



LADDUMTM *Organics*

Pure Ingredients
Authentic Laddus...



Our Story



Laddum Organics was born in the heart of Rajasthan — where tradition lives in every spice, and food has always been medicine.

Our founder Upma grew up watching her father dedicate 35 years to Ayurvedic wellness: mastering medicinal ingredients, precise proportions, seasonal harvests, and time-honoured preparation methods.



When she saw families around her struggling to access pure, authentic laddus, she made a decision — to carry that knowledge forward, and make it available to every home. **Rooted in Tradition. Made for You.**

Every Laddum Organics recipe carries the wisdom of generations — grandmothers who healed with food, mothers who nourished with intention. We prepare each laddu by hand, in small batches, using craft over convenience.

We also believe no two bodies are alike. That's why we offer customisation — so those with allergies, dietary needs, or specific health goals can receive a laddu made truly for them.

Our Purpose



We exist for young mothers, growing children, expecting women, and seniors seeking vitality. We exist because ancient knowledge deserves to live on. We exist because genuine wellness — earned through proper nourishment and tradition — is a birthright, not a luxury.

Laddum Organics. Handcrafted with devotion. Rooted in generations.

Our Postpartum Range:





HEART HEALTH

Supports Heart Function



BRAIN & NERVE

Boosts Cognitive & Nerve Health



JOINT SUPPORT

Reduces Inflammation



GUT & DIGESTION

Aids Digestive Health



HORMONAL BALANCE

Menstrual & Menopausal Wellness (Recommended for women in moderation)



ANTI-AGING & GLOW

Soothes Inflammation & Acne



HAIR WELLNESS

Reduces Fall, Soothes Scalp, Promotes Growth



SUSTAINED ENERGY

Long-lasting Vitality



ANTIOXIDANT SUPPORT

Fights Free Radicals



WEIGHT-SMART

Supports Healthy Snacking



OMEGA-3 for Hormonal Balance & Glowing Skin.

BEFORE

AFTER

Omega-3 Rich Nutrition for Skin & Wellness



ANTI-AGING & YOUTHFUL GLOW

MANAGING DAILY STRESS

Daily wellness & balanced lifestyle



SUPPORTS HEART HEALTH - Omega-3 fatty acids help maintain healthy cholesterol balance

BRAIN & NERVE HEALTH - These fats support brain function, memory, and focus

Supports Heart Health & Brain Function



STRONG, SHINING HAIR

SOOTHES DRY, FLAKY SCALP

FLAXSEED POWER

Nourishment for Strong & Healthy Hair



Benefits:

Versatile Wellness for Every Life Stage

- ◆ Adults & Working Professionals - Supports digestion, energy & heart wellness
- ◆ Senior Citizens - Fiber-rich, gentle nutrition with good fats
- ◆ Health-Conscious Lifestyles - A smarter replacement for sugar-loaded desserts

Enjoy 1-2 Flaxseeds Laddu daily as a nourishing snack that satisfies sweet cravings while supporting digestion, heart health, and daily vitality.



