

ENLIGHTLIFE SCIENCE PVT. LTD.

Making Wellness Easy, Practical, and Enjoyable

Anjali Sharma | The CEO Magazine



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Children naturally love chocolate; they rarely share it, they demand it, and they look forward to it. EnlightLife Science Pvt. Ltd. saw an opportunity in this simple truth and turned it into a mission: to deliver essential nutrients through tasty, fortified chocolates. Founded in 2016 as an offshoot of Chocolate Junction, the company focused on combating child malnutrition by developing a fortified, plant-based protein blend with a complete amino acid profile, all infused into chocolate.

Their flagship product, Vrddhi - The Enriched Growth, became the company's first ready-to-market offering, perfectly balancing taste and nutrition to create a practical, scalable solution that fits naturally into government-supported nutrition programs. But what started with chocolate soon grew into a broader mission: to make health joyful, accessible, and sustainable for all. And, today, EnlightLife delivers a 360° wellness ecosystem.

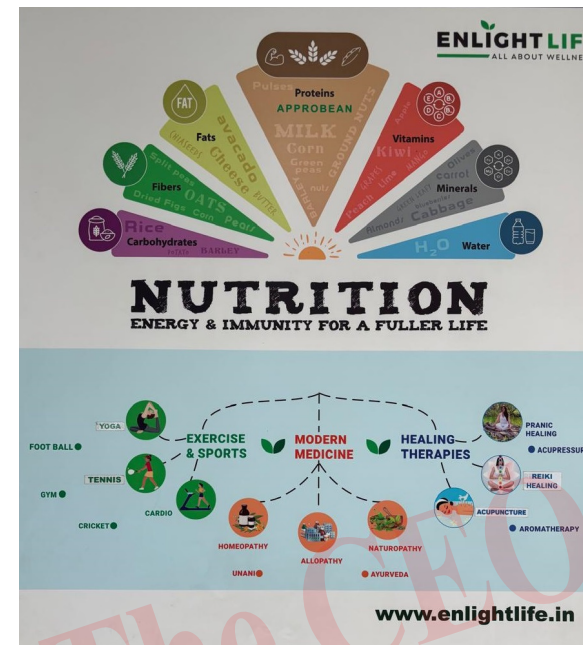


DAILY MORNING RITUAL BY ENLIGHTLIFE

SA wellness-focused company, EnlightLife delivers holistic health through functional foods, natural supplements, and lifestyle practices. Their philosophy, "Wellness Made

Easy", blends traditional wisdom with modern science to offer practical solutions like fortified foods Aaprobean and White Chia, alongside simple daily wellness rituals. One key practice is their daily morning ritual: soak white chia seeds overnight, mix with Aaprobean or a health mix, then consume. Follow this by stepping into the morning sun for light movement called Quickeris, a 4-minute routine with rhythmic music, and finish with deep breathing exercises (Pranayama) to energeise the mind.

The philosophy is clear: give your body just 30 minutes each day, and it will give you back 23.5 hours of vitality. Sunlight is central to this ritual, activating Vitamin D for bones and immunity, improving mood, regulating sleep, and aiding recovery. With mindful movement and functional foods, it becomes a natural boost for health and vitality.



THE 7 ELEMENTS OF EVERYDAY VITALITY

EnlightLife is dedicated to making wellness simple and accessible through functional foods, plant-based nutrition, and daily lifestyle practices. Their science-backed, nature-inspired solutions are designed to fit seamlessly into busy lives, empowering individuals to live fuller, healthier days.

At the core of EnlightLife's approach are the 7 elements of nutrition: carbohydrates, fibres, fats, Aaprobean (their fortified protein blend), minerals, vitamins, and water, which together fuel energy, immunity, and vitality. Understanding that gut health is the foundation of overall wellness, they offer plant-based formulas to strengthen digestion and enhance nutrient absorption, boosting immunity and energy naturally.

EnlightLife also introduced the "I Can - 189 Days Challenge", a program that helps build powerful habits around functional foods, mindful exercise, and wellness tracking, turning small daily actions into lifetime transformation. By monitoring your Basal Metabolic Rate (BMR) regularly, you can measure real progress, narrowing the gap between your metabolic and physical age.



WOWW CHAMPIONS: BUILDING WEALTH THROUGH WELLNESS

EnlightLife believes that true wellness begins with self-belief. Through its WOWW Champions program, World of Wellness and Wealth, the company inspires individuals to prioritise robust health while building personal wealth through wellness-based initiatives.

In a world where the race for success often leads to burnout and lifestyle diseases, EnlightLife offers a refreshing path: functional fortified fun foods, daily wellness rituals like Quickeris, and the transformative 189 Days Challenge built around the mantra "I Can". This economical programme builds fitness first, creating a life of wellness and abundance.



