



**SONA**  
PURE ESSENTIALS

*Live Naturally*  
**GROW NATURALLY**



sonapureessentials



sona\_pure\_essentials



# OUR ESSENCE



The ecosystem at **SONA Pure Essentials** works closely with farmers, bee keepers and rural village women with a mission to deliver **100% pure and authentic products** of exemplary quality directly, right at your doorstep. The entire product range is proudly made in India and extracted according to **Indian vedic traditions** or **grown in natural soil**, hence **richer in antioxidants and micro nutrients**.



# A WORLD OF HEALTH & WELLNESS

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**NO  
PRESERVATIVES**



**NO ARTIFICIAL  
FLAVORS**



**100%  
NATURAL**



**CERTIFIED  
ORGANIC**



# OUR STORY

As well said by Michelle Obama, **"There is no limit to what we as women, can accomplish"**. So, being a Co-Founder of an IT Company, a proud mother of two kids, an educationist and an entrepreneur, I believe that a disciplined routine and healthy lifestyle makes you **happier, healthier and efficient**. Thus, my keen interest in health blogs and recent crucial times made me mentally strong and transpired my feelings into a vision.



A vision to extend and share the **health benefits & goodness of natural products** to cure ailments and promote a healthy & balanced lifestyle for all.

In the pursuit of quality products and with a motto to render **purest essence of mother nature**, our ecosystem at **SONA Pure Essentials** works closely with farmers, bee keepers and rural village women with a mission to deliver **100% pure and authentic products of exemplary quality** directly to you, right at your doorstep. Your each order contributes in empowering and creating a fulfilled life for them by giving an opportunity to earn a proper livelihood and receive genuine dues of their hard work.

Our diverse product range is proudly made in India and extracted according to **Indian vedic traditions**. We offer you a range of **pure products** like Cold Pressed Mustard Oil, Bilona Method A2 Gir Cow Ghee, High Curcumin Content Turmeric, Raw Multiflora Honey extracted directly from beekeepers, Pink Himalayan Rock Salt, Jaggery Powder and Hand Pounded Immunity Mix which are **completely natural, chemical free and without preservatives**. Our products are grown in natural fertiliser fed soil, hence **richer in antioxidants & micronutrients**.

Thus Proved (PUN INTENDED); since I was a Maths student:

**"You are what you eat", "Jaisa Ann, Waisa Mann"**

**Healthy Blessings your way.**

(Founder)  
**Surabhi Gupta**



# OUR CERTIFICATIONS



**CERTIFIED  
ORGANIC**



**EQUINOX**



**NABL**



**ISO CERTIFIED  
DAIRY FARM**



**MAKE IN  
INDIA**



**FSSAI**



Introducing SPE's

# A2 GIR COW GHEE



**Rich in Antioxidants,  
Vitamins & Minerals**



**Unparalleled Aroma,  
Authentic Flavour**



**Made from  
A2 Gir Cow Milk**



**Extracted using Vedic  
Bilona Method**

## Source & Extraction

- We have derived A2 GIR COW CULTURED GHEE by VEDIC Bilona Method from our FREE GRAZED & NATURALLY FED GIR COWS A2 Milk.
- This Milk is CLOSEST TO HUMAN MOTHER'S MILK from our ISO 9001:2015 and FSSAI Certified Gaushala.
- The A2 milk is obtained from Gir cow, then boiled and set into curd by coagulating milk.
- The extraction of our A2 Gir Cow Ghee is a traditional Vedic process of curd churning called as BILONA Method.
- The curd is churned Bi-Directionally with Bilona method to take out "makkhan" from it.
- This A2 makkhan is then boiled on a "Chullah" with mango wood.
- This ghee is stored in a copper/glass vessel to retain it's nutrients completely.





