



Pure Sri Lankan Products
සුවිශේෂ ලාංකික නිෂ්පාදන
இலங்கையின் தூய உற்பத்திகள்



Splendid SEASONS Pvt Ltd

Nymphaea nouchali, commonly known as Blue Lotus or Blue Water Lily, is a mesmerizing aquatic flower native to southern and eastern Asia and the national flower of Sri Lanka. Renowned for its soothing and calming properties, the Splendid SEASONS blue water lily flower powder helps reduce anxiety, stress, and promote better sleep. The flower itself is used for biliousness, vomiting, giddiness, and heart palpitations.

Calories	230-350kcal	Carbohydrates	60-65%
Fats	2-3%	Fiber	10-12%
Calcium	0.15-0.20%	Magnesium	0.25-0.35%
Potassium	1-1.3%	Iron	Low

Ingredient – Dehydrate blue water lily flower powder, gelatin (animal based)

Some of Health benefits in short,

- Cardiovascular protective- good for heart health
- Rich in antioxidant- reduce the oxidative stress
- Anti-inflammatory activities
- Treatment of absorption, liver disorders,
- Treatment for blood dysentery, nephritis, blood purifier
- Treatment for hemorrhoids, leucorrhoea, diabetes, inflammation
- Good for urinary disorders, blennorrhagia, menorrhagia,
- Good for cancer treatment, support immunity system,
- Good for menstruation disorders

Reference -from research article WaterLilyThi Thi Aung1 Yin Yin Myat2Myint Myint Mar3 Khine Khine Kyu4 Nutritional Compositions, Elemental Compositions and Antinutrient Factor in Different Varieties of water lilly Review on edible water lilies and lotus: Alemu Lema Abelti a,b,*, Tilahun A. Teka bGeremew BultosaFuture food, nutrition and their health benefits

Blue water lily Capsules



Directions to Use for a Healthy Lifestyle:

Take one or two “Splendid SEASONS” blue water lily Capsules daily for adults, preferably after a main meal. Blue water lily powder is generally considered safe for most people when taken in appropriate doses. **Especially** for those who are **pregnant, breastfeeding**, or have underlying health conditions, should take health care advice before use.

Do not exceed 4 capsules per a day.

Capsule Weight:

Net Weight: 400 ±100 mg

Gross Weight: 500 ±100 mg

Avoid use if allergic or sensitive to any listed ingredients.