



## The Diet Secrets

About the book This book will assist those who want to know how to choose wisely while eating. No, there is no magic wand that will make someone an expert in food and nutrition. But there is always magic in logic. The human body is intelligently designed and executed; we don't need others to validate the food we eat. Generations have survived on food, with simple skills and techniques. They are innate and do not require training. What is needed is to become aware of these age-old techniques and use the science within them. When we ignore the “monkey mind” and ignite the intelligence of the stomach while listening to the body, we can think logically. We all have the potential to eat right, choosing nutrition, with the goal of staying fit and healthy. This book uses traditional Indian lore and values to make your life less complicated regarding the food you choose. It is a guide to time tested practices and principles, that should replace negative and self-indulgent ones. There is great wisdom in these pages, offered by an expert.

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**SKU:**

**Price:** ~~₹299.00~~ Original price was: ₹299.00. ₹240.00

Current price is: ₹240.00. ₹283.20 : Price incl. GST

Buy 30 to get 10% discount

**Stock:** instock

**Categories:** [Diwali Gifts](#)

**Tags:** [The Diet Secrets](#)

## Product Description

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## JACK & JONES PUFFER JACKET BLACK COLOR

### Product Specification

- PFC FREE
- 100% POLYESTER
- EXTRA LAYER
- SOFT PADDING
- YKK ZIPPER
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOURS:BLACK

[Read More](#)

**SKU:**

**Price:** ~~₹4,499.00~~ Original price was: ₹4,499.00. ₹  
1,539.00Current price is: ₹1,539.00. ₹1,723.68 : Price  
incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Jackets](#)

**Tags:** [JACK & JONES - PUFFER JACKET - BLACK COLOUR](#)

## Product Description

## Product Specification

JACK & JONES PUFFER JACKET BLACK COLOR

- PFC FREE
- 100% POLYESTER
- EXTRA LAYER
- SOFT PADDING
- YKK ZIPPER
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOURS:BLACK

"jack & jones jacket mens" "jack and jones originals jacket" "jack and jones jackets leather"  
"jack and jones jackets india" "jack and jones bomber jacket" "jack and jones puffer jacket"

"corporate gifting companies bangalore" "corporate gifting companies" "corporate gifting companies in bangalore" "customized corporate gifts india" "customized corporate gifts bangalore" "customized corporate gifts hyderabad" "corporate gifts for employees" "unique corporate gifts" "premium corporate gifts india" "corporate gifts for clients" "customized corporate gifts chennai"



## JACK & JONES SUEDE JACKET-NAVY BLUE COLOR

### Product Specification

- PFC FREE
- 100% SUEDE
- PREMIUM CORPORATE WEAR
- SOFT LEATHER
- YKK ZIPPER
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOURS:NAVY BLUE

[Read More](#)

**SKU:**

**Price:** ₹7,999.00 Original price was: ₹7,999.00. ₹3,388.00 Current price is: ₹3,388.00. ₹3,794.56 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Jackets](#)

**Tags:** [JACK & JONES - SUEDE JACKET - NAVY BLUE COLOUR](#)

### Product Description

### Product Specification

JACK & JONES SUEDE JACKET- NAVY BLUE COLOR

- PFC FREE

- 100% SUEDE
- PREMIUM CORPORATE WEAR
- SOFT LEATHER
- YKK ZIPPER
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOURS:NAVY BLUE

"jack & jones jacket mens" "jack and jones originals jacket" "jack and jones jackets leather"  
"jack and jones jackets india" "jack and jones bomber jacket" "jack and jones puffer jacket"  
"corporate gifting companies bangalore" "corporate gifting companies" "corporate gifting  
companies in bangalore" "customized corporate gifts india" "customized corporate gifts  
bangalore" "customized corporate gifts hyderabad" "corporate gifts for employees" "unique  
corporate gifts" "premium corporate gifts india" "corporate gifts for clients" "customized  
corporate gifts chennai"

