



for healthier
T O M O R R O W

NEXT GENERATION
FARMERS
PLANET

About us

™ True Taste Organics (Charans Natural Bio Products Private Limited) is a leading Manufacturer, Exporter, Importer, Service Provider, and Distributor in organic food and products. The company made its humble beginning in 2019 with a goal to provide people with a healthier life through producing and manufacturing 100% organic and herbal personal care and food products.

We work with thousands of small family farmers in India to cultivate tens of thousands of acres of sustainable organic farmland. All ORGANIC INDIA products support health and True Wellness and are made with loving care. Each product is one link in a chain of connectedness between Mother Nature, our farmers and you.

™ True Taste Organics has expanding its distributorship and dealership channels throughout the country as well as in the international market.

In India alone nearly two hundred pesticides & Chemicals are used. Experts believe that chronic level of Pesticides can contaminate soil, water, turf, and other vegetation. In addition to killing insects or weeds, pesticides can be toxic to a host of other organisms including birds, fish, beneficial insects, and non-target plants.

Our food habits products have come a long way from our parents', more than we may even be aware of. We may still make our traditional family favorites, but haven't there been times when you find that no matter how much you follow the recipe to the letter, it still doesn't get that exact taste of your Grandma's dish?

The difference isn't because of your cooking skills; it's more likely to be in the ingredients you use. Our grandparents and parents had access to farm fresh grains, fruit and vegetables, while most of what we get today is contaminated with pesticides and other chemicals.

When I became a Mom, I started paying more attention to where we were sourcing our ingredients from, and that is when I came across the organic & biodegradable revolution, then in its nascent stage in India. I admit I was rather skeptical about the whole thing, and wondered if they were simply selling overpriced food under a different name!. However, after sampling organic food & Biodegradable products for few months now, I am a convert and I can confidently say that going using the organic & biodegradable products has been the best decision I've taken for the health of my family!

LET FOOD BE
THY
MEDICINE
AND
MEDICINE BE
THY FOOD

Why Choose us



Healthy



Save Nature



Save Farmer



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Pulses & Grains

Our pulses are 100% organically grown from the fertile lands of central India. With out using harmful chemicals or pesticides they are much more nutritious while cultivating them. Our organically grown pulses are rich in protein, nutrients, fiber, low in glycemic index (diabetes friendly) and with zero cholesterol.

A simple example of an organic farming technique that does a world of good to the quality of pulses is crop rotation. Common farming methods include the use of herbicides to manage the growth of weeds and while this quickly arrest the problem, it also causes harm the crop itself. Organic farming, on the other hand, uses crop rotation (planting a series of different crops in the same area according to the season in order to preserve and regenerate soil nutrients) along with simple methods such as mulching (covering the soil with a layer of grass or other organic material) to avoid the growing of weeds. Since no chemicals are involved in this method, the bean crop is unharmed and gets the advantage of the maximum nutrients from the soil.

Chemical fertilizers are replaced with compost and natural manure, making the cultivation of the pulses virtually chemical-free. As a result, organically grown beans are easier to cook (faster, softer) and therefore, easier on digestion as well.

Since there is virtually no contact with any toxins from chemical fertilizers or pesticides, it is only natural that organically grown pulses have a tendency to preserve a greater amount of nutrients and for a longer period as well. Which is probably why a simple bowl of daal or saambaar made from organically grown pulses will taste much more satisfying and comforting than any other!

**NO HEALTHY FOOD
WITHOUT A
HEALTHY SOIL**

BROWN CHANA WHOLE
CHANA DAL (BENGAL GRAM SPLIT)
GREEN MOONG DAL
KABULI CHANA WHOLE (CHICKPEA)
MOONG DAL(WHOLE)
PANCHARATNA DAL/ MIX DAL

PEANUT (GROUNDNUT)
RAJMA (RED KIDNEY BEANS)
RAJMA CHITRA (KIDNEY BEANS)
TUR / TOOR DAL
URAD BLACK WHOLE
URAD DAL BLACK SPLIT





Spices & Spice Powders

Our Spices are 100% organically grown and handpicked from the fertile lands of India. With out using harmful chemicals or pesticides they are much more nutritious while cultivating them.

