



**PURE INDIAN FOODS  
CERTIFIED ORGANIC  
GRASS-FED COW GHEE  
MADE IN USA**

*“Gaavo Vishwasya Maatarah”*

Cow is the mother of the world



# What is Ghee?

- Ghee is prepared by melting and simmering butter until all the water evaporates and the milk solids settle at the bottom.
- Shelf-stable, with a high smoke point. An excellent choice for deep fat frying, baking and sautéing.
- Low moisture content - can be stored without refrigeration for several months.
- Easier to digest as it is free of casein and lactose.



# Ghee Benefits

- Very high smoke point (~400 °F)
- Low moisture content - can be stored without refrigeration for several months.
- An excellent choice for deep fat frying, baking and sautéing.
- Easier to digest as it is free of casein and lactose.
- No Trans Fats.

# What is Grass-fed?

- These cows eat only green organic grass and roam freely on pasture.
- They are not given any growth hormones or antibiotic. They also do not eat any Genetically Modified Food.

# GRASS-FED COWS



# Grass-fed Benefits

- CLA (Conjugate Linoleic Acid) is an antioxidant and an essential fatty acid that has been getting a lot of attention lately.
  - In animal studies, it reportedly exhibits anti-carcinogenic and other beneficial physiological effects.
  - 500% more CLA in grass-fed cows.
  - CLA supplements have some serious side-effects.

# Grass-fed Benefits

- Grass-fed cow milk has the right ratio of Omega-6/Omega-3 ratio (3:1) as opposed to the ratio of 20:1 present in conventional American diet.
- They rarely get sick but when they do, they are treated with Homeopathic medicines.
- Grass-fed dairies are generally small. They promote harmony between the land and the animals.

# Why Pure Indian Foods Ghee?

- USDA Certified Organic
- Beyond Organic - 100% Grass-fed Cows – High level of CLA
- Only from butter made in spring thru fall when cows are on pasture
- Butter is churned and not extruded

# Why Pure Indian Foods Ghee?

- Our ghee is made on full or waxing moon only
- Made from non-homogenized Milk
- We use glass jars and not plastic
- Our family tradition for 5 generations, since 1889



# My Grandparents



# Ghee in Ayurveda

- Yogvaahi - Helps in the absorption of ingredients added to it without loosing its own properties.
- Improves digestive fire, memory, intelligence, voice, luster, skin, immunity and eye sight.
- Suitable for all constitution types.

# Ghee in Ayurveda

- Ghee infused with herbs or combination of herbs (Ghritam) has many health benefits.
- Herbal ghee used for Nasya.
- Ghee crosses Blood Brain Barrier.
- Ghee is used for burning lamp on the altar and also to perform Agnihotra (fire sacrifice).

# Aged Ghee

- Aged ghee is considered to have healing properties.
  - 10-years                      Puran
  - Over 10-years              Prapuran
  - 100-years                    Kumbhsarpi
  - Over 111-years              Mahaghrit
- Ghee such as this is rare and very expensive.



# Contact Us

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

1-877-LUV-GHEE