GRAINS OF GREATNESS

KEY FACTS

Refined Sugar Free

Gluten Free

Trans Fat Free

100% Natural

No Chemicals or Preservatives

No Artificial Colour or Flavor

Premium Quality Ingredients

Supports Joint & Bone Health

Feel the Difference

Made with Wholesome Multigrains



Balanced Nutrition from Multiple Grains



Sustained & Steady Energy Release



Digestive Comfort & Gut Support



Natural Plant-Based Protein Support



Builds Bone & Muscle Strength

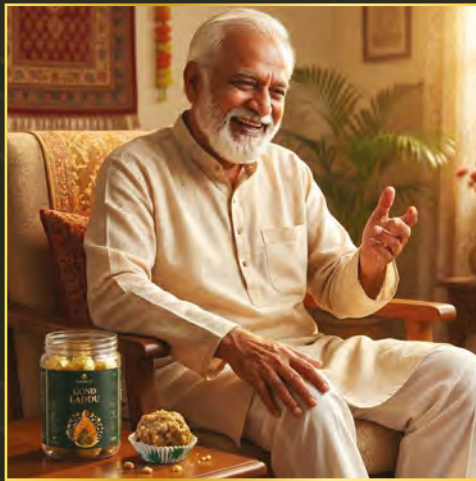


Vitality & Brain Health

*Natural
Stamina Builder*



Exceptional Postpartum & Recovery Nutrition



Strengthens Joints & Bones



Boosts Immunity & Provides Winter Warmth

Boosts Immunity & Provides Winter Warmth



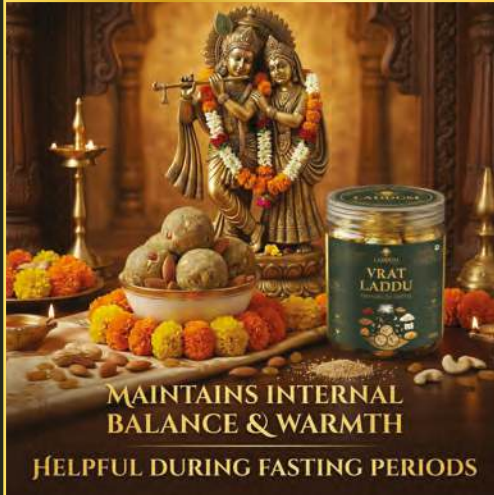
VRAT LADDU



SAWAN SPECIAL:
Supports Strength & Satiety,
Reduces Hunger Pangs.

LADDUM
VRAT LADDU
Especially for Fasting

HANDMADE WITH LOVE
LADDUM
www.laddum.com



**MAINTAINS INTERNAL
BALANCE & WARMTH**
HELPFUL DURING FASTING PERIODS



**EASY TO DIGEST &
GENTLE ON THE STOMACH**



VRAT LADDU
PURE, CLEAN & GUILT-FREE
FOR EVERY FAST.



Cashews

Sabudana

Peanuts

A2 Desi Ghee

Makhana

Almonds

Singhada Aata

Rajgiri

Raisins

Desi Khand

LADDUM
**Premium
Vrat Laddu**

TRADITIONAL WISDOM BOOSTS IMMUNITY

Commonly eaten in winters
Provides WARMTH + STRENGTH

👉 Helps body:
FIGHT SEASONAL WEAKNESS
IMPROVE RESILIENCE



TIL PEANUT JAGGERY LADDU: HIGH ENERGY + PROTEIN SNACK

PEANUTS = PROTEIN + HEALTHY FATS

JAGGERY = QUICK NATURAL ENERGY

Perfect for: MORNING RUSH, PRE/POST WORKOUT, MIDDAY FATIGUE



STRONG BONES & JOINTS

- Sesame Seeds = High Calcium
- Also contains Magnesium & Phosphorus
- 👉 Supports: Bone Strength, Joint Health



Digestive & Detox Support

Jaggery helps in: Cleansing digestive system

Sesame aids: Smooth digestion

👉 Acts as a natural detox snack.



