion and sustained energy. Herbs like Vekhand, Harda, Anantmul, Manjistha, Nutmeg, and Cardamom boost immunity, vitality, and overall wellness. Dry Ginger and Jeshthimadh help relieve coughs.

Enjoy **4-5 biscuits** every morning and evening for a sharper mind, better focus, and lasting energy!

DIABETIC DIET BISCUIT



The Smart Snack for Diabetics

AFF's **Diabetic Diet Biscuit** is a healthy, low-glycemic snack made with ragi, soybean, wheat, and powerful Ayurvedic herbs. It supports blood sugar management, promotes blood purification, improves digestion, and helps detoxify the body—making it a perfect choice for daily wellness.

Key Highlights:

- **Low Glycemic Index:** Sweetened with sucralose, ensuring minimal impact on blood sugar levels.
- **Nutrient-Rich Ingredients:** Ragi, soybean, and wheat provides calcium, iron, phosphorus, proteins, vitamins and fiber for lasting energy.
- **Herbal Blood Sugar Support:** Ayurvedic herbs like Fenugreek, Karela, Jamun Seed, Neem, and Belpatra, known to regulate glucose naturally by activating pancreas.
- **Anti-Inflammatory & Digestive Benefits:** Includes ingredients like Turmeric, Ajwain, Coriander Seed, Pepper, and Dry Ginger, which improve digestion and reduce inflammation.

Enjoy **4-5 biscuits** every morning and evening for a healthier lifestyle.

RAGI SOYABEAN MALT



AFF's **Ragi-Soya Malt** is a powerhouse of essential nutrients, specially crafted to support the health of women, pregnant women and lactating mothers. This wholesome blend of Ragi and Soya provides a rich source of calcium, iron, vitamins, minerals, phosphorus, protein and fiber.

Key Highlights:

- **Strengthens Bones & Aids Recovery** – Rich in calcium and phosphorus, it enhances bone strength, postpartum healing, and energy generation.
- **Boosts Hemoglobin & Prevents Anemia** – Iron and calcium packed to support red blood cell production, vital for pregnant and lactating mothers.
- **Supports Lactation & Baby's Growth** – Rich in plant-based protein and amino acids, promoting healthy milk production and recovery.
- **Balances Hormones & Menstrual Health** – Soya's phytoestrogens help regulate hormones, aiding menstrual cycles and menopause.
- **Diabetic & Weight-Friendly** – Low glycemic index supports blood sugar control and healthy weight management.
- **Quick, Versatile & Delicious** – A convenient superfood—just mix with milk, smoothies, or porridge for a nutrient boost! Consume Ragi Malt at least **three times a week** for healthy life!