



Pure Sri Lankan Products
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இலங்கைப் புது உற்பத்திகள்



Splendid SEASONS Pvt Ltd

The red lotus flower, scientifically known as *Nelumbo nucifera*, is a stunning aquatic plant that thrives in freshwater environments. Revered for its beauty in many cultures, especially in Asia, the red lotus is not only admired for its vibrant petals and unique shape but also for its nutritional and medicinal benefits. High in Vitamin C, which is essential for immune function and skin health.

The **Splendid SEASONS** Red lotus flower powder help reduce the oxidative stress, Due to their potassium content, lotus seeds help regulates blood pressure, promoting cardiovascular health.

Calories	300-320kcal	Carbohydrates	60-65%
Fats	1-2%	Fiber	10-12%
Calcium	0.1-0.15%	Magnesium	0.2-0.3%
Potassium	1-1.5%	Vitamin C	0.01-0.02%

Some of Health benefits in short,

- Good for heart tonic
- Treatment of diarrhea
- Good for Stress relief
- Good for menstrual disorders
- To treat diabetics
- Anti-inflammatory
- Anti-obesity, - control the obesity
- Anti-cancer activity- prevent the cancer diseases.

Reference from research articles

Nutritional Compositions, Elemental Compositions and Antinutrient Factor in Different Varieties of Water Lily Thi Thi Aung¹ Yin Yin Myat² Myint Myint Mar³, Khine Khine Kyu⁴

Review on edible water lilies and lotus: Future food, nutrition and their health benefits Alemu Lema Abelti a,b,*, Tilahun A. Teka b Geremew Bultosa Lotus (*Nelumbo nucifera* Gaertn.) leaf: A narrative review of its Phytoconstituents, health benefits and food industry applications Zhenyu Wang a,b Yong Cheng a,b, Maomao Zeng a,b Zhaojun Wang a,b, Fang Qin a,b Yongzhi Wang c, Jie Chen a,b,**, Zhiyong He a,b,*

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Red lotus Capsules



Directions to Use for a Healthy Lifestyle:

Take one or two “**Splendid SEASONS**” red lotus Capsules daily for adults, preferably after a main meal. Red lotus 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.

Avoid use if allergic or sensitive to any listed ingredients.

Capsule Weight:

Net Weight: 400 ± 100 mg

Gross Weight : 500 ± 100 mg