Til

A2 Desi Ghee

Jaggery

Peanuts



Natural Coolant in summers

100%
VEG



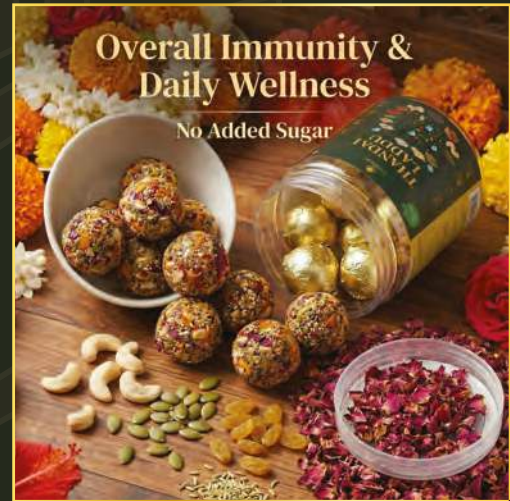
**HARSH
SUMMER HEAT?**



**FEEL COOL!
VEGAN & GUT-FRIENDLY.
REFRESH INSTANTLY!**

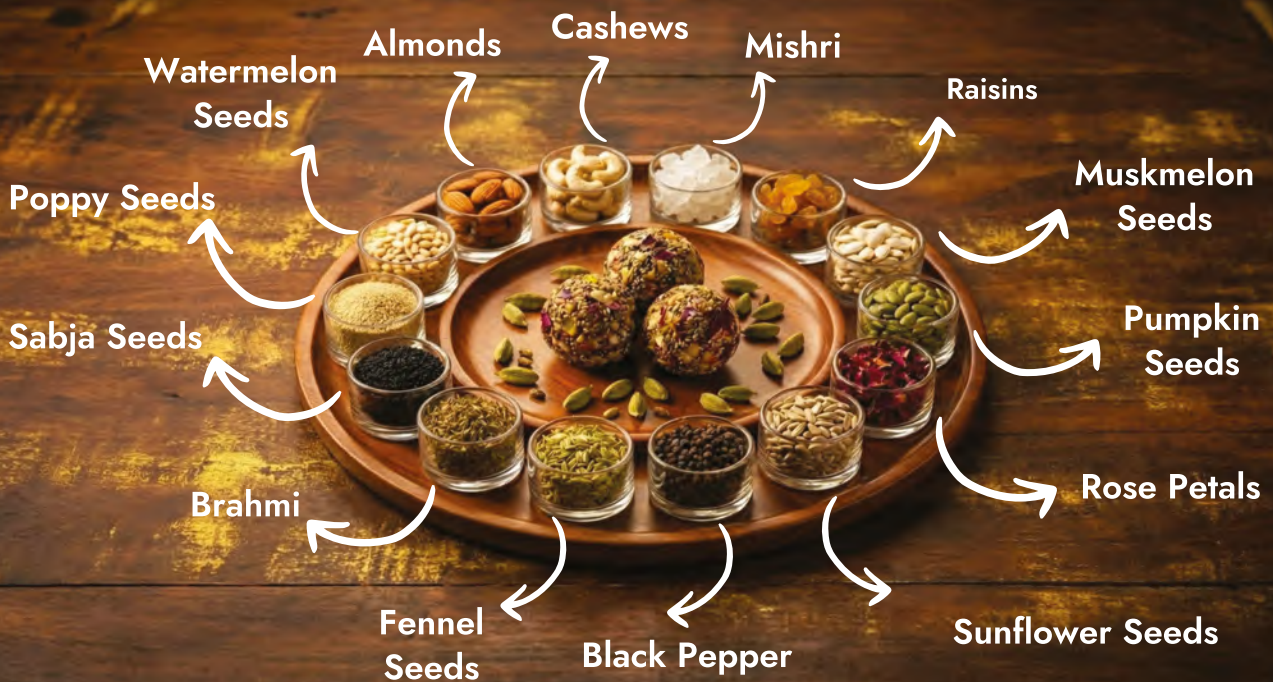


*Vegan &
Guilt Free*



**Overall Immunity &
Daily Wellness**

No Added Sugar



100% VEGAN



BRAIN & HEART GOODNESS

Walnuts & Flaxseeds; Omega-3 for Nourishment.



Perfect for busy mornings, workouts & long work hours — supports active lifestyles



DIGESTION & SATIETY

Natural Fiber; Seeds & Dry Fruits



MILLETS LADDU



MATERNAL NOURISHMENT
 RICH IN IRON & CALCIUM
Ragi Laddu

JOWAR LADDU

- Magnesium helps relax muscles and nerves
- Supports production of melatonin (sleep hormone)
- Reduces stress and mild anxiety

☀️ This creates a calming effect, making it easier to fall asleep.

