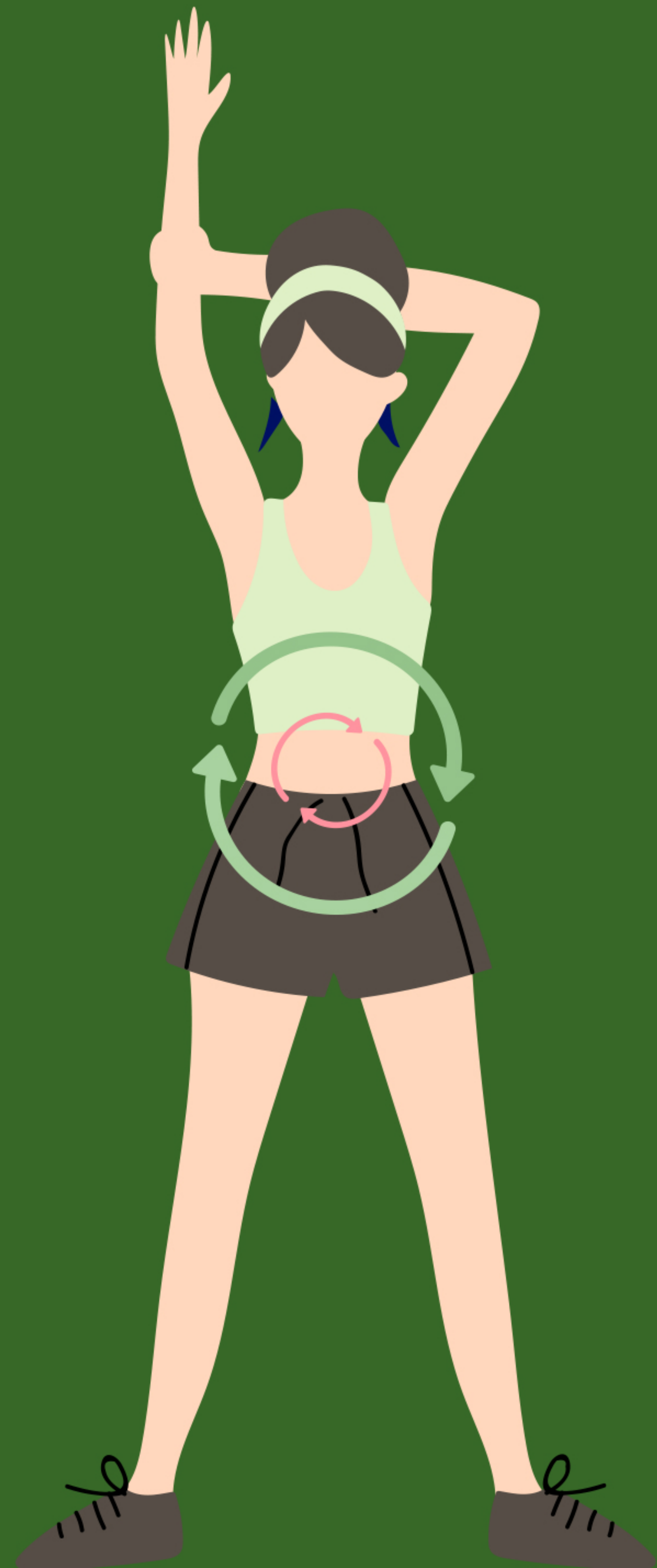


Increase pulses intake in
your daily routine.



Keeps your gut healthy

Fibre is needed to keep the digestive system healthy. The fibre in pulses plays a positive role in gut health by promoting better digestion.



Aids in weight loss

Low in calories, pulses keep you feeling full for longer, which can help you reach your weight loss goals sooner.



Healthy cells

Pulses are rich in folate, an essential B vitamin that is needed for red blood cells formation and for healthy cell growth and function.



