

## Our Ghee

### Organic and Grassfed

We use Grassfed, USDA Certified Organic butter. We are a proud member of American Grassfed Association.

### Our Proud Heritage

Our family has been in the ghee business in India for 5 generations, over 120 years. We are passionate about ghee! We are keeping our family tradition alive and preserving our heritage.

### Made Fresh in Small Batches

We make our ghee fresh, with care, in small batches. We use heavy bottom stainless steel pots. We include the "Best if used by" date on our labels. Our ghee is made with pride in the USA.

### Glass vs. Plastic bottles

We use glass bottles instead of cheaper plastic bottles. New research comes out every day about the dangers of plastic bottles and how they may leach harmful chemicals into the food product.

### Satisfaction Guaranteed

## How to use ghee?

- Use it in place of regular butter in your cooking. Ghee is great for sautéing since it doesn't smoke or burn as easily as the ordinary butter.
- Put ghee on your popcorn or spread it on your toast or bagel. It is much easier to spread ghee as compared to butter.
- Add some to your rice, soup or oatmeal.
- Coat your pan with ghee before you cook the eggs to prevent sticking.
- Ghee is a delicious accompaniment to fish, lobster or crab.
- Mix ghee with nut butters to make a rich dip for apples or other fruit.
- Since ghee is shelf-stable, you can carry it with you while traveling or camping.
- Use it as a skin lotion or massage oil. It keeps skin and joints supple.
- You can also eat it straight out of the jar 😊



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Pure Indian  
Foods®

GRASSFED  
ORGANIC

**GHEE**

Clarified Butter



*Family legacy  
since 1889*

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## What is Ghee?

Golden colored Ghee is prepared by melting and simmering butter until all the water evaporates and the milk solids settle at the bottom. The remaining butter oil is very stable, giving it a high smoke point which makes it an excellent choice to use for frying and sautéing and it can be stored without refrigeration for 2-3 months.



## What is Grassfed?

Grassfed cows eat what nature intended them to eat: grass. Cows raised using conventional methods are fed large amounts of grains, soy and other supplements to increase milk production and decrease cost. They are kept in confinement and are denied the opportunity to roam freely and peacefully in the sun and eat nutritious green grass. This makes them vulnerable to various diseases, which are then treated with antibiotics. Cows are also given growth hormones to increase milk production. However, scientific studies show that grassfed, pasture-raised cows are healthier and they produce better quality and safer milk.

## Grassfed Benefits

**More Conjugated Linoleic Acid (CLA):** Pasture-grazed cows have 500% more CLA in their milk than grain fed cows.

CLA is an important nutrient that has been getting a lot of attention lately. It is a potent antioxidant primarily found in the fat and butterfat of grass-fed ruminant animals. In animal studies, it has been shown to have potent cancer-fighting properties. Lab studies also suggest that it may improve bone formation by enhancing calcium absorption. CLA has been shown to reduce body fat in overweight people. It has also been shown to enhance muscle growth and boost our immune systems. Research shows that CLA supplements may have some serious side-effects, which is why naturally occurring CLA, like that found in our ghee, is best. Ghee contains other natural fats that act synergistically with CLA to produce its anti-carcinogenic properties, which are not found in CLA supplements.

**Higher levels of "Activator X"**  
(also known as the "X Factor")

In 1945, Dr. Weston A. Price described what he called "Activator X" as a critical nutrient for optimal health. This "X Factor" has now been identified as Vitamin K<sub>2</sub>. This vitamin is naturally occurring in the fat of ruminants that graze upon rapidly growing, green grass. This is one reason why our ghee is such a boost to health! Our 100% certified organic butter comes exclusively from grassfed, pasture-raised cows. To learn about the vital role that Vitamin K<sub>2</sub> plays in our health, we encourage you to read more at [www.westonaprice.org](http://www.westonaprice.org).

## Ghee Benefits

**Casein and Lactose Free:** Ghee is easier to digest and is suitable for people who have casein or lactose intolerance.

**No trans-fats:** Ghee does not contain harmful trans-fats which can cause heart disease and many other serious health problems.

**Best for cooking:** Ghee has a very high smoke point (~400 °F) and it produces deliciously nutty aroma when heated. Ghee enhances absorption of nutrients in your food due to the high butyric acid content. It stimulates digestive fire (or Agni) according to Ayurveda.

**Healthy Skin:** Ghee keeps skin soft, smooth and lubricated. It also has anti-aging properties.

**Brain Food:** Ghee contains fat-soluble vitamins which help in production of proteins and lipids essential for mental health. Ghee increases memory retention and learning capacities.