Our Organically grown spices have a lot more to offer than just taste and flavour. For years they have helped us boost our metabolism, improve the immunity and fight different kinds of diseases. They are safe to use as no pesticides and chemicals are used during their cultivation.

Spices have played a very important role in the way we have cooked and prepared our food. Around the world, people take the help of different kinds of spices in order to add their own unique flavour and essence. The use of a particular set of spices can actually make or break a dish. Red chilli, Cumin, black pepper, coriander seeds, turmeric, and so many other spices are getting used every day in so many kitchens. But our spices are not only add flavour and taste to our food and it will add very nutritious and contribute to better immunity.

Organic spices can help you to fight a wide range of diseases and enables an individual to lead a better lifestyle. So, it is essential to add spices to the dishes that you are cooking. They can add more nutrients and benefits when compared to other non-organic ingredients.

HANDPICKED SPICES & SEEDS
TO **ENHANCE** YOUR DISHES

SPICY FOODS MAY **PROMOTE WEIGHT LOSS** &
KICK-START YOUR METABOLISM.

AJWAIN
BROWN MUSTARD
CLOVES
CUMIN WHOLE
GREEN CARDAMOM

MUSTARD SEEDS(YELLOW)
RED CHILLI (WHOLE)
RED CHILLI POWDER
TURMERIC POWDER



Rice & Flours

Our organic hand pounded rice is rice that is certified by an independent body, to have been grown and processed according to set "organic" standards. Organic rice offers additional health benefits. When compared with conventionally grown food crops, organic foods contain less pesticides and food additives, minimizing your exposure to harmful chemicals. Whole grain rice includes the outer husk of the rice and retains the maximum fiber content.

A simple example of an organic rice farming technique that does a world of good to the quality of rice is crop rotation. Common farming methods include the use of herbicides to manage the growth of weeds and while this quickly solves the problem, it also causes harm to the crop itself. Organic farming, on the other hand, uses crop rotation (planting a series of different crops in the same area according to the season in order to preserve and regenerate soil nutrients) along with simple methods such as mulching (covering the soil with a layer of grass or other organic material) to avoid the growing of weeds. Since no chemicals are involved in this method, the bean crop is unharmed and gets the advantage of the maximum nutrients from the soil.

Chemical fertilizers are replaced with compost and natural manure, making the cultivation of the pulses virtually chemical-free. As a result, organically grown rice are easier to cook (faster, softer) and therefore, easier on digestion as well.

THE PERFECT CARE FOR YOUR FAMILY

BASMATI RICE (PREMIUM WHITE RICE)
BLACK RICE
SONA MASOORI RICE (BROWN RICE)
SONA MASOORI RICE (POLISHED)
SONA MASOORI RICE (SEMI POLISHED)
RED RICE

GRAM FLOUR (BESAN)
MULTI GRAIN ATTA
POHA FLATTENED RICE
SUJI RAVA (SEMOLINA)
WHEAT MAIDA

WHEAT MAIDA
WHOLEWHEAT ATTA
PREMIUM (AS WHEAT FLOUR)



YOU CANNOT
IGNORE ITS
HEALTH BENEFITS

Edible Oils, Ghee & Honey

Our True Taste Organic edible oils are way healthier than refined oils and cold pressed oils. They are rich in antioxidants, vitamin E, and oleic acid. Also, they are free from chemicals added to oils during refining process. Our cold pressed oils are extracted without heating or chemical process and retains the natural phenols present in the seed and makes them Nutrient rich. The ingredients also prevent oxidative damage to the heart caused by free radicals.

