

NATURE'S MUD

JOURNAL OF HIMALAYAN BOTANICAL PURITY & WHOLE FOODS

ARTISANAL SOLAR-DEHYDRATED FRUITS · SUPERFOOD POWDERS · MOUNTAIN NUTS · ANCIENT MINERALS



THE EXCLUSIVE ARTISANAL COLLECTION · 29 LIVING SUPERFOODS · Handcrafted in Nepal · Solar Dehydrated <42°C

SPECIAL REPORT

THE <42°C REVOLUTION

How gentle solar low-temperature dehydration preserves 98% of active living enzymes, raw vitamins, and prebiotic fiber.

ANCIENT ELIXIRS

GOLD GRADE SHILAJIT

High-altitude Himalayan resin tested at 75%+ active Fulvic Acid with 84+ ionic trace minerals for cellular energy and vitality.

FAMILY NUTRITION

HOLISTIC WEANING & DIET

Clean, chemical-free, single-ingredient botanicals safe for infant weaning (6m+), growing students, and active athletes.

LAB CERTIFIED

Heavy Metal Free

0% ADDED SUGAR

Zero Bleach or Preservatives

AYURVEDIC HERITAGE

Traditional Sourcing

77 DISTRICT DELIVERY

Direct from Kathmandu

FROM THE HIGH HIMALAYAN RIDGES TO YOUR TABLE

The philosophy, technology, and rigorous botanical integrity behind every harvest

A Return to Unadulterated Himalayan Nourishment | The Four Pillars of Botanical Integrity

In an era dominated by hyper-processed grocery staples, chemical bleaching, and artificial food coloring, Nature's Mud was founded with a singular, uncompromising pledge: to deliver food exactly as nature conceived it in the pristine valleys of the Himalayas.

Every fruit, nut, seed, and botanical powder in this catalog originates from fertile high-altitude soils, nourished by mineral-rich snowmelt and clean mountain air. We partner directly with indigenous harvesting cooperatives across Jumla, Mustang, Dolpa, and the fertile plains of Nepal, ensuring fair farmer wages and sustainable regenerative agriculture.



Artisanal Solar Dehydration Facility & Quality Inspection · Kathmandu

01 SOLAR DEHYDRATION BELOW 42°C

Conventional industrial dehydrators bake fruit at 80°C to 120°C, destroying heat-sensitive enzymes, vitamins, and bioflavonoids. Our proprietary solar chambers never exceed 42°C, preserving 98% of living enzymatic activity and raw cellular vitality.

02 100% SINGLE-INGREDIENT BOTANICALS

Zero cane sugar, zero sulfur dioxide, zero maltodextrin, and zero synthetic preservatives. When you open a jar of Nature's Mud Beetroot or Avocado Powder, the only ingredient inside is pure, dehydrated beetroot or avocado.

03 INDEPENDENT LABORATORY PURITY SCREENING

Every single batch undergoes testing for heavy metal toxicity (Lead, Cadmium, Arsenic, Mercury), moisture safety (<5%), and microbial limits. We adhere strictly to national food safety guidelines for total family safety.

04 NATUROPATHIC & AYURVEDIC HARMONY

Formulated in consultation with certified holistic wellness practitioners and classical Ayurvedic pharmacopeia. Our foods are naturally hypo-allergenic, gentle on digestive agni, and perfect for baby first solids (6m+) and athlete stamina.

HOLISTIC WELLNESS STANDARDS & FAMILY SAFETY PLEDGE

INDEPENDENTLY VERIFIED · FOOD SAFETY CERTIFIED · NON-GMO · 100% WHOLE FOOD

Nature's Mud champions transparent whole-food nourishment. Rather than synthetic multivitamins or laboratory-synthesized compounds, we advocate for whole-food nutrition where vitamins, trace minerals, and antioxidants exist in their natural organic synergy with dietary fiber and co-enzymes.

Our products are trusted across Nepal by holistic nutritionists, ayurvedic vaidyas, sports fitness trainers, and health-conscious mothers for complementary baby weaning porridge (6M+), post-natal mother rejuvenation, memory vitality, and athletic endurance.

STATUTORY WELLNESS DISCLAIMER:
Nature's Mud botanical foods and functional supplements are pure single-ingredient natural products crafted to support daily nutrition, stamina, and holistic wellness. These products are not intended to diagnose, treat, cure, or prevent any medical disease. Individuals with specific medical conditions, nursing or pregnant mothers, and parents introducing solid foods to infants should consult their qualified health practitioner or holistic nutritionist.

“Let food be thy medicine, and let mountain purity be thy standard.”

