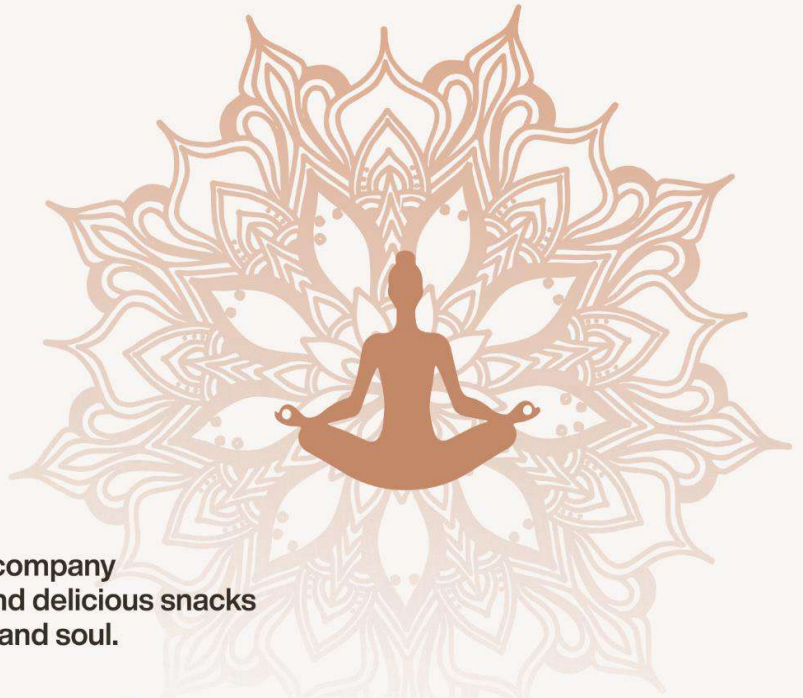




From the Roots of Yoga to your Daily Diet





About Us

Sattviko is a leading healthy food company dedicated to crafting innovative and delicious snacks and meals that nourish both body and soul.

Sattviko is derived from the Sanskrit word *“Sattvic”*. It denotes the purest form of energy, resembling calmness, comfort, and vibrancy.

Our mission is to bring the ancient wisdom of Yogic nutrition and the power of functional ingredients to modern consumers seeking healthier alternatives.

sattviko.com | thebkvedic.com



Table of Contents

1. Founders' Vision	02
2. Our Product Range	03
Makhana Instant Meals Functional Foods Nuts Savory Snacks Sweet Snacks	
3. Innovation and Excellence in Manufacturing	08
State-of-the-Art Facilities Sustainability Initiatives In-house R&D Product Range and Customization Quality Assurance Advanced Machinery	
4. Partner With Us	13
5. Testimonials	15
6. Case Studies	16
7. Our Team	17
8. Contact Us	18





Founders' Vision

While the science of Yoga is understood and accepted widely by millions of people across the globe, the importance of Yogic nutrition is not known.

In 2014, Praseon Gupta & Dhawal Phadke realized this gap and created Sattviko, reinventing the ancient and authentic food sciences & ingredients of Yoga into delicious & convenient nutrition products, for the modern age Yoga practitioners and health conscious consumers.



Makhana

Probiotic

Antioxidant

Ashwagandha

Omega3

Peri Peri Makhana

Spice up your snacking with this zesty, probiotic-rich treat that supports gut health.

High Protein Makhana

Fuel your body with this protein-packed, savory snack that keeps you feeling full and energized.

Caramel Makhana

Savor the perfect blend of sesame and caramel flavors in this crunchy, nutrient-packed treat.

Mint Makhana

Refresh your palate with this antioxidant-packed, cooling snack that aids in detoxification.

Chocolate Makhana

Satisfy your chocolate cravings guilt-free with this antioxidant-rich, cocoa-infused makhana snack.

Other flavors:

- Barbecue Makhana,
- Pink Salt Makhana,
- British Strawberry & Cream,
- Lime Pickle & many more...



"Yoga is more fun with right post yoga snack. loved the energy of yogis at willow tree yoga while enjoying food yoga makhana snack."
- Betty Phillips

Scan this QR to visit our website for more stories



Instant Meals



No added oil



Made with real ingredients



High Protein & Fiber

Instant Millet Meal

Enjoy a protein and fiber-rich quick meal that keeps you satiated and energized.

Makhana Meal

Indulge in a protein and fiber-packed meal that supports your healthy lifestyle.

Instant Upma

Enjoy a nutritious and flavorful savory breakfast that's ready in minutes.

Instant Oats

Savor the goodness of wholesome oats in this convenient and nourishing instant meal.

Banoffee Oatmeal

Treat yourself with date sugar-sweetened, banana-flavored oat delight.

Tapioca Meal

Discover the high-protein and fiber-rich benefits of this satisfying instant meal.

Oats Dal Makhani

Experience a classic Indian dish with a healthy twist, perfect for a quick and satisfying meal.



