HUNZA HONEY

ORGANIC & PURE FROM HUNZA VALLEY

The honey is extracted from Russian Olives and robina. The distinct flora found in Hunza Gilgit Baltastan, the pollution free environment and natural beauty .The honey is natural, free from pesticides.



Apricot Benefits:
Nutritional Heavyweight Among Fruits

1. Good Source of Vitamin A:
Apricots are packed with Vitamin A, it keeps the immune system in check, protecting your skin in the process.

2. Rich in Fiber:
Dried apricots are a good source of dietary fiber

3. Good for Your Heart:
High on fiber content, it helps to reduce the bad cholesterol content in the body, and that means your heart is protected.

4. Treasure Chest of Antioxidants:
Apricots are natural sources of antioxidants. When consumed daily, it helps the body to get rid of

5. Good for Your Blood:
Any plant produce that contains iron has non-heme iron, and that includes apricot.

6. Good for the Skin:
The combination of Vitamin C, A, ensures good skin. Don't forget to eat some apricots every day.

7. Its Diet Friendly: The dietary fiber in the fruit improves your digestive system, which helps to increase your metabolism.

8. It Strengthens Your Bones: Calcium is much required in the formation and development of bones.

HUNZA Oil
Apricot Kernel
100% pure



Apricot oil extracted from the Apricot seeds is used in massage therapy to help promote healthy skin, nourish and strengthen the body, relieve stress, reduce pain, sensitive skin makes smooth and soft, Promote moisturizing for long time, reduce dark circles and wrinkles, brilliant shine hair and skin. Apricot kernel oil is also very mild and non-irritating, making it suitable for children and infant massage.



Hemp seeds oil has a 3:1 ratio of Omega-6 to Omega-3 fatty acids, support heart health and promote proper cardiovascular function, Supports Healthy Skin, Hair, and Nails. Hemp seed oil is used as a moisturizer for the skin. Supports the Immune System. Regular use, one can clearly see an improvement in inflammation and pain in conditions like arthritis. Hemp Seeds oil can help lower cholesterol levels, reduce symptoms related to cancer and side effects related to cancer treatment, like nausea, vomiting and pain. One should take about 1 – 2 tablespoon of hemp seeds oil daily.

Benifits of Hemp Seeds:

- Supports fat loss and cleansing your colon
- Positively benefits blood sugar issues or diabetes
- Increases muscle building and strengthen bones
- Positively impacts issues with sleeping, depression or anxiety

Uses of Hemp Seeds:
Consume 2 tables spoons hemps Seeds as a supper food daily Better for the health



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Hunza Honey/Apricot Oil

Health Benefits of Cherries



- Protects Against Diabetes
- Promotes Better Sleep
- Decreases Belly Fat
- Helps Ward Off Alzheimer's
- Reduces Risk of Strok
- Slows the Aging of Skin
- Reduces Muscle Pain
- Get a grip on gout.
- Helps to Prevent Colon Cancer

Cherries are one of the very low calorie fruits. Nonetheless, they are rich source of phytonutrients, vitamins, and minerals. Both sweet as well as cherries are packed with numerous health benefiting compounds that are essential for wellness.



Tumuru Herbal Green Tea Pluck from the high Mountains of Gillgit Baltistan where at least 7 to 8 months are glaciers or snow.
Improve Brain function, Burn Calories Mange Cholesterol & Diabetes, Fats ,wight loss, Relive stress depression and Headaches. Has no Side Effects

HUNZA Oil Walnut 100% pure



Walnut Oil for Skin, Hair and Heart Health

Walnuts have always been known as a great source of Omega-3 fatty acids. Walnut oil is a very good antioxidant and it is extremely good for your skin. Walnut oil helps lower the cholesterol levels in the body. This way it helps reduce the risk of cardiovascular diseases. You must include walnut oil in your regular diet. Walnut oil helps cut belly fats and essential for heart health. Consume a few walnuts every day to lower blood pressure and bad cholesterol in your body. This also boosts good cholesterol production and benefits your heart.

Benefits of Salajeet



- Anti allergic
- Anti diabetic
- Joints bones pain/weakness
- General weakness
- Better for Sexual satisfaction
- Anti fungal
- Anti viral
- Influenza/Common Cold
- Mental & Physical rejuvenation
- Nootropic
- Memory Enhancer

Health Benefits of Apricot Seeds

The apricot kernel obtaining iron, potassium as well as phosphorus, and one of the most effective reasons for vitamin B17, Apricot kernels have been utilized as a cancer treatment in Russia since 1845, as well as in the US since the 1920s.They also have long been utilized in Chinese medicine for respiratory difficulties, indigestion, high blood pressure levels as well as arthritis.

Benefits of Bukwheat:

1. **Best source of high-quality, easily digestible proteins:**
2. **Fat alternative:**
3. **The high level of rutin:**
4. **Non allergenic:**
5. **May help diabetes:**
6. **Great for the digestion:**
7. **Chemical free:**
8. **Buckwheat contains no gluten and is not a grain:** It is therefore great for celiacs and those on grain free and gluten sensitive diets