Introducing SPE's

# A2 GIR COW GHEE

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A Jar Full of

## HEALTH BENEFITS

- Boosts **Metabolism**
- Helps in **Weight Loss**
- Improves **Blood Circulation**
- Good **Source of Energy**
- Helps in **Brain Development**
- Promotes **Healthy Pregnancy**
- **Memory Enhancement**



Introducing SPE's

# LAKADONG TURMERIC



High Medicinal  
Value



Earthy Aroma, Bittery  
Lingering Flavour



Grinded on slow RPM  
Machine to retain Nutrients



Extracted from rhizome  
roots of CURCUMA LONGA

## Source & Extraction

- Our LAKADONG Turmeric is extracted from TRADITIONALLY GROWN LAKADONG turmeric RHIZOME roots.
- These roots are directly handpicked from the foothills of Meghalaya.
- Then powdered into fine powder either by hand pounding in a Mortar or grinded in a slow RPM Machine.
- It is packed in purest form.





Introducing SPE's

# LAKADONG TURMERIC

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7.8% Curcumin Content

**SOURCED FROM THE  
FOOTHILLS OF MEGHALAYA**

- Helps in **Digestion**
- Heals **Wounds**
- Prevents **Cancer**
- Combats **Depression**
- Prevents and treats **Diabetes**
- Helps in regulating **thyroid gland**
- Improves **Respiratory Health**
- Used in **Osteoarthritis, high fever**



## Introducing SPE's **MUSTARD OIL**



Retains original  
Nutrient Value



Rich in MUFA,  
Natural Antioxidants,  
Omega 3 & 6 Fatty Acids



Zero Transfat,  
Cholesterol &  
Sodium



Extracted from  
finest quality of  
"Peeli Sarson"



Presence of Allyl,  
Isothiocyanate, Selenium,  
Calcium, Phosphorus &  
Manganese



Crushed under  
Wooden  
Kettu Machine

### Source & Extraction

- Our Mustard Oil is extracted from finest quality of "Peeli Sarson".
- Yellow Mustard seeds are crushed under low temperature 122 degree F° in a Wooden Kettu Machine to maintain their HIGH NUTRIENT VALUE.
- The mustard seeds are cultivated and harvested with no chemicals, to ensure zero adulteration.





# Introducing SPE's **MUSTARD OIL**

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Cold Wood Pressed Mustard Oil Extracted from  
**FINEST QUALITY OF YELLOW  
MUSTARD SEEDS**

- Reduces **body pain**
- Relieves **muscles tension**
- Optimizes **Hair Growth**
- Improves **Skin Health**
- Reduces appearance of **fine lines**
- Acts as a natural **sunscreen**
- Relieves **respiratory disorders**
- Acts as a wonderful **decongestant**
- Strengthens **Bones and Teeth**



## Introducing SPE's **JAGGERY**



Natural  
Sweetener



Extracted from  
Premium Sugarcane



Possessess multitude of vitamins  
and minerals like Iron, Zinc & Selenium



Enriched with plant based  
iron & rich molasses

### Source & Extraction

- The canes or palms are pressed to extract the sweet juice or sap.
- The juice is allowed to stand in large containers so that any sediment settles to the bottom.
- It is then strained to produce a clear liquid.
- The juice is placed in a very large, flat-bottomed pan and boiled.
- The jaggery is stirred and the impurities are skimmed off the top until only a yellow, dough-like paste remains.
- This "dough" is then transferred to molds or containers where it cools into jaggery.





## Introducing SPE's **JAGGERY**



## Treasure of **TASTE AND HEALTH**

- Cures Anaemia as it increases total haemoglobin count in the blood.
- Enhances Metabolism & aids in Digestion
- Helps in weight control
- Purifies blood & Maintains blood pressure
- Prevents Constipation



