SATTVIKO®
FoodYoga

Sattviko

Did you Know?

- 95% of world's Makhana is grown and exported from India
- 2023: International Year of Millets

SATTVIKO®
FoodYoga

World's First Nutrition Brand For Yoga Lovers

Born in India, the birthplace of Yoga, Prasoon started Sattviko after successfully exiting his first startup. Life as an entrepreneur is always challenging, and Prasoon started practicing Yoga to solve his wellness issues.That's when he was introduced to the age-old food science of Yogic nutrition by his Yoga teacher, to complement his yogic performance.

But he faced a lot of difficulty in finding these food products with authentic ingredients and desired benefits.

Prasoon went on a mission to develop these food products for himself and the world. He along with Ankush decided to reinvent this science into daily nutrition products for yoga lovers.

And thus, Sattviko was born.

SATTVIKO®
FoodYoga

FoodYoga Range Of Products

Salty Snacks
Antioxidant Makhana
Omega 3 Makhana
Stress Relief Makhana
Shelf Stable with 18 months

Instant Meals
Fatigue Relief Makhana
Endurance Tapioca
Strength Millet
Shelf Stable with 18 months

Sweet Snacks
Strength Chickpea
Antioxidant Chickpea
Shelf Stable with 18 months

Sattviko FoodYoga products are consumed & recommended by yoga experts, teachers and studios across the world

www.sattviko.yoga

Product Pipeline

Product launches scheduled for 2023:

Roasted Flavored Cashews

Roasted Flavored Almonds

Roasted Flavored Pistachios

Roasted Flavored Raisins

Probiotic Makhana Snacks

Millet Muesli

Trail Mixes

Makhana Soups

Multigrain Chips

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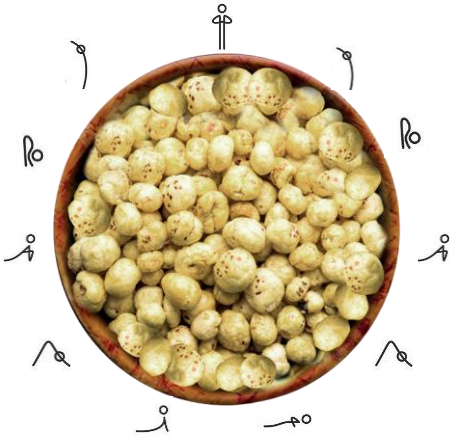
Gifting Range

Almond	Cheese Salsa, Honey & Sea Salt, Sesame Caramel, Butterscotch Lemongrass, Elaichi, Honey Mustard
Cashews	Saffron, Honey & Sea Salt, Elaichi, Black Pepper, BBQ, Cheese & Oregano, White Pepper, Vanilla Coconut, Wasabi, Rose,
Raisins	Paan, Rose, Tulsi-ginger, Anardana
Pistachios	Saffron, Garlic & Paprika, Rose
Walnuts	Honey Sesame, Honey Mustard, Chocolate
Seeds & Mixes	Mix Seeds, Oriental Mix nuts, Berry Mix, Granola Mix, Berry Mix Masala, Panchratna Mix nuts

SATTVIKO® FoodYoga

FoodYoga Makhana Snack (Popped Waterlily seeds)

(Post Yoga Snack)



Available In 6 Flavors & 3 Variants (Boosts Antioxidants; Boosts Omega3; Relieves Stress)

12					
Added Herbs & Golden Turmeric	Minimally Processed	Nutritionally Dense	Vegan Superfood	Naturally Gluten Free	Non GMO

PERFECT POST YOGA SNACK

MAKHANA	=	EQUIVALENT
Iron		Spinach
Protein		Lentils
Fiber		2x MultiGrain Bread
Magnesium		Avocado
Calcium		Soy Milk

(On a weight to weight basis)

Makhana + 13 Yogic Herbs= Most Powerful Anti Oxidant Source
Anti Ageing, Anti Fatigue, Anti Inflamatory

Disclaimer: This product is not intended to diagnose, treat, cure or prevent a disease as per Food and Drug Administration.

