



Sanjeevani[®]

Buttermilk



SANJEEVANI BUTTER MILK (CHAAS)
MADE FROM INDIGENOUS INDIAN
BREED COW'S MILK



PURE, FRESH & HEALTHY

THE U.S DEPARTMENT OF AGRICULTURE RECOMMENDS
2 - 3 SERVINGS OF BUTTERMILK DAILY FOR VARIOUS
HEALTH BENEFITS.”

Sanjeevani™
Buttermilk

MADE FROM INDIAN BREED COW'S MILK



Sanjeevani Buttermilk (Chaas) from **Sangam Organic Farms** is made using **ORGANIC MILK** or also Called **A2 Milk** from Indegenous Indian breed **Tharparkar** cows also called Kamdhenu Cows or Desi Cows are preserved with special care to keep them healthy, safe and hygienic. These Cows are fed on fresh green grass grown using best organic methods exclusively at Sangam Organic Farm

Sanjeevani Buttermilk is lower in fat than regular butter milk, because while churning the curd, white butter is removed from curd (**which is further use to make Sanjeevani Ghrit - traditional organic Ghee**) and left out is fat free butter milk. Which is **high in Potassium, Calcium, Vitamin B12, A, C, E, K and Riboflavin as well as a good source of Phosphorus**. These vitamins and minerals present in Sanjeevani Butter Milk keep you healthy as well as provides essential nutritional supplement required by the body.

**AFTER MOTHER'S MILK IT IS ONLY INDIAN BREED COW'S MILK OR ALSO CALLED
A2 MILK WHICH GIVES ENERGY AND FULL PROTECTION AND IS DIGESTIBLE.”**



HEALTH BENEFITS & SMART USES OF BUTTERMILK

Buttermilk Helps in weight loss, Beauty Care, Stress Buster / Relaxation, Has high appetizing quality, prevents dehydration, Enhances the immune system of the body, Reduces body heat. Washes down fats, Gives you calcium, B complex and other vitamins. Reduces blood pressure, Brings about a drop in cholesterol.

Butter milk is used to make Ice-cream/ Berry buttermilk smoothie/ Easy custard/ mashed potatoes with spinach/ Perkier pancakes/ Marinade for chicken/ tenderizes various foods. Use it in pancakes, waffles, muffins and scones. It gives excellent flavor and texture to quick breads.

**CHARAKA SAMHITA, THE ANCIENT TEXT ON INDIAN MEDICINE,
STRONGLY RECOMMENDS THE USE OF DESI COW PRODUCTS
FOR THE TREATMENT OF VARIOUS AILMENTS.**

Available at :



SANGAM ORGANIC FARMS

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