



# PRANAM

superfoods

## Naturally Delicious



## Nutrition Bars

Rich in  
Antioxidants

100% Plant-Based

Organic

Gluten-Free



[www.pranambars.com](http://www.pranambars.com)

Proudly  
Handmade  
in the USA

## Blissful Blueberry

This blissful little fruit is the breakout star in the past couple of years. Much research has been done on its' health benefits. Blueberries are low in calories and high in nutrients. It is loaded with so much goodness as it is the "king" of all antioxidants.



160 Calories  
4g Protein  
2g Fiber



160 Calories  
4g Protein  
1g Fiber

## Yummy Yum Berry

This yummy fruit is common in China. It has a sweet and sour taste and bears many traits of a raspberry. The taste is a cross between a pomegranate and raspberry and has a texture of an orange. It is low in calories and high in nutrients.

Unlock Vitality,  
Bite by Bite!

## Marvelous Mango

This marvelous and delicious tropical fruit is a rich source of fiber and a good source of Vitamin C. It can help with digestion, promotes gut health and may help with immunity. It can be eaten as a fruit or can be used in sweet and savory dishes.



160 Calories  
4g Protein  
1g Fiber

160 Calories  
4g Protein  
1g Fiber



## Powerful Pomegranate

This powerful fruit with little red "gems" inside is an excellent source of potent antioxidants like flavonoids and polyphenols, a good source of protective minerals like calcium, potassium magnesium and phosphorus and rich in Vitamin C and K.

Unlock Vitality,  
Bite by Bite!



Dr. Joseph Francis, the founder of Pranam Superfoods, draws inspiration from his childhood in India, where his father used traditional ingredients to create remedies for those in need. Completing his PhD at Kansas State University and conducting research on antioxidants at Louisiana State University, Dr. Francis developed a passion for exploring the effects of natural food sources on chronic diseases.

In 2016, Dr. Francis's wife began aggressive treatment for late-stage cancer, prompting them to incorporate antioxidant-rich ingredients into her diet to help combat some of the negative effects. Their journey began with smoothies and spreads, which evolved into a dream of creating nutritious bars to help others. Dr. Francis's determination, driven by both his wife's memory and father's legacy of aiding others, remains strong. Pranam Superfoods, crafted with care in small batches at LSU's food incubator kitchen, aims to extend its reach from local stores to a global audience, committed to offering nutritional support to those in need.

Dr. Francis and his team continue their research on antioxidants, while Pranam Superfoods pursues the vision of bringing nourishing bars to a wider audience. Rooted in love, dedication, and the desire to make a positive impact, Pranam Superfoods strives to empower people worldwide on their journey to better health and well-being.



Nutrient bars are a blend of spices, plants, seeds, and fruits, rich in antioxidants, vitamins, nutrients, and minerals



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