Every package bearing the Nature's Mud seal represents an unbroken chain of custody from organic Himalayan growers, through low-temperature solar drying, to hermetic glass and barrier packaging in Kathmandu.

Browse our complete 2026/2027 collection in the following pages organized across 4 dedicated product categories, followed by the complete master verification index and nationwide ordering directory.

THE FOUNDING TEAM · NATURE'S MUD BOTANICALS · KATHMANDU, NEPAL

Gently dehydrated below 42°C · 0% added sugar · 0% sulfur dioxide · 100% natural fruit



DIGESTIVE ENZYMES & VIT C

Dehydrated Himalayan

Sun-dried tree-ripened mango slices

Packaging: Standup Pouch
Shelf Life: 12 Months

100 GM

OFFICIAL MRP

Rs. 595

VERIFIED



ACTIVE BROMELAIN ENZYME

Dehydrated Himalayan

Tangy-sweet rings with active bromelain

Packaging: Standup Pouch
Shelf Life: 12 Months

100 GM

OFFICIAL MRP

Rs. 590

VERIFIED



SOLUBLE PECTIN & QUERCETIN

Dehydrated Himalayan

High-altitude Jumla apples with skin intact

Packaging: Standup Pouch
Shelf Life: 12 Months

100 GM

OFFICIAL MRP

Rs. 510

VERIFIED



CLEAN KETO MCT FATS

Dehydrated Coconut

Toasted crunchy coconut flakes with MCTs

Packaging: Standup Pouch
Shelf Life: 12 Months

100 GM

OFFICIAL MRP

Rs. 475

VERIFIED



ACTIVE PAPAIN ENZYME

Dehydrated Papaya Slices

Sweet solar-dehydrated digestive snack

Packaging: Standup Pouch
Shelf Life: 12 Months

80 GM

OFFICIAL MRP

Rs. 450

VERIFIED



HIGH ANTHOCYANINS & EYE CARE

Wild Dried Blueberries

Alpine wild berries dense in anthocyanins

Packaging: Sealed Glass Jar
Shelf Life: 12 Months

100 GM

OFFICIAL MRP

Rs. 650

VERIFIED

FEATURED SELECTION · URINARY & CELLULAR DEFENSE

100% SINGLE-INGREDIENT BOTANICAL



Whole Dried Cranberries

Dense in Type-A PACs for cellular defense

BOTANICAL SPECIFICATIONS:

- Net Weight / Volume: 100 GM
- Packaging Format: Sealed Glass Jar
- Guaranteed Shelf Life: 12 Months
- Safety Standard: Heavy Metal & Microbial Lab Screened
- Storage: Airtight cool dry pantry away from sunlight

OFFICIAL MRP

Rs. 415

100 GM

ORDER DIRECT

Fast delivery nationwide

MOUNTAIN SUPERFOOD POWDERS & NATURAL SWEETENERS

NATURE'S MUD

100% BOTANICAL PURITY

Micro-milled raw botanicals for baby weaning (6m+), daily smoothies, teas & active gym vitality



MONOUNSATURATED OMEGA FATS

Freeze-Dried Avocado

100% Hass avocado with healthy omegas

Packaging: Sealed Glass Jar

Shelf Life: 12 Months

80 GM

OFFICIAL MRP

Rs. 790

VERIFIED



ELLAGIC ACID & VITAMIN C

Pure Natural Strawberry

Real whole strawberries, polyphenol-dense

Packaging: Sealed Glass Jar

Shelf Life: 12 Months

80 GM

OFFICIAL MRP

Rs. 1395

VERIFIED



PREBIOTIC RESISTANT STARCH

Pure Green Banana

High resistant starch prebiotic superfood

Packaging: Sealed Glass Jar

Shelf Life: 12 Months

100 GM

OFFICIAL MRP

Rs. 650

VERIFIED



CHLOROPHYLL & PLANT PROTEIN

Organic Moringa Leaf

Miracle tree greens with 90+ vital nutrients

Packaging: Sealed Glass Jar

Shelf Life: 12 Months

200 GM

OFFICIAL MRP

Rs. 690

VERIFIED



DIETARY IRON & POTASSIUM

Natural Dates Powder

1:1 natural replacement for refined white sugar

Packaging: Sealed Glass Jar

Shelf Life: 12 Months

100 GM

OFFICIAL MRP

Rs. 400

VERIFIED



NITRIC OXIDE & VASCULAR FLOW

Himalayan Beetroot

Concentrated dietary nitrates for endurance

Packaging: Sealed Glass Jar

Shelf Life: 12 Months

100 GM

OFFICIAL MRP

Rs. 430

VERIFIED

FEATURED SELECTION · BETA-CAROTENE VISION SUPPORT

100% SINGLE-INGREDIENT BOTANICAL



Organic Carrot Powder

Pro-Vitamin A beta-carotene for eye vitality

BOTANICAL SPECIFICATIONS:

- Net Weight / Volume: 80 GM
- Packaging Format: Sealed Glass Jar
- Guaranteed Shelf Life: 12 Months
- Safety Standard: Heavy Metal & Microbial Lab Screened
- Storage: Airtight cool dry pantry away from sunlight

OFFICIAL MRP

Rs. 490

80 GM

ORDER DIRECT

Fast delivery nationwide

Jumbo grade whole nuts, slow-roasted with Himalayan pink salt · No industrial cooking oils



VITAMIN E & MAGNESIUM

Raw Himalayan Almonds

Unroasted mountain almonds with vitamin E

Packaging: Sealed Glass Jar
Shelf Life: 12 Months

200 GM

OFFICIAL MRP

Rs. 750

VERIFIED



ARTISAN SALTED CRUNCH

Roasted Himalayan

Lightly salted with Himalayan pink salt

Packaging: Sealed Glass Jar
Shelf Life: 12 Months

200 GM

OFFICIAL MRP

Rs. 750

VERIFIED



CREAMY PLANT ENERGY

Premium Jumbo Cashew

Raw whole creamy kernels rich in copper

Packaging: Sealed Glass Jar
Shelf Life: 12 Months

150 GM

OFFICIAL MRP

Rs. 750

VERIFIED



CRISP ARTISAN BATCH

Roasted Himalayan

Slow-roasted to golden crisp perfection

Packaging: Sealed Glass Jar
Shelf Life: 12 Months

200 GM

OFFICIAL MRP

Rs. 750

VERIFIED



LUTEIN & HEART OMEGAS

Premium Roasted

In-shell California pistachios with lutein

Packaging: Sealed Glass Jar
Shelf Life: 12 Months

200 GM

OFFICIAL MRP

Rs. 895

VERIFIED



ZINC & RESTORATIVE TRYPTOPHAN

Raw Himalayan Pumpkin

Green pepitas dense in restorative zinc

Packaging: Sealed Glass Jar
Shelf Life: 12 Months

300 GM

OFFICIAL MRP

Rs. 650

VERIFIED

FEATURED SELECTION · DIETARY CALCIUM & FIBER

100% SINGLE-INGREDIENT BOTANICAL

**Premium Turkish Figs (Anjeer)**

Sun-cured whole figs rich in dietary calcium

BOTANICAL SPECIFICATIONS:

- Net Weight / Volume: 200 GM
- Packaging Format: Sealed Glass Jar
- Guaranteed Shelf Life: 12 Months
- Safety Standard: Heavy Metal & Microbial Lab Screened
- Storage: Airtight cool dry pantry away from sunlight

OFFICIAL MRP

Rs. 690

200 GM

ORDER DIRECT

Fast delivery nationwide

SACRED MINERALS, BOTANICAL ELIXIRS & COLD-PRESSED OILS

NATURE'S MUD

100% BOTANICAL PURITY

Authentic Gold Grade Himalayan Shilajit, ancient volcanic salts, raw seeds & virgin cold-pressed oils



75%+ FULVIC & 84+ MINERALS

Pure Himalayan Shilajit

Gold Grade mountain resin, 75%+ fulvic acid

Packaging: Amber Jar + Spoon

Shelf Life: 24 Months

20 GM

OFFICIAL MRP

Rs. 1995

VERIFIED



PLANT OMEGA-3 ALA

Organic Raw Chia Seeds

Soluble mucilage fiber & plant omega-3 ALA

Packaging: Sealed Glass Jar

Shelf Life: 12 Months

300 GM

OFFICIAL MRP

Rs. 495

VERIFIED



84 TRACE ELECTROLYTES

Himalayan Pink Rock Salt

Unrefined ancient rock salt with 84 minerals

Packaging: Sealed Glass Jar

Shelf Life: 24 Months

200 GM

OFFICIAL MRP

Rs. 250

VERIFIED



AYURVEDIC DIGESTIVE AGNI

Himalayan Black Salt

Volcanic rock salt for digestive agni stimulation

Packaging: Sealed Glass Jar

Shelf Life: 24 Months

200 GM

OFFICIAL MRP

Rs. 220

VERIFIED



100% Pure. 100% Love.