Nutrition Facts

1 serving per container

Serving size	**2 Cups (40g)**
Amount per Serving	
Calories	**164**
	%Daily value
Total Fat 2.4g	**4%**
Saturated Fat 0.8g	**4%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220 mg	**10%**
Total Carbohydrate 32.3g	**12%**
Dietary Fiber 3g	**11%**
Total Sugar 1g	
Includes 0g added Sug ars	**0%**
Protein 3.2g	**6%**
Vitamin D 0mg	**0%**
Calcium 18mg	**1%**
Iron 1mg	**4%**
Potassium 36mg	**1%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Waterlily Plant (Nymphaeaceae)

SATTVIKO® FoodYoga

FoodYoga Tapioca Meal

(Post Yoga Meal)

Available in 2 Flavors

- High Protein, Iron & Fiber
- Minimally Processed
- Nutritionally Dense
- Vegan Superfood
- Naturally Gluten Free
- Non GMO

PERFECT POST YOGA MEAL

TAPIOCA	=	EQUIVALENT
Iron		3x Spinach
Fiber		Multi grain Bread
Magnesium		3x Avocado
Calcium		2x Soy Milk
Potassium		Potato

(On a weight to weight basis)

Tapioca + 13 Yogic Herbs= Endurance Source

Disclaimer: This product is not intended to diagnose, treat, cure or prevent a disease as per Food and Drug Administration.

Nutrition Facts

1 serving per container

Serving size	**1 Cup (80g)**
Amount per Serving	
Calories	**367**
	%Daily value
Total Fat 13.7g	**21%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 36.8 mg	**2%**
Total Carbohydrate 50.4g	**18%**
Dietary Fiber 7.9g	**28%**
Total Sugar 0g	
Includes 0g added Sug ars	**0%**
Protein 10.2g	**20%**
Vitamin D 0mg	**0%**
Calcium 44.4mg	**4%**
Iron 2.4mg	**13%**
Potassium 280mg	**6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tapioca Plant (Manihot Esculenta)

FoodYoga Millet Meal

(Post Yoga Meal)

Available in 2 Flavors

- **High Protein, Iron & Fiber**
- **Minimally Processed**
- **Nutritionally Dense**
- **Vegan Superfood**
- **Naturally Gluten Free**
- **Non GMO**

PERFECT POST YOGA MEAL

MILLETS	=	EQUIVALENT
Iron		3x Spinach
Fiber		Multi grain Bread
Magnesium		4x Avocado
Calcium		2x Soy Milk
Potassium		Potato

(On a weight to weight basis)

Barnyard Millets + 13 Yogic Herbs= Strength

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Nutrition Facts

1 serving per container

Serving size	**1 Cup (80g)**
Amount per serving	
Calories	**376**
	%Daily value
Total Fat 15.7g	**24%**
Saturated Fat 2.2g	**11%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 65.7 mg	**3%**
Total Carbohydrate 47.3g	**17%**
Dietary Fiber 6.6g	**24%**
Total Sugar 0g	
Includes 0g added Sugars	**0%**
Protein 11.2g	**22%**
Vitamin D 0mg	**0%**
Calcium 51.2mg	**5%**
Iron 2.4mg	**13%**
Potassium 245.6mg	**5%**

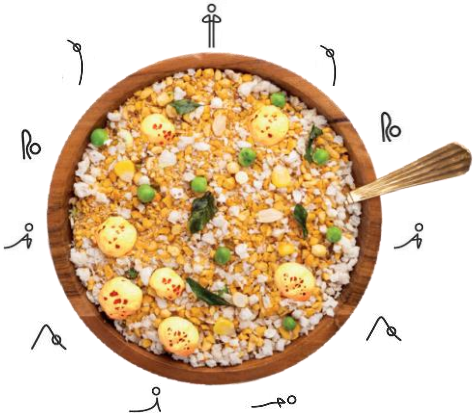
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Barnyard Millets Plant (Echinochloa Esculenta)

