



Pure Sri Lankan Products  
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**Splendid SEASONS Pvt Ltd**

## White lotus Capsules

Sri Lankan Ayurveda, a branch of traditional Indian medicine, utilizes various parts of the lotus plant. While the search results don't specifically highlight unique uses of white lotus flower powder in Sri Lanka compared to other regions, it's plausible that local traditions have specific applications passed down through generations.

The **Splendid SEASONS** white lotus flower powder help Calming and relaxing effects, Skin health, hair care, digestive health, Cardiovascular Health.

<b>Calories</b>	300-320kcal	<b>Carbohydrates</b>	60-65%
<b>Fats</b>	1-2%	<b>Fiber</b>	10-12%
<b>Calcium</b>	0.1-0.15%	<b>Magnesium</b>	0.2-0.3%
<b>Potassium</b>	1-1.4%	<b>Vitamin C</b>	0.01-0.02%

**Ingredient – Dehydrate white lotus powder, gelatin (animal based )**

**Some of Health benefits in short,**

- suppress melanoma cells progression by reducing oxidative stress in B16 melanoma cells. This extract can be used for pharmaceutical products for the treatment of melanoma
- cardiovascular protective-good for heart health
- hepatoprotective
- Rich in antioxidant -reduce oxidative stress
- anti-inflammatory activity

**Reference from research article -Nutritional Compositions, Elemental Compositions and Antinutrient Factor in Different Varieties of Water Lily Thi Thi Aung<sup>1</sup>, Yin Yin Myat<sup>2</sup>, Myint Myint Mar<sup>3</sup> Khine Khine Kyu**

**Review on edible water lilies and lotus: Future food, nutrition and their health benefits Alemu Lema Abelti a,b, Tilahun A. Teka b, Geremew Bultosac**



**Directions to Use for a Healthy Lifestyle:**

Take one or two “**Splendid SEASONS**” **white lotus capsules** daily for adults, preferably after a main meal. White 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.**

**Capsule Weight:**

Net Weight: 400 ±100 mg

Gross Weight : 500 ±100 mg

**Avoid use if allergic or sensitive to any listed ingredients.**