One of the most important things to keep in mind is - that oil behaves differently when heated, it changes texture, color, taste as well as its nutritional properties. When the oil reaches its smoking point, a lot of the nutrients are destroyed and it can sometimes potentially form harmful compounds. Also, different oils have varying amounts of fats - Polyunsaturated, Monounsaturated and Saturated fats.

Our Organic Ghee is made with 100% organic butter from grass-fed cows on small family farms in India. ... Ghee is made by simmering butter over low heat and removing the milk solids as they form. The result is a delicious, creamy spread great for baking, sauteing and frying and One of the Best Desi Ghee Brand in India.

While ghee has a high concentration of fat, it's high in monounsaturated Omega-3s. These are the same fatty acids found in foods like salmon that have been discovered to promote a healthy heart and cardiovascular system.

KNOW ABOUT HONEY

Our "raw" Organic honey has not been heated to the point of pasteurization (no higher than 118°F). Organic honey is produced from the pollen of organically grown plants, and without chemical miticides to treat the bees. Raw honey is only strained before it's bottled, which means it retains most of the beneficial nutrients and antioxidants that it naturally contains. Conversely, regular honey may undergo a variety of processing, which may remove beneficial nutrients like pollen and reduce its level of antioxidants.

Here are some health benefits our Organic(raw) honey is A good source of antioxidants, Raw honey contains an array of plant chemicals that act as antioxidants, Antibacterial and antifungal properties, Phytonutrient powerhouse and Help for digestive issues. ...

BLACK MUSTARD OIL
COCONUT OIL
OLIVE OIL VIRGIN
SESAME OIL (GINGELLY OIL)
SUNFLOWER OIL

GROUNDNUT OIL (PEANUT)
SOYBEAN OIL
CASTOR OIL

BUFFALO GHEE
PURE GIR COW GHEE
PURE HONEY



Sweeteners & Rack Salt

Our TRUE TASTE ORGANICS Rock Salt & Pink Salts are full of minerals and trace elements including Sodium, Calcium, Magnesium, Potassium, Iron & Phosphorous. This powder is made from the reddish pink granules of Pink Rock Salt that are all natural, sourced from Himalayan cliffs, where they have crystallized over millions of years in a pristine and unpolluted environment.

TRUE TASTE ORGANICS brings to you a healthy choice of salt straight from nature which is 100% authentic and of high quality. It is naturally abundant in essential minerals which provide immense health benefits. TRUE TASTE ORGANICS salts are natural and is far superior Quality for traditional Iodized salt and provides all essential trace minerals and greatly improves the body immune system. TRUE TASTE ORGANICS salts are low sodium salt and is 100% pure.

Healthy Sugar Substitute TRUE TASTE ORGANICS brings to you the finest quality Jaggery Powder, Jaggery Powder, Brown Sugar and Sugar containing no chemical additive and made from organic certified sugar cane. This golden-brown delicacy is highly nutritious, delicious and a healthier alternative to processed sugar and artificial sweeteners. It naturally contains iron, vitamins, and minerals and enhances the taste of tea, coffee, and other beverages.

All Our Sweeteners are 100% Organic Certified made from superior quality of sugarcane sourced from across the India. Satisfy your sugar/Sweets craving with taste and neutrinos served on your plates, our Organic Sweeteners make feel the difference yourself.

YOU CANNOT
IGNORE ITS
HEALTH BENEFITS.

CHAMOMILE
BROWN SUGAR
JAGGERY CUBE
JAGGERY POWDER
STEVIA
STEVIA GREEN POWDER

SUGAR (WHITE)
GREEN TEA BAGS
CANE SUGAR
JAGGERY
STEVIA- DRIED LEAVES





Dry Fruits Millets & Seeds

Our TRUE TASTE ORGANICS brings to you a healthy choice of quickest way to energize your body and gain maximum nutritional benefits is dry fruits. However, it is important that you consume dry fruits that are not stripped off their nutrients and the only way to do that is to go organic.