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## JACK & JONES SUIT- NAVY

### Product Specific

- RECYCLED POLYESTER
- 220 GSM
- DRY FIT
- LIGHT WEIGHT
- 100% POLYESTER
- GREEN FACTORY
- RAW MATERIALS
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOURS:NAVY BLUE

[Read More](#)

**SKU:**

**Price:** ₹4,798.00 Original Price  
1,309.00 Current price  
incl. GST

**Stock:** instock

**Categories:** [Apparel](#)

**Tags:** [JACK & JONES - NASHVILLE TRACK SUIT - NAVY BLUE COLOUR](#)

## Product Description

## Product Specification

JACK & JONES NASHVILLE TRACK SUIT- NAVY BLUE COLOR

- RECYCLED POLYESTER
- 220 GSM
- DRY FIT
- LIGHT WEIGHT
- 100% POLYESTER
- GREEN FACTORY
- RAW MATERIAL
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOURS:NAVY BLUE

"jack & jones tracksuit sale" "jack & jones tracksuit mens" "jack and jones tracksuit set" "jack and jones tracksuit price" "jack & jones winter tracksuit" "adidas tracksuit" "nike tracksuit" "jack and jones sleepwear"

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## JACK & JONES SUIT- BLACK

### Product Specific

- RECYCLED POLYESTER
- 220 GSM
- DRY FIT
- LIGHT WEIGHT
- 100% POLYESTER
- GREEN FACTORY
- RAW MATERIAL
- AVAILABLE SIZES
- COLOURS:BLACK

[Read More](#)

**SKU:**

**Price:** ~~₹4,798.00~~ Original price was: ₹4,798.00. ₹  
1,309.00 Current price is: ₹1,309.00. ₹1,466.08 : Price  
incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Track suit](#)

**Tags:** [JACK & JONES - NASHVILLE TRACK SUIT - BLACK  
COLOUR](#)

## Product Description

## Product Specification

JACK & JONES NASHVILLE TRACK SUIT- BLACK COLOR

- RECYCLED POLYESTER
- 220 GSM
- DRY FIT
- LIGHT WEIGHT
- 100% POLYESTER
- GREEN FACTORY
- RAW MATERIAL
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOURS:BLACK

"jack & jones tracksuit sale" "jack & jones tracksuit mens" "jack and jones tracksuit set" "jack and jones tracksuit price" "jack & jones winter tracksuit" "adidas tracksuit" "nike tracksuit" "jack and jones sleepwear"

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## JACK & JONES VIKTOR POLO BLUE

### Product Specification

- YARN: DYED
- PIQUE FABRIC
- 100% COTTON
- 230 GSM
- TWO TUCK PIQUE
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR:BLUE

[Read More](#)

**SKU:**

**Price:** ~~₹2,799.00~~ Original price was: ₹2,799.00. ₹  
1,009.00Current price is: ₹1,009.00. ₹1,130.08 : Price  
incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [JACK & JONES - VIKTOR POLO - BLUE](#)

## Product Description

## Product Specification

JACK & JONES VIKTOR POLO BLUE

- YARN: DYED
- PIQUE FABRIC
- 100% COTTON
- 230 GSM
- TWO TUCK PIQUE
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR:BLUE

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack

and jones shirts" "jack and jones printed t shirts"



## JACK & JONES VIKTOR POLO GREY COLOUR

### Product Specification

- YARN: DYED
- PIQUE FABRIC
- 100% COTTON
- 230 GSM
- TWO TUCK PIQUE
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR:GREY

[Read More](#)

### SKU:

**Price:** ~~₹2,799.00~~ Original price was: ₹2,799.00.₹  
924.00Current price is: ₹924.00. ₹970.20 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [JACK & JONES - VIKTOR POLO - GREY COLOUR](#)

## Product Description

## Product Specification

JACK & JONES VIKTOR POLO GREY COLOUR

- YARN: DYED
- PIQUE FABRIC
- 100% COTTON
- 230 GSM
- TWO TUCK PIQUE
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR:GREY

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t



shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"