Functional Foods



Strength



Pre & Post Yoga Snacks



Antioxidants



Endurance

Millet Puffs

- High Protein
- High Fiber

Instant Oats

- Zero added oil

Instant Upma

- High Protein
- High Fiber

Tangy Tomato Puff

- Probiotics

Spanish Tomato Cashew

- Omega3
- Zero added oil

Honey Roasted Almonds

- Zero added oil
- Vitamin D3

High Protein Makhana

- Probiotic
- Antioxidant
- Omega3
- Ashwagandha

Instant Millet Meal

- High Protein
- Zero added oil
- High fiber

Spicy Trail Mix

- High Protein
- Zero Added Oil



Nuts



Omega3



Vitamin D3



No Added Oil

Spanish Tomato Cashews

Savory, omega-3 rich cashews that are oil-free and bursting with flavor.

Smoked Schezwan Almonds

Smoky, vitamin D3-boosted almonds that are oil-free and irresistibly delicious.

High Protein Spicy Trail Mix

A protein-rich blend of nuts and seeds that make for a perfect, energizing snack.

Other flavors:

Plain, Salted, Sweet Chili, Honey Roasted and many more...



Savory Snacks



Gluten Free



Rich In Probiotics



Millet Puffs

Crispy, protein-packed puffs that make for a satisfying and nourishing snack.

High Protein Makhana

Fuel your body with this protein-packed, savory snack that keeps you feeling full and energized.

Tangy Tomato Puff

Zesty, high-protein puffs that offer a delightful burst of flavor in every bite.

Sweet Snacks & Desserts



Sesame



NON GMO

Caramel Makhana

Savor the perfect blend of sesame and caramel flavors in this crunchy, nutrient-packed treat.

Chocolate Makhana

Satisfy your chocolate cravings guilt-free with this antioxidant-rich, cocoa-infused makhana snack.

Honey Roasted Almonds

Crunchy almonds roasted to perfection with natural honey.

Jaggery Chickpea

Fiber-rich and sweetened with nutritious jaggery.

Banoffee Oatmeal

Delightful banana-flavored oatmeal sweetened with date sugar.

Chocolate Chickpea

Indulgent chocolate-coated chickpea snack for guilt-free treat.



Our products offered to participants at the International Yoga Day, Times Square New York, USA

Scan this QR Code to visit our website



Innovation and Excellence in Manufacturing

Sattviko's contract manufacturing service, offers tailored food production solutions with an emphasis on quality, innovation, and scalability. Our facilities have been certified and are fully compliant with all local laws and regulations

We offer a full spectrum of services designed to bring your product from concept to consumer efficiently and effectively. Our capabilities extend across various sectors, including food & staples, processed foods, and FMCG.



Our Contract Manufacturing Services include:

Design & Prototyping



Transforming ideas into tangible products with precision and creativity.

Sourcing & Manufacturing



Utilizing premium ingredients and advanced techniques to ensure product integrity.

Quality Assurance & Packaging



Highest standards with meticulous quality checks and innovative packaging solutions.

Our Popular Categories

Flavored
Makhanas

Dried
Fruits/Nuts

Functional
Foods

Instant
Foods



State-of-the-Art Manufacturing Facility at an excellent location

Udaipur, Rajasthan
One of the first 100 smart cities of India



Overnight connectivity with metro cities via road, rail & 25 mins from airport



At a close proximity to Ahmedabad, Mundra & other Gujarat sea ports



Nestled amidst the stunning beauty of Aravali mountain ranges



Pollution free environment with easy labor availability



Uninterrupted supply of electricity and utilities like LPG, and nitrogen



1 lakh sq ft. of factory premises with 20,000 sq ft constructed

Annual capacity 2000 tonnes/year, manufacturing setup 20,000 sq ft, RM storage area 8000 sq ft, capacity 50MT, and FG storage area 4000 sq ft.



In-House Research & Development Facilities



Dedicated lab & team for R&D



Facility equipped for trial and full-scale production



Unique formulations tailored for global health trends



Best-in-class consistent quality



Zero touch manufacturing



Product Range and Customization

Comprehensive product portfolio meeting global dietary needs with custom packaging.

Cannister Packaging

Mono Cartons

Pillow Pouches

Stand-up Pouches

Plastic PET Jars





Sustainability Initiatives



Use of renewable solar energy



Zero-waste principles & rainwater harvesting



Factory premises include a 50% green belt



Regenerative agriculture techniques



Plant based with added natural yogic herbs



Sattviko ingredients are cash crops for the farmers. Sattviko is the largest livelihood source in its neighborhood. Our packaging is made with **100% recyclable materials**.

Quality Assurance

- ✔ State of the art in-house lab facilities for testing quality.
- ✔ Rigorous quality control measures, from raw material sourcing to finished product.
- ✔ Complete traceability of ingredients for safety and transparency.
- ✔ Regular internal audits and compliance checks to ensure product consistency and quality.



