



RECONSTRUCTING NEVER STOPS.



OUTLAST FATIGUE | CHALLENGE AGONY | FORGET CONVENIENCE | CHOOSE TOUGH



About Parag Milk Food:

- Own India's first fully integrated Whey plant, manufacturing Whey Protein Concentrate and Whey Protein Isolate
- Leading producers of cow's milk and milk products
- Stock exchange listed company
- ₹ 2000 crore annual turnover
- Exports to over 20 countries
- Owns the largest and the most unique dairy farm in India where cows are nurtured, cared for and milked in the most natural and environmentally sustainable way
- State-of-the-art factories at Manchar (Maharashtra), Palamner (Andhra Pradesh) and Sonipat (Haryana)

Makers of:



REBUILD. RECREATE. REMOULD. RECONSTRUCT YOURSELF.

Being extraordinary. As human beings this is what we are all capable of. One of the ways in which we can do this, is by remoulding our bodies to be at their fittest and strongest selves. Sheer force of will is what gets us there and when we combine that with exceptional nourishment, the results can truly be awe inspiring.

At Parag Milk Foods, we have used our extensive expertise in the dairy industry to enhance the nutrition factor in your journey of strength, by bringing you Avvatar. A premium sports nutrition supplement brand that we make in our own, and India's one and only, Whey Protein Plant.

Right through its journey from our state-of-the-art dairy farm to your shaker cup, Avvatar stays fresh and pure. Processed from fresh milk within 24 hours, and sealed in jars with their own authentication labels, there's nothing like it to give you the performance and strength you need, in order to reconstruct yourself.



Present in 250+ cities across India



SUPER FRESH

Most Whey Protein brands source their raw materials and get their products packaged through multiple vendors. This process generally takes months for the final product to be delivered. Because of which, the possibility of various nutritional properties being lost, increases highly. On the other hand, Avvatar protein is milked, processed and packed within 24 hours in the same plant, making it the freshest Whey Protein that you will ever consume.



SUPERIOR QUALITY

The entire Avvatar manufacturing process, right from the production of milk to the final product, is meticulously controlled by the company. Moreover, it is untouched by human hands during the entire process. Not just that, Avvatar protein is produced with the best of cow's milk in a highly advanced, one-of-its-kind in India Whey plant. It passes through stringent quality tests at every stage of manufacturing so that you get high-quality and only the purest Whey Protein.



SUPERIOR FORMULATION

Scientifically formulated by international experts, Avvatar protein is processed with stringent quality checks that help retain the naturally occurring BCAA, EAA and calcium to support you in achieving your fitness goals.



100% VEGETARIAN

Several brands in the market use Rennet, which is obtained from a non-vegetarian source, to make Whey Protein. But, Avvatar is made by isolating Whey Protein from cheese whey, by adding microbial enzymes, a natural veg source, during cheese



100% GENUINE

- Find a scratch-off sticker on the lid of the pack
- Scratch it to find the unique verification code
- SMS the code to 99010 00025 or verify it on www.avvatarindia.com

FROM OUR DAIRY FARM TO YOUR SHAKER CUP, FRESH AND PURE.

DAIRY FARM

State-of-the-art, with the best cow breeds, and spread over 35 acres.



CHEESE PLANT

Milk processed in a huge cheese plant to form curd, and as curd becomes cheese, liquid Whey separates.



WHEY PLANT

Liquid Whey processed into pure Whey Protein powder within 24 hours, after which it is sealed in jars with authentication labels, to be shipped



STORE

Jars shipped across the country in controlled environments, through authorised distributors and dealers, reaching your nearest stores



SHAKER

Avatar comes to you fresh and pure.



MADE IN INDIA'S 1ST AND ONLY WHEY PLANT.



SUGAR-FREE



SOY-FREE



GLUTEN-FREE



GMO-FREE



LOW CHOLESTEROL



LOW FAT

Presenting,

Avvatar Isorich

- Freshest and purest Whey Isolate in the country
- Premium 100% Whey Protein Isolate that gets rapidly absorbed in your digestive tract, allowing quick delivery of all essential amino acids
- Delivering 28g protein per scoop - one of the highest in the category
- High in naturally occurring BCAAs and EAAs that support rapid muscle protein synthesis
- Designed for people who are lactose intolerant, strict calorie watchers and conscious about the quantity of carbohydrates



28g

PROTEIN

6g

BCAA

6g

OTHER EAAs

3.8g

GLUTAMIC ACID

WHEY ISOLATE

ALSO AVAILABLE IN: BELGIAN CHOCOLATE, CARDAMOM CRÈME, MALAI KULFI AND CARAMEL CRÈME.



