



Samruddh Healthy Foods

Small seeds with great health

ABOUT US

At RVK Samruddh Healthy Foods, we're not just a company — we're a movement driven by a purpose. Founded by Renukamma Kariyappa, who deeply believes in healthy living and sustainable agriculture, RVK has its roots in Karnataka, the land where ragi (finger millet) is not just a grain but a tradition.

Renukamma, who grew up consuming raagi daily, understood early on the unmatched nutritional value and health benefits of this ancient superfood. With a vision to revive millet-based diets in modern times, she set out on a journey — not only to produce and promote high-quality raagi products — but to revolutionize the way young India thinks about food

OUR VISION

- Deliver affordable, high-quality millet-based products to every home.
- Gain global recognition for India's rich agricultural heritage.
- Empower rural women and farmers through inclusive employment and self-reliance.

OUR PURPOSE

- Educate youth and graduates about the importance of millets in daily nutrition.
- Inspire healthy lifestyle choices by promoting ragi as a smart, sustainable food option.
- Provide nutritious, clean-label millet foods year-round — from farm to fork.
- Support farmers and celebrate Indian heritage by creating a vibrant millet ecosystem.

BENEFITS OF RAGI

- ✓ Control's diabetes.
- ✓ Reduces the body cholesterol and thereby results in weight loss.
- ✓ Helps in proper digestion and heart functioning.
- ✓ Helps in Strengthening Bones for all Age Groups.
- ✓ Rich in Calcium, Iron and Protein.
- ✓ Increases breast milk supply naturally.
- ✓ Ragi is Good for Hair.
- ✓ Reduces Depression.
- ✓ Controls Blood Pressure.
- ✓ Maintains Body temperature.

NUTRITIONAL VALUE OF RAGI

100 gm of Ragi Contains

Energy	551.76Kcal
Protein	8.17g
Fat	32.40g
Trans fat	0.0g
Saturated fat	20.21g
Dietary Fibre	4.05g
Cholesterol	18.8 mg
Carbohydrate	56.87g
Total sugar	14.68g
Iron	2.35mg
Potassium	335.60mg



WHY YOU SHOULD CHOOSE US ?

- ✓ We bring chosen best quality ragi from the grounds of KARNATAKA.
- ✓ We employ traditional methods of cleaning seeds I drying the seeds under the sun, throwing, winnowing, sieving and hand picking.
- ✓ Our method of preparation and ingredients used in our product are unique.
- ✓ Ingredients are combined in such proportion and manner that it gives the best results.
- ✓ Spices used in our product are very much relevant for the present COVID situation.
- ✓ Individuals from all the age group can consume our products.
- ✓ Our products will direct the society towards a healthy food habits, ultimately helping people stay healthy and happy hence our purpose is served.

OUR PRODUCTS



Sprouted
Ragi Baby Malt



Sprouted
Ragi Healthy Drink



Sprouted
Ragi Dosa Mix



Ragi Whole Flour



Whole Ragi

Nutri Pot
Elaichi Flavour
Chocolate
vanilla Flavour



Start Care
Ragi Baby
Malt-Powder



Energy Flow
(Multi Millet
Mix Powder)



Calci Grow
Ragi healthy Drink




Herborich
Golden
Milk Powder



Brown Rice
Baby Malt(Instant)





MILLETS (Whole & Blended)
RAAGI, JAWARI, PEARL, FOXTAIL,
PROSO, BARNYARD, KODO, LITTLE

PULSES & GRAINS
TOOR DAL, CHANA DAI, MOOND DAL,
UDAD DAL, CHIKPEA, GREEN GRAM

DRY FRUITS & NUTS
RAISIN, CASHEW, GROUND NUT

SPICES (Whole & Blended)
RED CHILLI, TURMERIC, CUMIN, CORIANDER,
BLACK PEPPER, CARDAMOM, NUTMEG
CINNAMON, CLOVE

JAGGERY

Sprouted Ragi Healthy Drink

Available in
500 g

Benefits of Ragi

Controls diabetes.
Reduces the body cholesterol and thereby results in weight loss.
Helps in proper digestion and heart functioning.
Helps in Strengthening Bones for all Age Groups.
Rich in Calcium, Iron and Protein.
Increases breast milk supply naturally.
Reduces Depression.
Controls Blood Pressure.
Maintains Body temperature.