THE POWER
OF MILLETS

EnlightLife brings together ancient nutrition and modern innovation with its 7Secrets Aapro Multi Millet, a functional fortified food rooted in 7,000 years of millet cultivation. Known for their resilience and rich nutritional

profile, millets offer sustained energy, digestive support, and holistic wellness.

Traditionally, millets had a short shelf life and required lengthy preparation. EnlightLife solves both challenges through innovative food technology, extending shelf life, maximum nutrient absorption, and making millets easy to consume daily. With 7Secrets, EnlightLife empowers individuals to embrace the best of both worlds.

EnlightLife

Secrets

Aapro multi millet Sports malt

Chocolate flavour

One Minute Doodle

For Every Pack ₹3 Will be Contributed To women and Child Nutrition

Total Nutrition+Eye Supplement

#enlightlife #selfcare #7secrets #sustainability #longevity

foundation

FUNCTIONAL FORTIFIED FUN FOOD

At EnlightLife, they believe health isn't about complex diets or intense workouts but about consistent daily habits centred on functional foods and natural living. Their approach blends science, nutrition, and tradition to create solutions that seamlessly fit into everyday routines, turning wellness into a joyful lifestyle, not a burden.

Recognising that diets worldwide are naturally fortified with local grains, herbs, and spices, EnlightLife adds functional recipes that enrich your meals without changing traditional food habits. Their foods are enriched with key nutrients like proteins, fibres, vitamins, and minerals to enhance digestion, absorption, and overall wellness. Best of all, these are easy to prepare; just add water, and they're ready in under a minute.



MY DAILY BITE – WHERE TASTE MEETS THERAPY

At EnlightLife, wellness meets indulgence through My Daily Bite, a unique range of medicated chocolates that combine irresistible taste with targeted health benefits. Building on the legacy of Chocolate Junction (founded in 1998), this boutique concept brings plant-based protein chocolates into the wellness space.

EnlightLife's value-added wellness chocolates include:

- **Vitamin C Chocolate:** For immune strength and skin health
- **Iron & Folic Acid Chocolate:** For energy, haemoglobin, and women's health
- **Vitamin D Chocolate:** For bone strength and immunity

- **Probiotic Chocolate:** For gut health and digestion
- **Cordyceps Chocolate:** For energy, stamina, and recovery

Each bite is carefully crafted to deliver essential nutrients while offering the joy of premium chocolate.



NATURE'S PHARMACY IN A SPOON

At EnlightLife, the age-old benefits of honey are elevated into functional wellness solutions with the EnlightLife Forest Honey Range. Each variant is infused with Ayurvedic herbs for targeted health benefits:

- **Ashwagandha-Infused Honey:** Supports stress management, vitality, and energy
- **Moringa-Infused Honey:** Rich in antioxidants, vitamins, and minerals
- **Senna-Infused Honey:** Aids gentle cleansing and digestion
- **Boswellia Serrata-Infused Honey:** Supports joint health and reduces inflammation
- **Ashwagandha + Moringa Honey:** Boosts energy, recovery, and immunity
- **Ashwagandha + Boswellia Honey:** Combines stress relief with joint wellness
- **Pure Forest Honey:** Raw, untouched, and naturally nutrient-rich

Each blend is made with pure forest honey, sustainably sourced and minimally processed to preserve its natural enzymes, flavours, and health benefits.

EnlightLife Nutriome

THE IDLI BOWL

Ready to made Idli Sambar

No Chef Required

Creating an Instant Idli Bowl is a convenient and quick way to enjoy the classic South Indian meal.

TASTE TRADITION. ANYTIME. ANYWHERE.

At EnlightLife, wellness is made delicious and effortless with a quantum leap in traditional South Indian cuisine. Their newest innovation, vacuum-cooked delicacies, brings homestyle taste, freshness, and nutrition in minutes.

- **The Idli Bowl**
Soft, fluffy idlis with sambar, vacuum-cooked to preserve taste and nutrients.
- **Food in the Bowl**
A wider ready-to-eat range like Sambar Idli, hygienically packed and perfectly portioned.
- **Coffee @ The Idli Bowl**
Authentic South Indian filter coffee decoction, ready to mix and enjoy anytime.

With vacuum cooking, EnlightLife ensures better nutrient preservation, homestyle flavour, longer shelf life, and zero preservatives, delivering wellness, tradition, and convenience in every bite and sip.

Enlightlife Science Pvt. Ltd. is dedicated to making wellness simple and enjoyable by combining ancient wisdom with modern innovation.

Through its range of functional foods and wellness programs, the company empowers individuals to build lasting health with easy, daily habits.