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## JACK & JONES JACQUARD SOLID POLO- OLIVE COLOR

### Product Specification

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: OLIVE

[Read More](#)

**SKU:**

**Price:** ~~₹2,299.00~~ Original price was: ₹2,299.00.₹  
924.00Current price is: ₹924.00. ₹970.20 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [JACK & JONES JACQUARD - SOLID POLO - OLIVE COLOUR](#)

## Product Description

## Product Specification

JACK & JONES JACQUARD SOLID POLO- Olive color

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL

- COLOUR: OLIVE

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"



## JACK & JONES JACQUARD SOLID POLO- WINE COLOUR

### Product Specification

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: WINE

[Read More](#)

**SKU:**

**Price:** ~~₹2,299.00~~ Original price was: ₹2,299.00.₹  
924.00Current price is: ₹924.00. ₹970.20 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [JACK & JONES JACQUARD - SOLID POLO - WINE COLOUR](#)

## Product Description

## Product Specification

JACK & JONES JACQUARD SOLID POLO- WINE COLOR

- BIO WASH
- 230 GSM
- 100% COTTON

- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: WINE

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"



## JACK & JONES JACQUARD SOLID POLO WHITE COLOR

### Product Specification

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: WHITE

[Read More](#)

**SKU:**

**Price:** ₹2,299.00 Original price was: ₹2,299.00. ₹924.00 Current price is: ₹924.00. ₹970.20 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [JACK & JONES JACQUARD - SOLID POLO - WHITE COLOUR](#)

### Product Description

### Product Specification

JACK & JONES JACQUARD SOLID POLO WHITE COLOR

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: WHITE

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"



## JACK & JONES TIPPING POLO NAVY BLUE COLOUR

### Product Specification

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: NAVY BLUE

[Read More](#)

**SKU:**

**Price:** ~~₹1,799.00~~ Original price was: ₹1,799.00.₹  
847.00Current price is: ₹847.00. ₹889.35 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [JACK & JONES - TIPPING POLO - NAVY BLUE  
COLOUR](#)

## Product Description

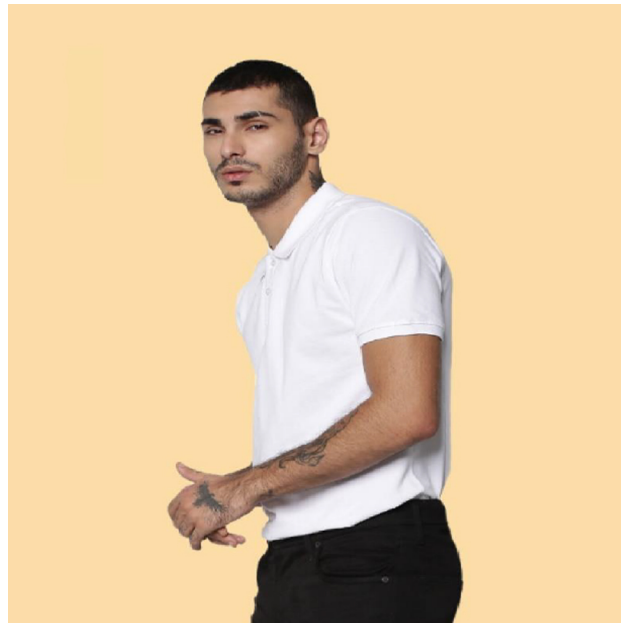
## Product Specification

JACK & JONES TIPPING POLO NAVY BLUE COLOR

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: NAVY BLUE

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"

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## JACK & JONES T-SHIRT WH

### Product Specific

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC
- GREEN FACTO
- AVAILABLE SIZ
- COLOUR: WHIT

[Read More](#)

**SKU:**

**Price:** ₹1,799.00 O  
847.00Current price

**Stock:** instock

**Categories:** [Appar](#)

**Tags:** [JACK & JONES - SOLID POLO NECK - T-SHIRT-  
WHITE COLOUR](#)

## Product Description

## Product Specification

JACK & JONES SOLID POLO NECK T-SHIRT WHITE COLOR

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: WHITE

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"