True Taste Organics offers a whole range of organic dried fruits. Our range consists of organic almonds, organic walnuts, organic raisins. A lot of people also really enjoy the chewy flavour of organic dried apricot. Some popular organic dried fruits. Quality is an aspect you need not worry about when buying organic nuts or dry fruits. You are one step away from leading a healthier Lifestyle by choosing organic and healthier snacking options and Experience our true tasty and delicious range of nuts and dry fruits which are receiving best response and tremendous support from the health savvy generation. Accept Organic dry fruits have become health mate for life.

Our TRUE TASTE ORGANICS brings to you a healthy choice of the nutritional value of millets, and millets are non-glutinous and non-acid-forming foods. Each type of millet comes with its own nutritive value. For instance, millets like soma and bajra are high in fats, while other millets like ragi are low in fat. Millets are also rich in calcium, magnesium, antioxidants and protein too.

They contain a good amount of B vitamins and numerous dietary minerals including manganese. True Taste Organic millet is a wonderfully tasty grain. Millets are rich in nutrients, vitamins, and minerals. They are gluten-free and offer a lot of health benefits including: Promoting digestion Preventing asthma Helps get rid of bad cholesterol Helps in managing diabetes Helps in preventing cancer Promoting heart health Repairing body tissue.

YOU CANNOT
IGNORE ITS
HEALTH BENEFITS

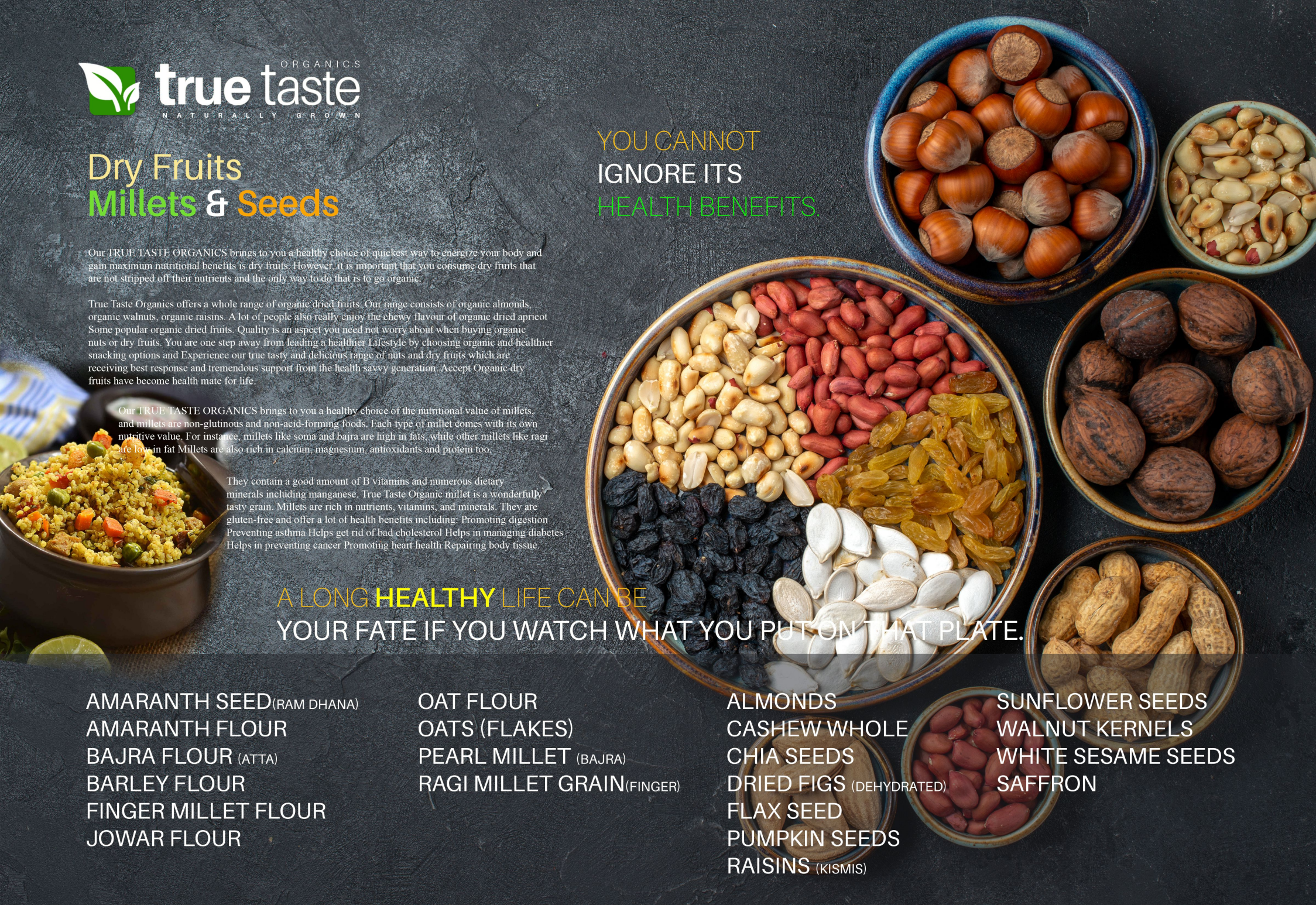
A LONG **HEALTHY** LIFE CAN BE
YOUR FATE IF YOU WATCH WHAT YOU PUT ON THAT PLATE.

