



Pure Sri Lankan Products
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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 WaterLily **Thi Thi Aung¹**
Yin Yin Myat² **Myint Myint Mar³** **Khine Khine Kyu⁴**
Nutritional Compositions, Elemental Compositions and Antinutrient Factor in Different Varieties of water lily
Review on edible water lilies and lotus: Alemu Lema Abelti a,b,*, **Tilahun A. Teka b** **Geremew Bultosac** **Future 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.