## JACK & JONES T-SHIRT ELE

### Product Specif

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC
- GREEN FACTO
- AVAILABLE SIZ
- COLOUR: ELEC

[Read More](#)

**SKU:**

**Price:** ₹1,799.00 O  
847.00Current price

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [JACK & JONES - SOLID POLO NECK - T-SHIRT-  
ELECTRIC BLUE COLOUR](#)

## Product Description

## Product Specification

JACK & JONES SOLID POLO NECK T-SHIRT ELECTRIC BLUE COLOR

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: ELECTRIC BLUE

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"

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## JACK & JONES T-SHIRT RE

### Product Specif

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC
- GREEN FACTO
- AVAILABLE SIZ
- COLOUR: RED

[Read More](#)

**SKU:**

**Price:** ₹1,799.00 Original price was: ₹1,799.00. ₹847.00 Current price is: ₹847.00. ₹889.35 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [JACK & JONES - SOLID POLO NECK - T-SHIRT-RED COLOUR](#)

## Product Description

## Product Specification

JACK & JONES SOLID POLO NECK T-SHIRT RED COLOR

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: RED

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"



## JACK & JONES T-SHIRT BLA

### Product Specif

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC
- GREEN FACTO
- AVAILABLE SIZ
- COLOUR: BLAC



[Read More](#)

**SKU:**

**Price:** ₹1,799.00 Original price was: ₹1,799.00. ₹847.00 Current price is: ₹847.00. ₹889.35 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [JACK & JONES - SOLID POLO NECK - T-SHIRT- BLACK COLOUR](#)

## Product Description

## Product Specification

JACK & JONES SOLID POLO NECK T-SHIRT BLACK COLOR

- BIO WASH
- 230 GSM
- 100% COTTON
- PIQUE FABRIC COMBED
- GREEN FACTORY
- AVAILABLE SIZES: XS,S,M,L,XL,XXL,XXXL
- COLOUR: BLACK

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"



**JACK & JONES  
NECK T-SHIRT  
COLOR**

**Product Specification**

- JERSEY FABRIC
- 180 GSM
- 100% COTTON

- COMBED COTTON
- GREEN FACTORY
- BIO WASH
- SUSTAINABLE SOURCED COTTON
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOUR : NAVY BLUE

[Read More](#)

**SKU:**

**Price:** ~~₹1,199.00~~ Original price was: ₹1,199.00.₹  
439.00Current price is: ₹439.00. ₹460.95 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Round Neck T-shirt](#)

**Tags:** [JACK & JONES- JESPER ROUND NECK -T-SHIRT-  
NAVY BLUE COLOUR](#)

## Product Description

## Product Specification

JACK & JONES JESPER ROUND NECK T-SHIRT- NAVY BLUE COLOR

- JERSEY FABRIC
- 180 GSM
- 100% COTTON
- COMBED COTTON
- GREEN FACTORY
- BIO WASH
- SUSTAINABLE SOURCED COTTON
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOUR : NAVY BLUE

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"

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## JACK & JONES JESPER ROUND NECK T-SHIRT WHITE COLOR

### Product Specification

- JERSEY FABRIC
- 180 GSM
- 100% COTTON
- COMBED COTTON
- GREEN FACTORY
- BIO WASH
- SUSTAINABLE SOURCED COTTON
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOUR : WHITE

[Read More](#)

### SKU:

**Price:** ~~₹1,199.00~~ Original price was: ₹1,199.00. ₹439.00 Current price is: ₹439.00. ₹460.95 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Round Neck T-shirt](#)

**Tags:** [JACK & JONES- JESPER ROUND NECK -T-SHIRT - WHITE COLOUR](#)

## Product Description

## Product Specification

JACK & JONES JESPER ROUND NECK T-SHIRT- WHITE COLOR

- JERSEY FABRIC
- 180 GSM
- 100% COTTON
- COMBED COTTON
- GREEN FACTORY
- BIO WASH
- SUSTAINABLE SOURCED COTTON

- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOUR : WHITE

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"