Ingredients of Healthy Drink

Sprouted Ragi	Fennel Seeds
Cumin Seeds	Cinnamon Seeds
Pepper Seeds	Clove
Carrom Seeds	Sweet Flag
Nut Meg	Fenugreek
Dry Ginger	



Sprouted Ragi Baby Malt

Available in
250 g

Ingredients of Ragi Baby Malt

Ragi (Nachini)	Fenugreek Seeds
Bengal Dal	Jeera
Pigeon Dal	Sweet Flag
Urad Dal	Nut Meg
Dry Ginger	Cumin Seeds
Carom Seeds	Cardamom Seeds

Benefits of Ragi

Helps in good growth of bones and teeth.
Improves digestion and prevents constipation
Promotes absorption of iron and prevents anaemia.
Excellent source of folic acid, protein, carbohydrate and fibre.



Energy-Flo

MULTI-MILLET HEALTH MIX
Benefits of Energy-Flo

Enhances Digestion.

- Controls Obesity.
- Best to treat Constipation.
- Due to low Glycemic Index, it regulates blood sugar level.
- Helps control Diabetes.

Good for General Health

- Helps to flush out harmful free radicals from the body and keep several health issues at bay.
- Boosts the immunity level.
- Can prevent cancer.

Rich in anti - oxidants

- Rich in calcium and magnesium reduces instance of osteoporosis and bone damage.
- Helps Control Arthritis.
- Enriched with minerals and nutrients helps in kids brain development

Strengthens Bones and Nerves

- Must for Children

Purifies and improves Red Blood Cells

- Contains soluble Fibre which produces viscous substance in gut.
 - This traps fats and helps reduce cholesterol level

Ingredients :

Browntop Millet, Barnyard Millet, Foxtail Millet, Little Millet Kodo millet, Pearl Millet, Sorghum, Proso Millet, Finger Millet, Pulses, Soya, Greengram, Toor Dal, Black Gram, Horse Gram, Chick Peas, Cereals, Maize Barley, Long Wheat, Nuts, Almonds, Cashew, Ground Nut, Spices, Black Pepper, Fenugreek, Cardamom



Herborich

GOLDEN MILK POWDER

Benefits of Herborich

- Natural anti-inflammatory
- Promotes Muscle Building
- Helps to improve Skin Health
- Acts as natural anti-biotic, anti-fungal Anti-viral agent
- Has anti diabetic properties and it can reduce Cholesterol level
- Helps in brain development and improves memory Power.
- Reduce blood pressure and stress
- Has good source of protein and help to improve health.
- Helps in Purifying blood
- Improve eyesight and it is good for skin.

Ingredients :

Curcumin powder, Milk Powder, Dry Ginger, Cinnamon, Black pepper, Nutmeg, Cardamom, Curry Leaves powder Tulasi Leaves Powder, Almond, Cashew, Rose petals, Ashwagandh, Mint Powder, Fennel Seeds



Nutri- Pot

NUTRITIONAL POWDER

Benets of Nutri - Pot

- Excellent source of protein
- Helps to meet daily nutrition need
- Improve gut health
- Helps to boost brain development and
- Improve memory
- Helps to Improve bone health
- Helps to build immunity
- Helps to increase muscle strength
- Regulate digestion
- Helps to satiate hunger



Ingredients :

Ragi, Soybean, Green gram, Green Peas, Chana, Brown rice,
Horse gram, Rajgira, Wheat, Bengal Gram, Sesame seeds,
Flaxseeds, Almond, Cashewnut, Rose Petals, Elaichi, Nutmeg,
Dry Ginger, Ashwagandha, Curry Leaves Powder, Tulsi, Cinnamon, Mint,
Spinach, Black Pepper, Milk Powder, Cocoa Powder.

Sirilac

RICE BASED BABY MALT

Benefits of Brown Rice Baby Malt

It is good source of protein fiber, vitamin, calcium, iron, fiber healthy carbohydrates and low in calories

Also easy to digest and helps in aiding high amount of energy to babies.