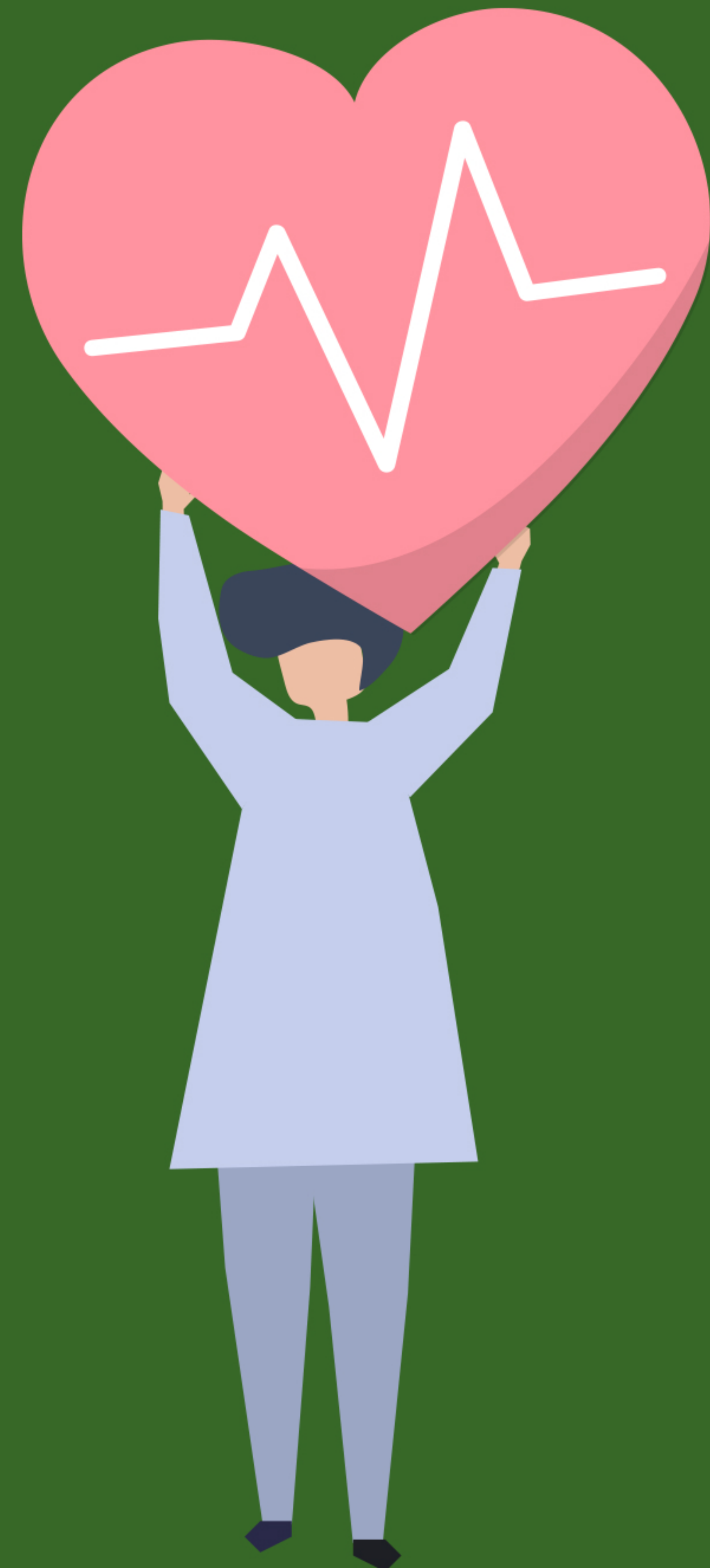
Best for diabetics

Low on the glycemic index (GI), pulses slow down the breakdown of carbohydrates into glucose, which helps prevent the sudden spikes in blood sugar levels.



Heart-healthy food

Low in fat, pulses are a good source of bioactive phytochemical compounds that improve cardiovascular health and also help manage blood pressure.



Give your employees the right solutions to monitor their nutrition with Wellbeing on the Web.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



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