## JACK & JONES JESPER ROUND NECK T-SHIRT- BLACK COLOR

### Product Specification

- JERSEY FABRIC
- 180 GSM
- 100% COTTON
- COMBED COTTON
- GREEN FACTORY
- BIO WASH
- SUSTAINABLE SOURCED COTTON
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOUR : BLACK

[Read More](#)

**SKU:**

**Price:** ₹1,199.00 Original price was: ₹1,199.00. ₹439.00 Current price is: ₹439.00. ₹460.95 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Round Neck T-shirt](#)

**Tags:** [JACK & JONES- JESPER ROUND NECK -T-SHIRT - BLACK COLOUR](#)

### Product Description

### Product Specification

## JACK & JONES JESPER ROUND NECK T-SHIRT- BLACK COLOR

- JERSEY FABRIC
- 180 GSM
- 100% COTTON
- COMBED COTTON
- GREEN FACTORY
- BIO WASH
- SUSTAINABLE SOURCED COTTON
- AVAILABLE SIZES:XS,S,M,L,XL,XXL,XXXL
- COLOUR : BLACK

"jack and jones t shirts full sleeves" "jack and jones originals t shirts" "jack and jones collar t shirt" "jack and jones t shirt white" "kids jack & jones t shirt" "jack and jones t shirts price" "jack and jones shirts" "jack and jones printed t shirts"

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## MARKS & SPENCERS POLO NECK BLUE T-SHIRT- COTTON PLAIN

### Product Specification

- Care Instructions: Hand Wash Only
- Fit Type: Regular Fit
- Pattern: Solid
- Wash Care: Hand Wash
- Material:Cotton Plain
- Available Sizes: S,M,L,XL,XXL
- Colours :Royle Blue

[Read More](#)

**SKU:**

**Price:** ~~₹1,599.00~~ Original price was: ₹1,599.00.₹840.00Current price is: ₹840.00. ₹882.00 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [MARKS & SPENCERS POLO NECK ROYAL BLUE T-SHIRT -COTTON PLAIN](#)

## Product Description

## Product Specification

MARKS & SPENCERS POLO NECK BLUE T-SHIRT- COTTON PLAIN

- Care Instructions: Hand Wash Only
- Fit Type: Regular Fit
- Pattern: Solid
- Wash Care: Hand Wash
- Material:Cotton Plain
- Available Sizes: S,M,L,XL,XXL
- Colours :Royle Blue

“u s polo t shirts” “ralph lauren polo t shirts” “polo t shirt combo” “best polo t shirts” “allen solly polo t shirts” “polo t shirts black” “polo t shirts white” “polo t shirts with pocket” “marks and spencer polo t shirt womens” “marks and spencer polo t shirt sale” “marks and spencer polo t shirt full sleeve” “marks and spencer polo t shirt mens” “marks and spencer t shirts ladies” “marks and spencer t shirts online india” “marks and spencer polo t shirts men” “marks and spencer t shirts mens”



## MARKS & SPENCERS BLUE T-SHIRT

### Product Specification

- Care Instructions: Hand Wash Only
- Fit Type: Regular Fit
- Pattern: Solid
- Wash Care: Hand Wash
- Material:Cotton Plain
- Available Sizes: S,M,L,XL,XXL
- Colours :Light Blue

[Read More](#)

**SKU:**

**Price:** ₹1,599.00 Original Price  
840.00Current price

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [L](#), [M](#), [Product Specification Care Instructions: Hand Wash Only Fit Type: Regular Fit Pattern: Solid Wash Care: Hand Wash Material:Cotton Plain Available Sizes: S, XL, XXL Colours :Light Blue](#)

## Product Description

## Product Specification

MARKS & SPENCERS POLO NECK BLUE T-SHIRT- COTTON PLAIN

- Care Instructions: Hand Wash Only
- Fit Type: Regular Fit
- Pattern: Solid
- Wash Care: Hand Wash
- Material:Cotton Plain
- Available Sizes: S,M,L,XL,XXL
- Colours :Light Blue