Improve immune system, proper bone cell growth, digestive system of child, weight, concentration power, blood circulation and regulates body temperature, boosts hair growth, protects the body from infections, helps in shielding skin, Prevents contains like anaemia and weakness

Rich vitamin A,C, E, B6.

Treats respiratory problems.

Ingredients :

Sprouted Ragi, Cumin Seeds, Pepper Seeds, Cardamom, Carom Seeds, Nut Meg, Fennel Seeds, Dry Ginger, Cinnamon, Clove, Fenugreek Seeds, Sweet Flag



Start care

SPROUTED RAGI BABY MALT

Benefits of Start care

Excellent source of protein

Helps to meet daily nutrition need

Improve gut health

Helps to boost brain development and

Improve memory

Helps to Improve bone health

Helps to build immunity

Helps to increase muscle strength

Regulate digestion

Helps to satiate hunger



MILLET COOKIES



Finger Millet Cookies

Ragi Goodness, Diabetes Wellness



Multi Millet Cookies

Small Grain Big Nutrition



Finger Millet Cookies

Millet Magic Inside



Finger Millet Cookies

Calcium Crunch

MILLETS COOKIES BENEFITS

No refined sugar – natural jaggery

Gluten-free

Rich in iron, calcium, fiber

Mild, aromatic cardamom flavour

Crunchy almonds – adds protein & texture



RAAGI COOKIES

NUTRITION INFORMATION

Approx value per 100g

Energy	555.15 Kcal
Protein	6.75 g
Fat	32.55 g
Carbohydrate	58.8 g
Total Sugar	3.6 g
Dietary Fiber	4.1 g
Cholesterol	15.8 g
Iron	1.59 mg
Potassium	323.79 mg
Saturated Fat	19.9 g
Trans Fat	<0.1 g

MULTI MILLET COOKIES

NUTRITION INFORMATION

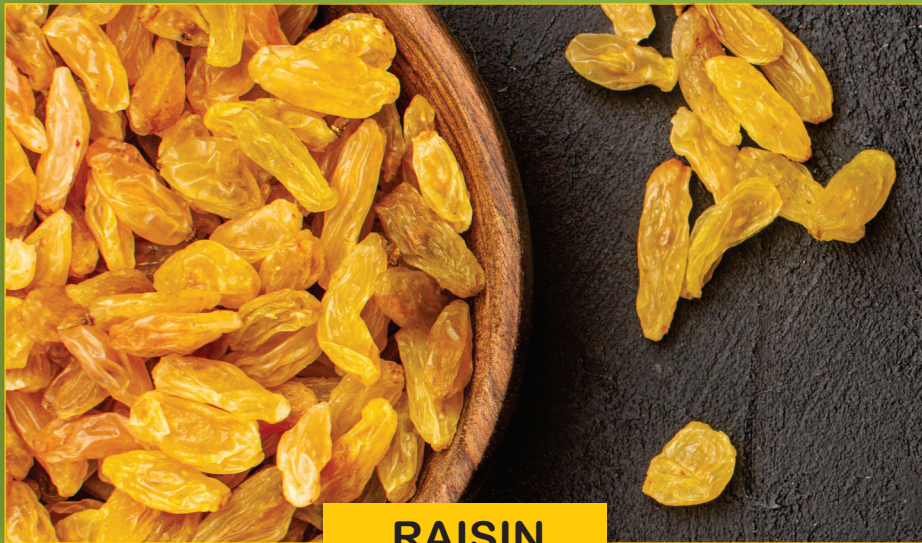
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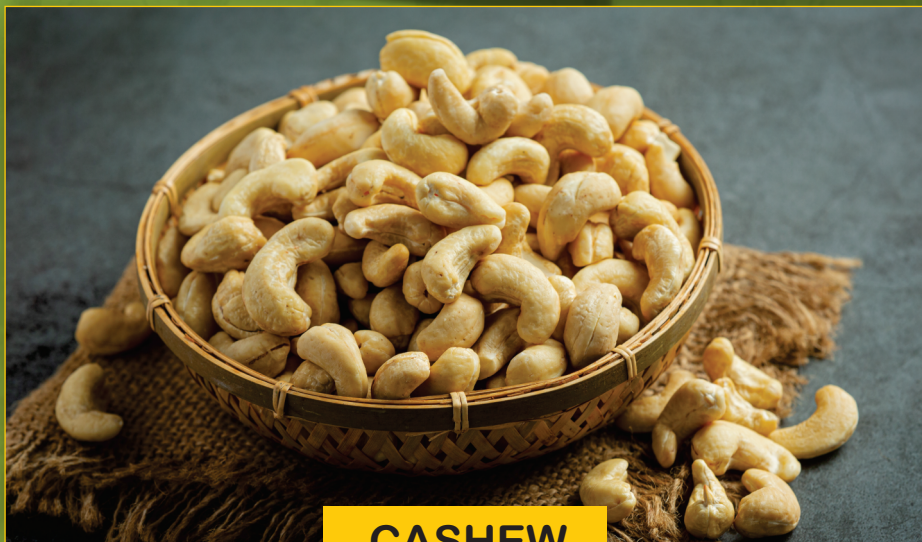
JAGGERY