AMARANTH SEED (RAM DHANA)
AMARANTH FLOUR
BAJRA FLOUR (ATTA)
BARLEY FLOUR
FINGER MILLET FLOUR
JOWAR FLOUR

OAT FLOUR
OATS (FLAKES)
PEARL MILLET (BAJRA)
RAGI MILLET GRAIN (FINGER)

ALMONDS
CASHEW WHOLE
CHIA SEEDS
DRIED FIGS (DEHYDRATED)
FLAX SEED
PUMPKIN SEEDS
RAISINS (KISMIS)

SUNFLOWER SEEDS
WALNUT KERNELS
WHITE SESAME SEEDS
SAFFRON





Herbals & Other products

Juicing is one of the easiest ways to guarantee the proper nutrition of body. In addition, some fruits can certainly be used in juicing, but not by themselves. If you experience health concerns such as obesity, diabetes, high cholesterol, high blood pressure or other metabolic health concerns in which sugar is an offender, We recommend limiting fruits until your health concern(s) is under control. Here is a range of Organic for Organic Herbal Juices , Herbal Juice Drink , herbal juice weight loss, organic amla juice Juices available for you with the best quality and human results...

ADDING HEALTH TO YOUR LIFE NATURALLY.



GARAM MASALA
KOBARI KARAM
NALLA KARAM
RASAM POWDER
SAMBHAR MASALA

NONI JUICE (MORINDA CITRIFOLIA)
SAFED MUSLI POWDER
TRIPHALA EXTRACT (POWDER)
TRIPHALA JUICE
TULSI JUICE
TULSI LEAVES (DRY)
WHEAT GRASS POWDER
WHEATGRASS JUICE
TULSI POWDER

ALOE VERA GEL
ALOE VERA JUICE
ALOE VERA JUICE
ALOE VERA LEAVES POWDER
ALOE VERA OIL
ALOE VERA SUGAR FREE JUICE
AMLA CANDY