LAURIC ACID & CLEAN MCTS

Cold-Pressed Virgin

Fresh unrefined extra virgin oil with MCTS

Packaging: Sealed Glass Bottle

Shelf Life: 18 Months

180 ML

OFFICIAL MRP

Rs. 650

VERIFIED



PURE COLD-PRESSED CULINARY

Cold-Pressed Virgin

Family size pure cold-pressed unrefined oil

Packaging: Sealed Glass Bottle

Shelf Life: 18 Months

500 ML

OFFICIAL MRP

Rs. 1750

VERIFIED

FEATURED SELECTION · LOW CALORIE SUPER SNACK

100% SINGLE-INGREDIENT BOTANICAL



Roasted Makhana (Fox Nuts)

Crunchy popped lotus seeds, light & mineral-rich

BOTANICAL SPECIFICATIONS:

- Net Weight / Volume: 50 GM
- Packaging Format: Sealed Glass Jar
- Guaranteed Shelf Life: 12 Months
- Safety Standard: Heavy Metal & Microbial Lab Screened
- Storage: Airtight cool dry pantry away from sunlight

OFFICIAL MRP

Rs. 390

50 GM

ORDER DIRECT

Fast delivery nationwide

MASTER PRODUCT SPECIFICATION INDEX (ALL 29 PRODUCTS)

Verified SKU codes, net weights, packaging formats, shelf lives, and official MRP (NPR)

SN	PRODUCT NAME	CATEGORY	NET WT/VOL	PACKAGING	SHELF LIFE	OFFICIAL MRP
1	Dehydrated Himalayan Mango	Dried Fruits	100 GM	Standup Pouch	12 Months	Rs. 595
2	Dehydrated Himalayan Pineapple	Dried Fruits	100 GM	Standup Pouch	12 Months	Rs. 590
3	Dehydrated Himalayan Apple	Dried Fruits	100 GM	Standup Pouch	12 Months	Rs. 510
4	Dehydrated Coconut Chips	Dried Fruits	100 GM	Standup Pouch	12 Months	Rs. 475
5	Dehydrated Papaya Slices	Dried Fruits	80 GM	Standup Pouch	12 Months	Rs. 450
6	Wild Dried Blueberries	Dried Fruits	100 GM	Sealed Glass Jar	12 Months	Rs. 650
7	Whole Dried Cranberries	Dried Fruits	100 GM	Sealed Glass Jar	12 Months	Rs. 415
8	Freeze-Dried Avocado Powder	Superfood Powders	80 GM	Sealed Glass Jar	12 Months	Rs. 790
9	Pure Natural Strawberry Powder	Superfood Powders	80 GM	Sealed Glass Jar	12 Months	Rs. 1395
10	Pure Green Banana Powder	Superfood Powders	100 GM	Sealed Glass Jar	12 Months	Rs. 650
11	Organic Moringa Leaf Powder	Superfood Powders	200 GM	Sealed Glass Jar	12 Months	Rs. 690
12	Natural Dates Powder Sweetener	Superfood Powders	100 GM	Sealed Glass Jar	12 Months	Rs. 400
13	Himalayan Beetroot Powder	Superfood Powders	100 GM	Sealed Glass Jar	12 Months	Rs. 430
14	Organic Sweet Potato Powder	Superfood Powders	100 GM	Sealed Glass Jar	12 Months	Rs. 510
15	Organic Carrot Powder	Superfood Powders	80 GM	Sealed Glass Jar	12 Months	Rs. 490
16	Raw Himalayan Almonds	Nuts & Kernels	200 GM	Sealed Glass Jar	12 Months	Rs. 750
17	Roasted Himalayan Almonds	Nuts & Kernels	200 GM	Sealed Glass Jar	12 Months	Rs. 750
18	Premium Jumbo Cashew Nuts	Nuts & Kernels	150 GM	Sealed Glass Jar	12 Months	Rs. 750
19	Roasted Himalayan Cashew Nuts	Nuts & Kernels	200 GM	Sealed Glass Jar	12 Months	Rs. 750
20	Premium Roasted Pistachios	Nuts & Kernels	200 GM	Sealed Glass Jar	12 Months	Rs. 895
21	Raw Himalayan Pumpkin Seeds	Nuts & Kernels	300 GM	Sealed Glass Jar	12 Months	Rs. 650
22	Premium Turkish Figs (Anjeer)	Nuts & Kernels	200 GM	Sealed Glass Jar	12 Months	Rs. 690
23	Pure Himalayan Shilajit Resin	Minerals & Elixirs	20 GM	Amber Jar + Spoon	24 Months	Rs. 1995
24	Organic Raw Chia Seeds	Minerals & Elixirs	300 GM	Sealed Glass Jar	12 Months	Rs. 495
25	Himalayan Pink Rock Salt	Minerals & Elixirs	200 GM	Sealed Glass Jar	24 Months	Rs. 250
26	Himalayan Black Salt (Bire Noon)	Minerals & Elixirs	200 GM	Sealed Glass Jar	24 Months	Rs. 220
27	Cold-Pressed Virgin Coconut Oil	Minerals & Elixirs	180 ML	Sealed Glass Bottle	18 Months	Rs. 650
28	Cold-Pressed Virgin Coconut Oil	Minerals & Elixirs	500 ML	Sealed Glass Bottle	18 Months	Rs. 1750
29	Roasted Makhana (Fox Nuts)	Minerals & Elixirs	50 GM	Sealed Glass Jar	12 Months	Rs. 390

