TAKRUM

AYURVEDIC DIGESTIVE TONIC

TAKRUM IS KNOWN TO IMPROVE DIGESTION
AND INCREASE NUTRIENT ABSORPTION

2 tablespoons yogurt or kefir

1 cup water

mix together well

add 1/2 tsp powered cumin

add pinch of real salt (orsa salt)

DRINK AFTER MEALS TO INCREASE ABSORPTION

**CAN BE COMBINED WITH DIFFERENT SPICES
TO MAKE A VARIETY OF HOME REMEDIES**