Advanced Machinery

- ✔ Enhanced production efficiency and consistency.
- ✔ Capable of delivering 100 pillow pouches per minute with Nitrogen flushing.
- ✔ Seals 30 jars per minute, maintaining product integrity and quality.
- ✔ Ensures high-quality, reliable packaging marking for traceability and compliance.
- ✔ Cold room available for storage





Partner With Us

We collaborate with potential partners to unlock limitless possibilities and foster growth.

Our partners play a pivotal role in our mission to establish an ecosystem that promotes sustainable growth.

We combine cutting-edge manufacturing technology with the ancient wisdom of sattvic principles to offer unparalleled product quality and innovation.



Our Customized Gifting & Packaging Solutions



Gift Boxes



Retail Partnerships



Airlines



Offices And MNCs

Our Customers Love Us!



"These makhanas are my go-to snack while working from home. Sattviko perfectly captures amazing taste and quality. Keep it up!"

Gunjan Agarwal, USA

"The food is fantastic, especially for Yoga retreats! It's not just nourishing but also aligns beautifully with the spirit of Yoga."

Adrienne Burke, USA

"What a brilliant idea to combine yogic food with Yoga practice! I've been searching for such products for a long time."

Bruna Meneghini, Brazil

"I loved the pudina ones the best, but all three are tasty. Definitely ordering again!"

Himanshu Bhatnagar, India

"Participating in the 108 SN challenge was life-changing. The products are fantastic, and I would love to continue with the membership."

Alexander Petrogiani, Canada





Case Studies

Akasa Air

When Akasa Air was launched, they sought unique, healthy snacking options for their passengers to enhance the inflight experience.

Sattviko stood out in the tender process with our roasted flavored makhana, leading to our selection as their primary snack supplier.

Our partnership has not only enhanced their service offerings but also set the stage for expanding our range of snacks in their inflight menu in the future.



Our engagement with Shoprite began when Sattviko connected with Jim Dorey through LinkedIn, leading to a pivotal meeting with their buying head, Ivan, in 2023.

This meeting resulted in the successful launch of Sattviko products across all Shoprite stores, significantly increasing our visibility and reach.

This collaboration also earned us a recommendation to Giant Foods, further extending our market presence.



ITC Limited, seeking to expand into the healthy snack market, partnered with Sattviko for their specialized roasting and blending needs.

Sattviko's state-of-the-art infrastructure and young, energetic team delivered quick and high-quality results, exceeding ITC's expectations.

This partnership enabled ITC to successfully launch their new healthy snack brand, establishing a strong presence in the market and setting a new standard for product excellence

Our Team



Praseon Gupta
Co-Founder
& Chief Yogi

15+ years experience
Ex- Founder CEO Tech Buddy (Exited)
Certified Yoga Coach
Certified Nutritionist
Stanford Alumni, IIT Roorkee



Dhawal Phadke
Co-Founder
& CEO FoodYoga US

11+ years experience in retail
distribution and packed food
industry.
Serial food entrepreneur



Kushal Aradhya
Head of Research
& Development

10+ years experience. in new
product development, food
processing and food
manufacturing
IIM-A Alumni, CFTRI Alumni



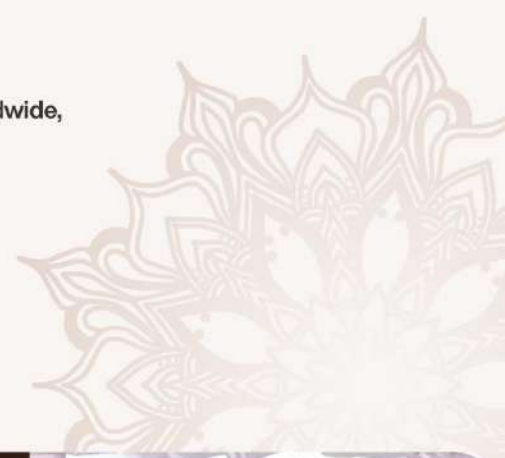
Mudit Sharma
Head of Quality

10+ years experience in food
technology and quality control
ISO certified food safety lead
auditor



Ashok Kumar
Yoga Guru & Chief Curator

15+ years experience
in Yoga. Led programs worldwide,
GOI initiatives, & trained
police department officials



National Entrepreneurship
Award for best Startup by GOI



Awarded Best Wellness Brand of
India by Economic Times



Felicitation by Ministry
of AYUSH GOI

We are defined by our culture and values

The very origin of our offerings embodies the essence of Sattviko living.



ॐ

सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः
सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभागभवेत् ।

May everyone be happy, may everyone be healthy. Be a witness to all good events and no one should ever have to suffer sorrow.



Visit:
sattviko.com



Visit:
thebkvedic.com
(Private Label)



Visit:
foodyoga.shop
(USA Subsidiary)

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