OFFICIAL QUALITY, TAX & PACKAGING VERIFICATION NOTICE

- All prices listed in this compendium are in Nepalese Rupees (NPR) and are inclusive of all applicable domestic taxes.
- Every food grade standup pouch and sealed glass jar features tamper-evident holographic sealing and a batch-specific QR traceability code.
- Storage Guidance: Keep dried fruits, whole nuts, and micro-milled powders in a cool, dark pantry below 24°C. Reseal airtight after every opening.
- Special Dietary Notes: 100% Gluten-Free, Dairy-Free, Non-GMO, Vegan, and naturally free from artificial coloring, sulfur dioxide, and synthetic bleaches.
- For institutional orders, restaurant supplies, gym pantries, or customized festive gift hampers, contact wholesale@naturesmud.com.

HOW TO ORDER ACROSS NEPAL

Seamless digital shopping, direct WhatsApp assistance, and express delivery to all 77 districts

OFFICIAL STORE

naturesmud.com

- Browse all 29 products
- Live inventory status
- eSewa, Khalti, Card & COD
- Instant order confirmation SMS

PHONE & WHATSAPP

+977 9713888002

- Direct chat with our team
- Custom combo ordering
- Voice & text order booking
- Fast response 8AM – 9PM

NATIONWIDE COURIER

All 77 Districts

- Kathmandu: 24–48 Hours
- Major Cities: 2–3 Days
- Remote Districts: 4–6 Days
- Safe bubble wrap packaging

AUTHORIZED RETAIL PARTNERS & EXPERIENCE CENTERS IN NEPAL

Walk in to sample and purchase authentic Nature's Mud products at our official partner outlets:

Headquarters & Flagship Experience Center	Samakhushi, Gongabu Chowk (near Kumari Bank), Kathmandu	+977 9713888002
Kids Kottage — Gongabu	Arya Complex, Gongabu Chowk, Kathmandu	Tel: 9802323451
Kids Kottage — Kupondol	Kupondol Height, Lalitpur & Kapan Branch, Kathmandu	Tel: 9802323452
Kids Kottage — Pokhara	New Road & Chipledhunga, Pokhara, Kaski	Tel: 9802323453
Zero to Ten Baby & Mother Store	Chabahil Chowk (opposite KL Tower), Kathmandu	Tel: 9802323454
Baby Love Store	Main Commercial Road, Hetauda, Makwanpur	Tel: 9802323455

INSTITUTIONAL B2B, RESELLERS & CORPORATE FESTIVE GIFTING

Nature's Mud partners with supermarkets, organic grocery chains, corporate banks, wellness spas, yoga retreats, and hospitality resorts across Nepal and international export markets.

- Custom Corporate Hampers: Handcrafted wooden and velvet gift boxes for Dashain, Tihar, New Year, and AGMs.
- Bulk Commercial Supplies: 5kg, 10kg, and 25kg vacuum-sealed packs for bakeries, juice bars, and cafes.
- Direct B2B Inquiries: Call +977 9713888002 | Email: wholesale@naturesmud.com | info@naturesmud.com

100% SATISFACTION & BOTANICAL PURITY GUARANTEE

Every single jar and pouch is backed by our full money-back purity guarantee. If you are ever dissatisfied with product freshness, texture, or quality, we offer immediate replacement or a full refund with zero questions asked.

ALTERNATIVE COMPLIANCE & LEGAL NOTICE:

Nature's Mud products are whole-food nutritional staples and traditional botanical supplements. They are not manufactured or intended to diagnose, treat, prevent, or cure any medical illness or condition. Dietary advice in this compendium reflects traditional Ayurvedic ethnobotany and general whole-food nutritional science. Always consult a licensed healthcare professional or holistic practitioner regarding clinical health questions.