

MilID



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MilID is a high-protein, plant-based atta created to help address India's growing protein deficiency. Made for everyday Indian meals, MilID combines nutrition, affordability, and convenience in a familiar flour format. You can enjoy your regular rotis and other traditional foods while naturally adding more protein to your daily diet—without changing the way you eat.

For more details, please visit <https://indiafinder.in/detail/milid-store-23778>