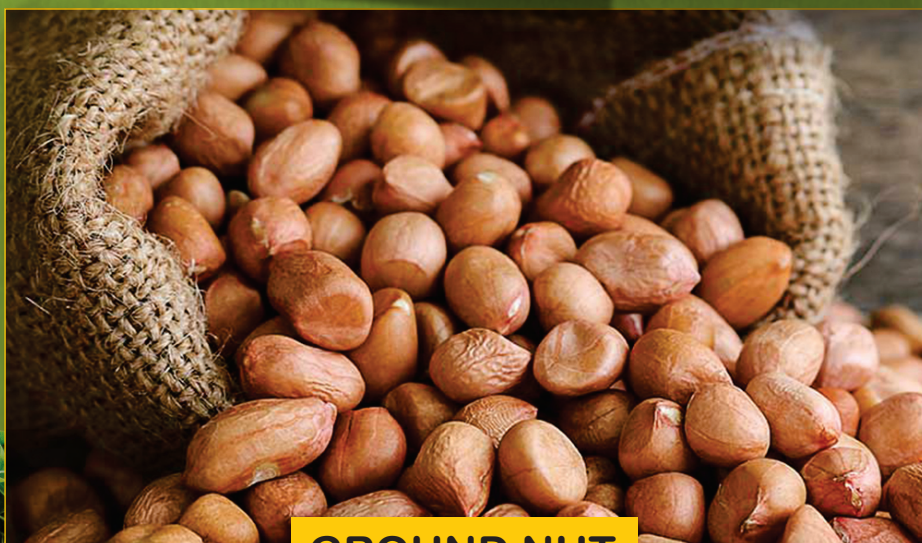
NUTS & DRY FRUITS



RAISIN



CASHEW



GROUND NUT



SPICES WHOLE & BLENDED

RED CHILLI



TURMERIC



CUMIN



CORIANDER



BLACK PEPPER



CARDAMOM



CINNAMON



CLOVE



PULSES & GRAINS

TOOR DAL



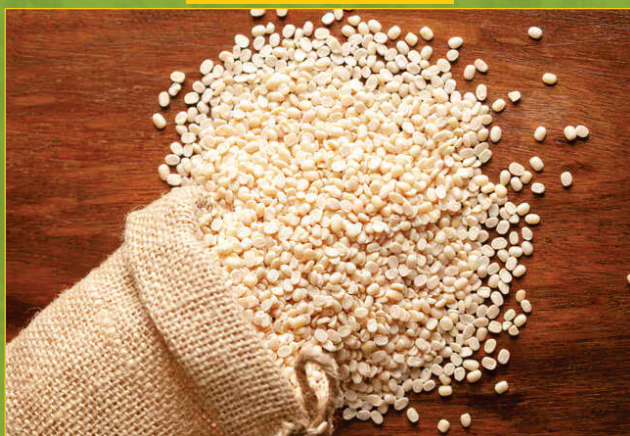
CHANA DAL



MOONG DAL



UDAD DAL



CHICKPEA



GREEN GRAM



MILLETS

RAAGI



JAWARI



PEARL



FOXTAIL



PROSO



BARNYARD



KODO



LITTLE



MILLETS BENEFITS

Rich in Nutrients

Millet is high in protein, fiber, vitamins (B-complex), and essential minerals like iron, calcium, magnesium, and phosphorus.