SATTVIKO® FoodYoga

FoodYoga Makhana Meal

(Post Yoga Meal)



Available in 2 Flavors

- **High Protein, Iron & Fiber**
- **Minimally Processed**
- **Nutritionally Dense**
- **Vegan Superfood**
- **Naturally Gluten Free**
- **Non GMO**

PERFECT POST YOGA MEAL

MAKHANA	=	EQUIVALENT
Iron		Spinach
Protein		Lentils
Fiber		2x MultiGrain Bread
Magnesium		Avocado
Calcium		Soy Milk

(On a weight to weight basis)

Makhana + 13 Yogic Herbs= Most Powerful Anti Oxidant Source
Anti Ageing, Anti Fatigue, Anti Inflamatory

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Nutrition Facts

1 serving per container

Serving size	**1 Cup (80g)**
Amount per Serving	
Calories	**317**
	%Daily value
Total Fat 13g	**20%**
Saturated Fat 2g	**12%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 54 mg	**2%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 10g	**36%**
Total Sugar 0g	
Includes 0g added Sugars	**0%**
Protein 13g	**26%**
Vitamin D 0mg	**0%**
Calcium 52mg	**5%**
Iron 2mg	**13%**
Potassium 462mg	**24%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Waterlily Plant (Nymphaeaceae)

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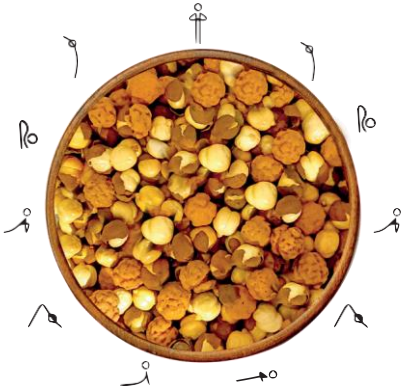
FoodYoga Chickpea

(Post Yoga Snack)



Source of Fiber & Iron | **Minimally Processed** | **Non GMO** | **Calcium & Minerals** | **Naturally Gluten Free** | **Vegan Superfood**

PERFECT POST YOGA SNACK

CHICKPEA	=	EQUIVALENT
Iron		4x Spinach
Protein		Lentils
Magnesium		2x Avocado
Fiber		2x Multi Grain Bread

(On a weight to weight basis)

Jaggery + Chickpea = Post Yoga Strength

Disclaimer: This product is not intended to diagnose, treat, cure or prevent a disease as per Food and Drug Administration.

Nutrition Facts

7 serving per container

Serving size 1/2 Cup (22g)

Amount per Serving

Calories 79

	%Daily value
Total Fat 1.2g	**2%**
Saturated Fat 0.1g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 46.2 mg	**2%**
Total Carbohydrate 14.2g	**5%**
Dietary Fiber 3.1g	**13%**
Total Sugar 5.1g	
Includes 2.5g added Sugars	
Protein 3.5g	**7%**
Vitamin D 0mg	**0%**
Calcium 91.1mg	**9%**
Iron 2.8mg	**15%**
Potassium 99mg	**3%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chickpea Plant (Cicer Arietinum)

SATTVIKO® FoodYoga

Sustainability and Manufacturing Capability

Sustainable Future Food

1.Sattviko's ingredients are grown using **regenerative agriculture techniques,** thus reversing the Climate change.

2.Sattviko products are **100% plant based** with added natural yogic herbs that replace complex and heavily processed artificial supplements which are a drag on sustainability.

3.Sattviko ingredients are **cash crops** for the farmers, Sattviko is the **largest livelihood source** in its neighborhood.

4.Sattviko packaging is made with **100% recyclable materials**.

