



# BEFACH

# FORTIFIED LOW GI RICE



Tastes like Regular white Rice



Healthy, Tasty and Nutritious for Entire Family



Clinically Tested To Manage Blood Sugar Levels



Company Registered with



RG No: 16009138516



LIC No. 13620014000587



### Nutritional Information

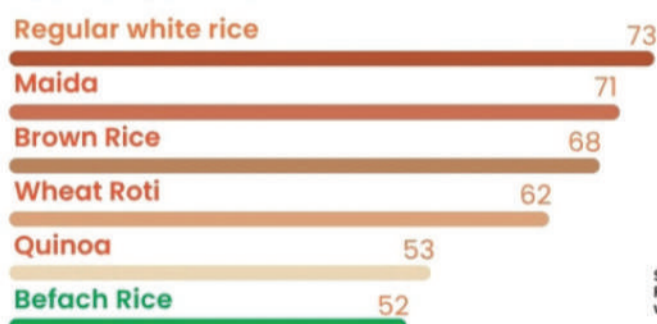
(Approximate composition per 100 g of uncooked rice)

Energy	363 kcal
Protein	7.44 g
Carbohydrate	81.09 g
Total Sugar	0 g
Added Sugar	0 g
Total Fat	1.0 g
Saturated Fat	0.28 mg
Trans Fat	0 g
Cholesterol	0 mg
Sodium	1.28 mg
Iron	3.8 ug
Vitamin B12	0.1 ug
Folic Acid	10.2 ug

### Health Benefits For Fortified Food

S. No	Nutrients	Benefits
1.	Vitamin A	Vitamin A helps against night blindness.
2.	Vitamin D	Vitamin D supports bones.
3.	Vitamin B12	Vitamin B12 is important for maintaining normal functioning of Nervous System and blood formation.
4.	Folate & Folic acid	<sup>3</sup> [Folate & Folic Acid is important for blood formation.]

### GI Values of BEFACH RICE vs other common foods



KEEP IT IN A COOL & DRY PLACE

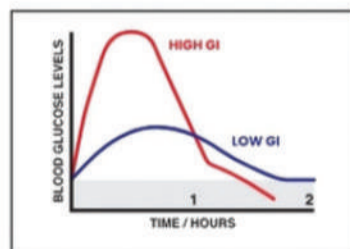
### HOW TO COOK RICE



STEP 1  
Rinse & add 1.75 cups of water to 1 cup of rice



STEP 2  
Cook on medium heat for 15 min and serve hot



Ingredients : Befach Rice, Bay Leaf.

Storage Instructions : Transfer the contents into an air tight container. Keep away from direct sunlight & humid conditions.

COUNTRY OF ORIGIN : INDIA



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