“u s polo t shirts” “ralph lauren polo t shirts” “polo t shirt combo” “best polo t shirts” “allen solly polo t shirts” “polo t shirts black” “polo t shirts white” “polo t shirts with pocket” “marks and spencer polo t shirt womens” “marks and spencer polo t shirt sale” “marks and spencer polo t shirt full sleeve” “marks and spencer polo t shirt mens” “marks and spencer t shirts ladies” “marks and spencer t shirts online india” “marks and spencer polo t shirts men” “marks and spencer t shirts mens” "corporate gifting companies bangalore" "corporate gifting companies" "corporate gifting companies in bangalore" "customized corporate gifts india" "customized corporate gifts bangalore" "customized corporate gifts hyderabad" "corporate gifts for employees" "unique corporate gifts" "premium corporate gifts india" "corporate gifts for clients" "customized corporate gifts chennai"

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# MARKS & SPENCERS POLO NECK T-SHIRT GREY (CHARCOAL)- COTTON PLAIN

## Product Specification

- Care Instructions: Hand Wash Only
- Fit Type: Regular Fit
- Pattern: Solid
- Wash Care: Hand Wash
- Material:Cotton Plain
- Available Sizes: S,M,L,XL,XXL
- Colours :Charcol Grey

[Read More](#)

### SKU:

**Price:** ~~₹1,599.00~~ Original price was: ₹1,599.00.₹840.00Current price is: ₹840.00. ₹882.00 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [MARKS & SPENCERS POLO NECK CHARCOL GREY T-SHIRT -COTTON PLAIN](#)

## Product Description

## Product Specification

MARKS & SPENCERS POLO NECK T-SHIRT GREY (CHARCOAL)- COTTON PLAIN

- Care Instructions: Hand Wash Only
- Fit Type: Regular Fit
- Pattern: Solid
- Wash Care: Hand Wash
- Material:Cotton Plain
- Available Sizes: S,M,L,XL,XXL
- Colours :Charcol Grey

“u s polo t shirts” “ralph lauren polo t shirts” “polo t shirt combo” “best polo t shirts” “allen



solly polo t shirts" "polo t shirts black" "polo t shirts white" "polo t shirts with pocket" "marks and spencer polo t shirt womens" "marks and spencer polo t shirt sale" "marks and spencer polo t shirt full sleeve" "marks and spencer polo t shirt mens" "marks and spencer t shirts ladies" "marks and spencer t shirts online india" "marks and spencer polo t shirts men" "marks and spencer t shirts mens" "corporate gifting companies bangalore" "corporate gifting companies" "corporate gifting companies in bangalore" "customized corporate gifts india" "customized corporate gifts bangalore" "customized corporate gifts hyderabad" "corporate gifts for employees" "unique corporate gifts" "premium corporate gifts india" "corporate gifts for clients" "customized corporate gifts chennai"

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## MARKS & SPENCERS POLO NECK T-SHIRT GREY (Dark)- COTTON PLAIN

### Product Specification

Care Instructions: Hand Wash Only Fit Type: Regular  
Fit Pattern: Solid Wash Care: Hand Wash  
Material:Cotton Plain Available Sizes: S,M,L,XL,XXL  
Colours :Dark Grey

[Read More](#)

### SKU:

**Price:** ~~₹1,599.00~~ Original price was: ₹1,599.00.₹  
840.00Current price is: ₹840.00. ₹882.00 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [MARKS & SPENCERS POLO NECK DARK GREY T-SHIRT -COTTON PLAIN](#)

## Product Description

### Product Specification

MARKS & SPENCERS POLO NECK T-SHIRT GREY (Dark)- Cotton Plain Care Instructions: Hand Wash Only Fit Type: Regular Fit Pattern: Solid Wash Care: Hand Wash Material:Cotton Plain Available Sizes: S,M,L,XL,XXL Colours :Dark Grey "u s polo t shirts" "ralph lauren polo t shirts"

