

TRY IT



GOLDEN PUNCH

With its bioactive compounds, coupled with time-tested medicinal properties, turmeric does wonders for the skin, hair and immunity.

The organic variants are known to be better than industrial ones. The natural turmeric sourced by Prahna Superfoods from Meghalaya claims to pack in eight percent more curcumin (known for anti-inflammatory and anti-bacterial properties). There is the Lakadong turmeric box for everyday use, and two milk mixes—the Vanilla-Cardamom Golden Milk Mix containing turmeric, vanilla, organic cardamom and jaggery, and the Almond Cinnamon Golden Milk Mix with chunky almonds, organic cinnamon, turmeric and jaggery. Order: [Prahnasuperfoods.com](https://prahnasuperfoods.com), Amazon, Flipkart