SUGAR-FREE



SOY-FREE



GLUTEN-FREE



GMO-FREE



LOW CHOLESTEROL



LOW FAT

Presenting,

Avvatar Whey Protein

- Freshest & purest Whey Protein blend in the country
- Premium blend of Whey Protein Concentrate and Isolate for building strength and enabling muscle repair and growth
- Naturally occurring BCAAs and other EAAs for promoting protein synthesis
- Contains naturally occurring milk calcium for maintaining good bone health
- Natural fibre to support healthy metabolism, digestion and gut health



27g
PROTEIN

6.1g
BCAA

6.1g
OTHER EAAs

3.9g
GLUTAMIC ACID

WHEY PROTEIN

ALSO AVAILABLE IN:
CAFÉ MOCHA SWIRL, CARAMEL CRÈME, CHOCOLATE HAZELNUT, MALAI KULFI AND UNFLAVOURED.



Presenting,

Avvatar Alpha Whey

- The purest and the freshest premium duo-protein blend
- Packs the power of fast absorbing, best-in-class whey protein
- Enriched with casein, a sustained releasing milk protein, for energy that lasts all day.
- Scores high in PDCAAs
- Provides 20g of protein per scoop, as well as 3.5g of BCAA and other Essential Amino Acids, along with 22 important vitamins and minerals



20g
PROTEIN

3.5g
BCAA

3.5g
OTHER EAAs

2g
GLUTAMIC ACID

**ALPHA
WHEY**



Presenting,

Avvatar Mass Gainer

- Ideal protein-carb matrix of 1:3 with Maltodextrin, Whey Protein Concentrate, Isolate and Dextrose, especially designed for Indian consumers
- Made from 100% cow's fresh milk, giving you a healthy balance of the freshest blend of protein and carbohydrates to help you gain mass the right way
- Two scoops of 60g offer the highest protein (45.6g) in the mass gainer segment along with 122g carbohydrates
- 100% RDA of 21 vital vitamins and minerals in two scoops to enable the right growth
- With no added sugars all the proteins and carbohydrates are derived from quality sources to meet the ideal protein carbohydrates ratio



SUGAR-FREE



SOY-FREE



GLUTEN-FREE



GMO-FREE



LOW CHOLESTEROL



LOW FAT



828kcal
CALORIES

45.6g
PROTEIN

122g
CARBOHYDRATES

60g
SCOOP SIZE

2 SCOOPS
IN MILK
SERVING

MASS GAINER



MADE FROM COW'S MILK



SUGAR-FREE



SOY-FREE



GLUTEN-FREE



GMO-FREE



LOW CHOLESTEROL

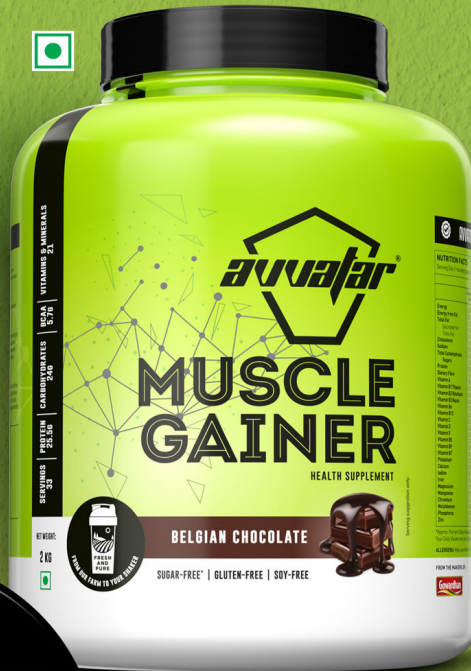


LOW FAT

Presenting,

Avvatar Muscle Gainer

- Healthy balance of protein and carbohydrates to help you gain lean muscle mass
- Protein carb matrix of 1:1 that is a blend of Whey Protein Concentrate, Whey Protein Isolate, Casein, Maltodextrin and Dextrose
- More protein content than most muscle gainer brands, with each scoop providing 50% of the RDA requirement
- 21 vitamins & minerals to enable the right growth and providing 50% of the RDA in a single scoop
- Unlike most popular brands, sugars are replaced with a good source of carbohydrate that helps grow lean muscle gains instead of mere body fat gains
- Designed for individuals aiming at growing lean muscles by providing an extra push of nutrients to achieve goals



25.5g

PROTEIN

24g

CARBOHYDRATES

5.7g

BCAA

4.3g

GLUTAMIC ACID

21

VITAMINS & MINERALS

MUSCLE GAINER

ALSO AVAILABLE IN: CAFÉ MOCHA SWIRL.



SPORTS NUTRITION