NATURAL ENERGY & WARMTH
 BAJRA LADDU - Fuel Your Body, Comfort Your Soul.

RAGI LADDU

JOWAR LADDU

BAJRA LADDU

INGREDIENTS :

Ragi	Makhana
Til	Almonds
Cashews	A2 Desi Ghee
Elaichi	

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Bajra	Makhana
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MILLETS MANIA

- GLUTEN FREE LADDUS



SUPPORTS
Weight MANAGEMENT

FIBER-RICH | LOW GLYCEMIC | WHOLE GRAIN GOODNESS



Promotes Gut Health Naturally



SUPPORTS IRON
& ENERGY LEVELS



STRONG BONES &
OVERALL STRENGTH



HEART HEALTHY
NUTRITION

RICH IN FIBER & ANTIOXIDANTS



POWERFUL DIGESTIVE SUPPORT

Ajwain contains thymol (active compound)

- ✓ Relieve gas & bloating
- ✓ Improve digestion
- ✓ Reduce acidity



👉 Acts like a natural digestive tonic

AJWAIN LADDU

POSTPARTUM RECOVERY

(Traditional Use)

Widely given to new mothers in India

Helps:

- Uterus recovery
- Improve digestion after delivery
- Reduce body pain



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SONTH LADDU *Postpartum Recovery*

Traditional postpartum recovery laddu for strength, digestion & warmth

SONTH LADDU: Warming in Nature.
 Helps: Clear Throat, Reduce Cough, Ease Congestion.