“polo t shirt combo” “best polo t shirts” “allen solly polo t shirts” “polo t shirts black” “polo t shirts white” “polo t shirts with pocket” “marks and spencer polo t shirt womens” “marks and spencer polo t shirt sale” “marks and spencer polo t shirt full sleeve” “marks and spencer polo t shirt mens” “marks and spencer t shirts ladies” “marks and spencer t shirts online india” “marks and spencer polo t shirts men” “marks and spencer t shirts mens” "corporate gifting companies bangalore" "corporate gifting companies" "corporate gifting companies in bangalore" "customized corporate gifts india" "customized corporate gifts bangalore" "customized corporate gifts hyderabad" "corporate gifts for employees" "unique corporate gifts" "premium corporate gifts india" "corporate gifts for clients" "customized corporate gifts chennai"

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## MARKS & SPENCERS POLO NECK T-SHIRT BLUE (TEAL)-COTTON PLAIN

### Product Specification

- Care Instructions: Hand Wash Only
- Fit Type: Regular Fit
- Pattern: Solid
- Wash Care: Hand Wash
- Material:Cotton Plain
- Available Sizes: S,M,L,XL,XXL
- Colours :Teal Blue

[Read More](#)

**SKU:**

**Price:** ₹1,599.00 Original price was: ₹1,599.00.₹840.00Current price is: ₹840.00. ₹882.00 : Price incl. GST

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [MARKS & SPENCERS POLO NECK TEAL BLUE T-SHIRT -COTTON PLAIN](#)

### Product Description

## Product Specification

MARKS & SPENCERS POLO NECK T-SHIRT BLUE (Teal)- Cotton plain

- Care Instructions: Hand Wash Only
- Fit Type: Regular Fit
- Pattern: Solid
- Wash Care: Hand Wash
- Material:Cotton Plain
- Available Sizes: S,M,L,XL,XXL
- Colours :Teal Blue

"u s polo t shirts" "ralph lauren polo t shirts" "polo t shirt combo" "best polo t shirts" "allen solly polo t shirts" "polo t shirts black" "polo t shirts white" "polo t shirts with pocket" "marks and spencer polo t shirt womens" "marks and spencer polo t shirt sale" "marks and spencer polo t shirt full sleeve" "marks and spencer polo t shirt mens" "marks and spencer t shirts ladies" "marks and spencer t shirts online india" "marks and spencer polo t shirts men" "marks and spencer t shirts mens"



## MARKS & SPENCERS T-SHIRT WITH TIPPI

### Product Specific

- Care Instructions
- Fit Type: Regu
- Pattern: Solid
- Wash Care: Ha
- Material:Cotto
- Available Sizes
- Colours :White

[Read More](#)

**SKU:**

**Price:** ₹1,599.00 O  
840.00Current price

**Stock:** instock

**Categories:** [Apparels](#), [Collar Tshirt](#)

**Tags:** [MARKS & SPENCERS POLO NECK WHITE T-SHIRT -COTTON PLAIN WITH TIPPING](#)

## Product Description

## Product Specification

MARKS & SPENCERS POLO NECK T-SHIRT WHITE- COTTON PLAIN WITH TIPPING

- Care Instructions: Hand Wash Only
- Fit Type: Regular Fit
- Pattern: Solid
- Wash Care: Hand Wash
- Material:Cotton Plain-Tipping
- Available Sizes: S,M,L,XL,XXL
- Colours :White

"u s polo t shirts" "ralph lauren polo t shirts" "polo t shirt combo" "best polo t shirts" "allen solly polo t shirts" "polo t shirts black" "polo t shirts white" "polo t shirts with pocket" "marks and spencer polo t shirt womens" "marks and spencer polo t shirt sale" "marks and spencer polo t shirt full sleeve" "marks and spencer polo t shirt mens" "marks and spencer t shirts ladies" "marks and spencer t shirts online india" "marks and spencer polo t shirts men" "marks and spencer t shirts mens"

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