## Introducing SPE's **HONEY**



**Multi-Floral  
Honey**



**100% Pure  
& Raw**



**Possesses Anti-Inflammatory  
properties**



**Nectar is collected from Single Origin  
jamun blooms & neem tree flowers**

### Source & Extraction

- Our Pure, Raw, Unprocessed Honey is derived from the Apiary (bee hives) via native beekeepers.
- These Apiary are in the forests of Biharigarh of Saharanpur district, U.P.
- The Nectar is collected from Eucalyptus, Mustard, Palash and Curry Leaves which gives it a subtle, mildly sweet flavour.
- The Nectar is collected from Single Origin White Ajwain (Carom Plant) flowers which gives it an astringent flavour with multitude of health benefits.
- SPE's Dark-coloured, Jamun Neem Honey is ethically sourced from bee hives in beehives of our Apiary in the forests of Uttarakhand, via certified beekeepers.
- The Nectar is collected from Sacred Tulsi Plants gives it a transparent colour & sweet flavour with multitude of medicinal benefits and nutrition due to presence of antioxidants.





## Introducing SPE's **HONEY**

Multifloral



## Multi-floral/ Neem Jamun/ Tulsi/ Ajwain **NECTAR HONEY**

- Blood sugar regulation
- Glowing & Healthy Skin
- Treat **Wounds & Burn**
- Soothes **Sore Throat**
- Helps with **seasonal allergies**



Neem-Jamun



Tulsi



Ajwain



Introducing SPE's

# PINK ROCK SALT



Naturally rich  
in iodine



Trace minerals like  
Potassium & Calcium



Reddish Pink granules  
due to Iron Oxide



No  
Additives

## Source & Extraction

- Our Pink Rock Salt is sourced from the Himalayan cliff.
- Then salt rocks are mined and thereafter washed manually.
- Where they have crystallized over years in an unpolluted environment.





## Introducing SPE's Himalayan **PINK ROCK SALT**

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### Sourced from **THE HIMALAYAN CLIFFS**

- Balances **Body Hormones**
- Regulates **blood pressure**
- Improves **Energy & Mood**
- Improves **digestion**
- Prevents **Allergy Symptoms**
- Supports **Respiratory & Immune system**



Introducing SPE's

# IMMUNITY MIX



100% natural plant  
based formula



Hand  
pounded



Sun dried,  
Herbs and Spices



No artificial  
flavours

## Source & Extraction

- The immunity Mix is prepared after extensive research on healing properties of each ingredient.
- It is an effective blend of many hand pounded magical herbs & spices.
- Herbs and spices like Cinnamon, Black Pepper, Holy Basil Seeds, Green Cardamom, Clove, Aswagandha, Giloy, Dry Ginger & Brahmi are sundried first.
- Then all sundried herbs and spices processed into powder.





Introducing SPE's

# IMMUNITY MIX



Hand Pounded Mix of

## MAGICAL SPICES AND HERBS

- Boosts respiratory health
- Anti-Inflammatory, Antioxidant & Antibacterial
- Remove toxins from the body
- Protects from Common cold, Flu & cough





Introducing SPE's

# DESI KHAND



Natural  
Sweetener



Extracted from  
Premium Sugarcane



Possess multitude of vitamins  
and minerals like Iron, Zinc & Magnesium



No artificial  
flavours

## Source & Extraction

- SPE's Desi Khandsari is a chemical-free & physically extracted sugar from liquid jaggery.
- Iconic desi sugar of India, a local delicacy deserves to meet the world.
- It makes beverages delicious and also wonderful for making sweets and baking.





Introducing SPE's

# DESI KHAND



Rich in nutrients as

## CALCIUM, MINERALS, FIBER, IRON, VITAMINS, AND MAGNESIUM

- Maintains energy & electrolyte balance in body.
- Khand is rich in nutrients such as calcium, minerals, fiber, iron, vitamins, and magnesium.
- Consuming khand provides you with strong bones and teeth due to the high calcium content in it.
- It is also quite beneficial for digestion, having high fiber content which helps in the creation of stools in the bowels.