AMLA JUICE
AMLA MURABBA
AMLA OIL
AMLA POWDER
ASAFOETIDA POWDER
ASHWAGANDHA POWDER
BRAHMI POWDER

GINGER CANDY
JAMUN JUICE
KARELA POWDER (BITTERGOURD)
MORINGA POWDER
NARDOSTACHYS JATAMASI (JATAMASI)
NEEM JUICE
NEEM POWDER

for a healthier tomorrow



Pulses and Grains



BROWN CHANA WHOLE
CHANA DAL (BENGAL GRAM SPLIT)
GREEN MOONG DAL
KABULI CHANA WHOLE (CHICKPEA)
MOONG DAL (WHOLE)
PANCHARATNA DAL/ MIX DAL
PEANUT (GROUNDNUT)
RAJMA (RED KIDNEY BEANS)
RAJMA CHITRA (KIDNEY BEANS)
TUR/ TOOR DAL
URAD BLACK WHOLE
URAD DAL BLACK SPLIT



Dryfruits & Seeds



ALMONDS
CASHEW WHOLE
CHIA SEEDS
DRIED FIGS (DEHYDRATED)
FLAX SEED
PUMPKIN SEEDS
RAISINS (KISMIS)
SUNFLOWER SEEDS
WALNUT KERNELS
WHITE SESAME SEEDS
SAFFRON



Sweeteners, Tea & Rock Salt

CHAMOMILE
BROWN SUGAR
JAGGERY CUBE
JAGGERY POWDER
STEVIA
STEVIA GREEN POWDER
SUGAR (WHITE)
GREEN TEA BAGS
CANE SUGAR
JAGGERY
STEVIA- DRIED LEAVES



Spices & Spice Powders

AJWAIN
BROWN MUSTARD
CLOVES
CUMIN WHOLE
GREEN CARDAMOM
MUSTARD SEEDS(YELLOW)
RED CHILLI (WHOLE)
RED CHILLI POWDER
TURMERIC POWDER



Rice & Flours

BASMATI RICE (PREMIUM WHITE RICE)
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POHA FLATTENED RICE
SUJI RAVA (SEMOLINA)
WHEAT MAIDA
WHOLEWHEAT ATTA PREMIUM
(AS WHEAT FLOUR)



Herbals Products & Other

ALOE VERA GEL
ALOE VERA JUICE
ALOE VERA JUICE
ALOE VERA LEAVES POWDER
ALOE VERA OIL
ALOE VERA SUGAR FREE JUICE
AMLA CANDY
AMLA JUICE
AMLA MURABBA
AMLA OIL
AMLA POWDER
ASAFOETIDA POWDER
ASHWAGANDHA POWDER
BRAHMI POWDER
GINGER CANDY
JAMUN JUICE
KARELA (BITTERGOURD) POWDER
MORINGA POWDER
NARDOSTACHYS JATAMASI(JATAMASI)
NEEM JUICE
NEEM POWDER
NONI JUICE (MORINDA CITRIFOLIA)
SAFED MUSLI POWDER
TRIPHALA EXTRACT (POWDER)
TRIPHALA JUICE
TULSI JUICE
TULSI LEAVES(DRY)
WHEAT GRASS POWDER
WHEATGRASS JUICE
TULSI POWDER



Millets

AMARANTH SEED(RAM DHANA)
AMARANTH FLOUR
BAJRA FLOUR (ATTA)
BARLEY FLOUR
FINGER MILLET FLOUR
JOWAR FLOUR
OAT FLOUR
OATS (FLAKES)
PEARL MILLET (BAJRA)
RAGI MILLET GRAIN(FINGER)



Edible Oils

BLACK MUSTARD OIL
COCONUT OIL
OLIVE OIL VIRGIN
SESAME OIL (GINGELLY OIL)
SUNFLOWER OIL
GROUNDNUT OIL (PEANUT)
SOYBEAN OIL
CASTOR OIL



Ghee & Honey

BUFFALO GHEE
PURE GIR COW GHEE
PURE HONEY



Other Natural Products

GARAM MASALA
KOBARI KARAM
NALLA KARAM
RASAM POWDER
SAMBHAR MASALA

**LET FOOD BE
THY
MEDICINE
AND
MEDICINE BE
THY FOOD**



Save Farmer



Healthy



Save Nature

Distributor



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