Gluten-Free

Naturally gluten-free, millets are ideal for people with gluten intolerance or celiac disease.

Improves Digestion

High fiber content supports healthy digestion, prevents constipation, and promotes a healthy gut.

Helps in Weight Loss

The fiber and low glycemic index help keep you full longer and reduce overeating.

Controls Blood Sugar Levels

Millet has a low glycemic index, making them a good choice for managing diabetes.

Boosts Immunity

Rich in antioxidants and nutrients that enhance immune function.

Heart Health

Millet helps lower bad cholesterol (LDL) and support healthy blood pressure levels.

Bone Strength

Loaded with calcium, phosphorus, and magnesium, they help strengthen bones and prevent osteoporosis.

Improves Skin Health

Antioxidants in millet combat aging and promote healthy, glowing skin.

Good for Hair

Nutrients like iron, zinc, and protein support strong, shiny hair.

Energy Boosting

Complex carbs in millet provide sustained energy throughout the day.

Prevents Anemia

Rich iron content helps in the formation of red blood cells and prevents iron deficiency.

Detoxification

Millet helps eliminate toxins from the body due to their antioxidant and fiber content.

Supports Mental Health

Millet contains magnesium, which reduces stress and anxiety and supports brain function.

Environmental Sustainability

Millet requires less water and can grow in harsh climates, making them eco-friendly and sustainable.

AWARDS & APPRECIATIONS :



Udyog Bhushan award from
Shrirang Appa Barne
member of parliament
Maharashtra state in the
program of Savitri bai Phule's
191st birthday arranged by
"Pimpri Chinchwad Mahatma
Phule Mandal" in Pune.

"Women's Achiever's
Awards" received from Mr
Justice Santhosh Hegde who
was a former judge of the
Supreme Court of India a
program arranged by News
papers association of
karnataka in Bangalore.



AWARDS & APPRECIATIONS :

Zee Udaan award received from Union finance minister for Maharashtra state Mr. Bhagwat Karad in the program arranged by MSME & Zee 24 Taas news channel in Mumbai.



Karnataka Rajyotsava award from Basavaraj Horatti Chairman of the Karnataka Legislative Council. in a program arranged by News papers association of karnataka in Bangalore.

AWARDS & APPRECIATIONS :



Nanu Nanna Sadhane
Achiever's Award received
from M. Murgesh Rudrappa
Nirani who is Industrial
Minister of Karnataka This
program was arranged by
News first Channel



Award received from "Kannadigara Sangha in
Pune" At Ankushrao Landage Natyagraha Bhosari

AWARDS & APPRECIATIONS :



Member of the Legislative
Council of the Karnataka State
Mr. Sarvana



Interaction With
Mrs. Sudha Murty



Mr. A. Narayan Swami
Minister of State for Social Justice





Small seeds great with health

SPROUTED HEALTHY RAGI PRODUCTS

- ಮೂಳೆಗಳು ಮತ್ತು ಹಲ್ಲುಗಳ ಉತ್ತಮ ಬೆಳವಣಿಗೆಗೆ ಸಹಾಯ ಮಾಡುತ್ತದೆ.
- ಜೀರ್ಣಕ್ರಿಯೆಯನ್ನು ಸುಧಾರಿಸುತ್ತದೆ.
- ಫೋಲಿಕ್ ಆಮ್ಲ, ಪ್ರೋಟೀನ್, ಕಾರ್ಬೋಹೈಡ್ರೇಟ್ ಮತ್ತು ಫೈಬರ್ ಹೊಂದಿದೆ.
- ಕಬ್ಬಿಣದ ಅಂಶ ಅಧಿಕವಾಗಿರುತ್ತದೆ.
- ರಾಗಿಯು ಅಂಟು ಮುಕ್ತ ಧಾನ್ಯವಾಗಿದೆ.
- ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿಯನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ.

Zero Sugar
Cholesterol

High-Fiber
& Calcium

No Artificial
Flavour, Colour & Preservatives



THANK



YOU

Scan for
more info



MANUFACTURED BY :

RVK Samruddh Healthy Foods

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