# Introducing SPE's COCONUT OIL



**Contains Plant  
Based Extracts**



**Extra-Virgin  
Cold Pressed**



**Cruelty free, Applauded by  
PETA for no animal testing**



**Sulphates, Silicon &  
Paraben free**

## Source & Extraction

- SPE's Coconut oil is manufactured using west coast fall variety coconuts, sourced from a single farm.
- This oil is processed through COLD DRAW METHOD.
- It also Posseses Vitamin E.





## Introducing SPE's **COCONUT OIL**

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Processed through COLD DRAW METHOD  
**EXTRA-VIRGIN COLD PRESSED**

- Treats Dry Skin and makes it Soft & Supple
- Protects & Nourishes Damaged hair
- Hydrates & Soothes skin to reduce fine lines & wrinkles
- Perfect for Baby Body Massage
- Great Make up base & remover too
- Works as a Lip moisturizer
- Mix it with sugar to make a Body Scrub
- Improves Dental health by putting Toxins away with Oil Pulling
- Suitable for All: Men, Women & Newborns



Introducing SPE's

# KESAR



**A++  
Grade Certified**



**No Fillers &  
Additives**



**Original, Pure &  
Organic Saffron Threads.**



**Handpicked  
'KASHMIRI MONGRA' Saffron**

## Source & Extraction

- The most Expensive, Potent & Rare Spice in the World.
- Premium, Handpicked 'KASHMIRI MONGRA' Saffron harvested straight from PAMPORE, the farms of Jammu & Kashmir.
- Saffron has highest levels of safranal, crocin, picrocrocin which gives it strong colour, aroma & flavour.








## Introducing SPE's **KESAR**

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A++ Grade Certified  
**MOST EXPENSIVE POTENT &  
RARE SPICE IN WORLD**

- Prevents **High Blood pressure**
  - Improves **Digestion**
  - Relieves **morning sickness**
  - Reduces **Hair fall**
  - Relieves **morning cramps**
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## THE HEALTH BOX

Bring health to your home with our trusted health box. Organic certified, all our products are one-of-a-kind, assuring your health is always top-notch. The general box consists of our quality products such as Turmeric, Honey, Immunity Mix, Desi A2 Gir Cow Ghee, Mustard Oil, Jaggery & Pink Salt. However, it can be customized as per your needs.

## CUSTOMIZED GIFT HAMPERS





# OUR ASSOCIATES

The logo for Taj Mahal Lucknow is enclosed in a gold circle. It features the word "TAJ" in a large, serif font, with a small crown icon above the letter "J". Below "TAJ", the words "MAHAL" and "LUCKNOW" are stacked in a smaller, sans-serif font.

TAJ  
MAHAL  
LUCKNOW

**TAJ MAHAL  
LUCKNOW**

The logo for Taj Ganges Varanasi is enclosed in a gold circle. It features the word "TAJ" in a large, serif font, with a small crown icon above the letter "J". Below "TAJ", the words "GANGES" and "VARANASI" are stacked in a smaller, sans-serif font.

TAJ  
GANGES  
VARANASI

**TAJ GANGES  
VARANASI**

The logo for Hyatt Regency Dehradun is enclosed in a gold circle. It features a purple hexagonal icon with a white diamond shape inside. Below the icon, the words "HYATT" and "REGENCY" are stacked in a sans-serif font, with "DEHRADUN" in a smaller font at the bottom.

HYATT  
REGENCY  
DEHRADUN

**HYATT  
DEHRADUN**

The logo for Marriott Hotels Resorts Suites is enclosed in a gold circle. It features the word "Marriott" in a red, stylized script font. Below it, the words "HOTELS", "RESORTS", and "SUITES" are stacked in a small, red, sans-serif font.

Marriott  
HOTELS · RESORTS · SUITES

**MARRIOTT  
INTERNATIONAL**





**PLACE YOUR ORDERS AT**  
**+91-98396 46686**

Varants are available in 100gm, 250gm, 500gm, 1kg and 5Kg  
📍 17/ 1A, Madan Mohan Malviya Marg, Lucknow, Uttar Pradesh-226001