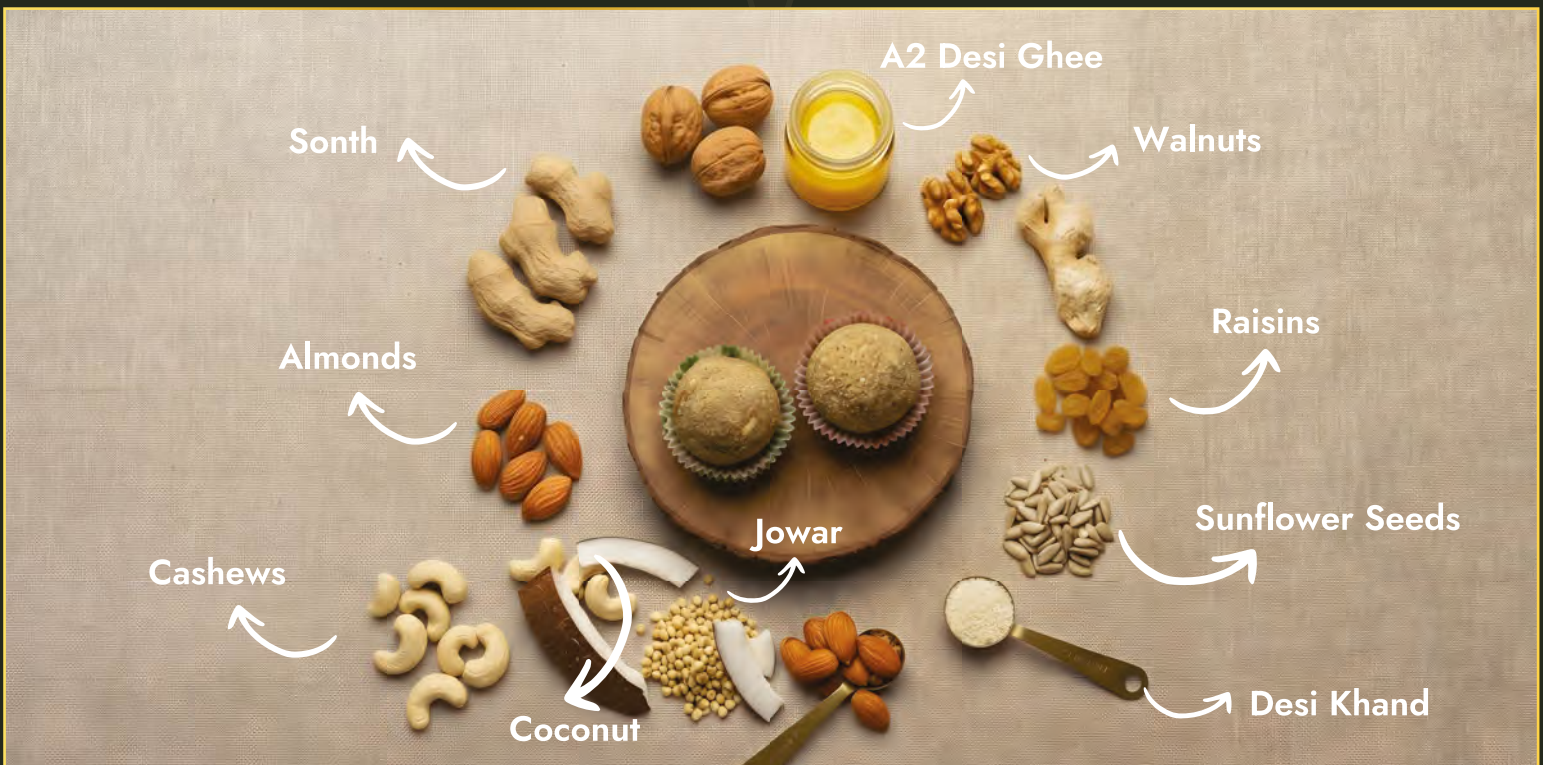
ANTI-INFLAMMATORY EFFECT HELPS:
 JOINT STIFFNESS | MUSCLE SORENESS

COMMONLY USED IN TRADITIONAL PAIN-RELIEF DIETS

BOOSTS IMMUNITY & FIGHTS INFLAMMATION

Dry ginger has strong anti-inflammatory + antioxidant properties

- Helps:
 - Fight seasonal illnesses.
 - Reduce internal inflammation.
 - Support overall immunity.





HIGH PROTEIN
HELPS IN
MUSCLE RECOVERY
& SUSTAINED ENERGY.

SUPPORTS HEART HEALTH,
HELPS REDUCE:
BAD CHOLESTEROL (LDL),
TRIGLYCERIDES

LDL CHOLESTEROL TRIGLYCERIDES

Controls Blood Sugar

- ✓ CONTROLS BLOOD SUGAR
- ✓ LOW GLYCEMIC INDEX
- ✓ RELEASES ENERGY SLOWLY

Slow Energy Release

Roasted Bengal Gram

A2 Desi Ghee

Elaichi

Desi Khand

**Excellent for Gut Health -
Natural Digestive Cleaner**

Excellent for Gut Health -
Natural Digestive Cleaner

RICH IN CALCIUM → BONE STRENGTH

Especially urad dal is high in calcium



👉 Good for women & elders.



Supports:

- Strong bones
- Joint health
- Prevention of early bone weakness

Supports Overall Immunity

Rich in:
Vitamins (B-complex),
Minerals (iron, magnesium)

Helps body fight weakness and improve resilience.



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Supports:

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- Joint health
- Prevention of early bone weakness

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BOTH URAD DAL & MOONG DAL ARE RICH IN PLANT PROTEIN

HELPS:

- MUSCLE REPAIR
- STRENGTH BUILDING
- DAILY ENERGY



➔ GREAT FOR: 🏃 ACTIVE LIFESTYLE 🦴 WEAKNESS 🔄 RECOVERY



Rooted in Tradition, Crafted with Care

At Laddum Organics, we bring you time-honored recipes made with pure, natural ingredients. Every laddu is carefully crafted to deliver authentic taste, wholesome nutrition, and a touch of nostalgia in every bite.

Why Choose Us :



100% natural ingredients



No Chemicals
No Preservatives



Handcrafted Product



Authentic Taste



Gluten Free



Trans Fat Free



Refined Sugar Free



Customization Available



Scan here to check our Amazon Store

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