Our manufacturing and R&D facility:

- Annual **manufacturing capacity of $ 100 MM+**
- Best in class **consistent quality** with zero touch manufacturing
- **'A' Grade BRCGS Certified Facility (GMP)**
- **USFDA Registered**
- Vegan and sustainable facility
- Yogic herbs farm, Yoga studio and Meditation zone

Stanford | Seed Alumni

National Entrepreneurship Award by Govt. of India

The Economic Times Best Food Brand of India

www.sattviko.yoga

SATTVIKO® FoodYoga

Why our factory @ Udaipur?

1. Location Advantages

- **On National Highway 27** connecting Udaipur to Ahmedabad, Mundra and other Gujarat Sea ports towards the south and with large consumer markets of Delhi and Haryana towards the north.
- **Overnight connectivity** with Metro cities (Delhi, Mumbai) via road, railways and air.
- Well-connected throughout India with surface transportation.

2. Smart City

- One of the **first 100 smart cities** of India.
- **Pollution free environment** with **easy labor availability**.
- **Uninterrupted supply of electricity** and utilities like LPG, Nitrogen.
- **2nd best city** in the world to live (acc to Travel and Leisure magazine).

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Our Factory's Advantages

Factory Infrastructure:

- Factory Premises ~ 93,000 sq ft, Manufacturing Setup ~ 20,000 sq ft
- RM storage area ~ 8,000 sq ft, Processing area ~ 3,000 sq ft
- Packing area ~ 2,000 sq ft, FG storage area ~ 4,000 sq ft
- RM storage has the **capacity to hold 50 MTs of material**.
- Temperature and Moisture-controlled Packing Hall
- Well-ventilated
- **Highest standards of hygiene and cleanliness**
- **Water Neutral**: Rain water harvesting within factory premises.
- **50% green belt** around the factory premises
- Admin block seating capacity of upto 30 personnel
- **Lab available for R&D**

Strengths:

- **Robust Raw material quality checks**
- **Complete traceability of ingredients of Finished Goods**
- **'A grade' BRC certified facility**
- All local **licenses and compliances in place**
- **Certified by the State Pollution Control Board**
- **Experienced Team** and plans to expand this team.

SATTVIKO® FoodYoga

Our Machinery

- **Continuous in-line automated grain and nut roasting & flavoring line.**

(Annual Capacity of ~ 2,000 tonnes)

- A **semi-automated batch type grains and nuts roaster** for trial batch roasting.
- **High accuracy multi-head packing machine with metal detection** to deliver 100 pillow pouches per minute in pillow shapes with Nitrogen flushing.
- **Advanced pet jar sealing machines** (30 jars per min).
- **Domino printer**

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Proposed Machinery

- **Twin Screw Extrusion Production line** with 2 tonnes per day capacity.
  - Pulverizer
  - Mixer
  - Screw Conveyor
  - Twin screw Extruder
  - Air Conveyor
  - Multi Layer/Rotary Dryer
  - Rotary Drum Flavoring Line

SATTVIKO® FoodYoga

Our Experienced Team

Global team of IITians and MBAs having combined experience of 100+ years

Prasoon Gupta
Trained Yoga Coach
Certified Nutritionist
IIT & Stanford Alumnus

Mark Phelps
Ex-Founder, Innovasian
US$ 250 Mn revenue food business
(market leader in frozen Asian food)
Present in 10,000+ stores

Ankush Sharma
2nd Time Entrepreneur
Ran a food business for 10 years
IIT Alumnus

Ayush Arora
10 years of MNC experience
IIT & XLRI Alumnus

Yousef Abuzuaiter
Mid Atlantic, Texas distributor
National import footprint
20+ years experience of launching
CPG brands in USA

Dhawal Phadke
2nd time food entrepreneur
Ran a food business for 5 years
Star Salesperson

Sunil Paliwal
Ex-Unilever, Coca Cola Company
Food Technologist with 30+ years exp
IIT Alumnus

Vinay Jha
15+ years of sales experience
2nd time entrepreneur

SATTVIKO®
FoodYoga

Know more about our Factory:
https://vimeo.com/795496262

Sarve Bhavantu Sukhinah
'Let everybody be happy & healthy'

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Scan to know more about our Factory