



DOUBLE HEALTH WITH DOBLOT

Digital Product and
Consumer Pack Catalog

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A world map showing the global presence of the doblot brand. The map is light gray with black outlines for continents and countries. Numerous orange circular logos, each containing a stylized 'd' and a flame-like shape, are placed across various continents: North America (USA, Canada), South America (Brazil), Europe (UK, France, Germany, Italy, Spain, Sweden, Austria, Denmark, Finland, Belgium, Ireland, Portugal, Netherlands, Greece, Romania, Poland, Hungary, Bulgaria, and Cyprus), Africa (Egypt, Morocco, Nigeria), Asia (India, China, Russia, Turkey, and others), and Australia. The logos are concentrated in Europe and North America, with a few scattered in other regions.

About Us

doblot international food brand exports the best nuts and spices in Iran. We are proud that we started our powerful activity in 2020 by offering high-quality products, comprehensive services and creative ideas. We were able to gain a significant share of our target markets in a short period of time and finally have services in following countries: China, Australia, UAE, Kuwait, Qatar, USA, Canada, Brazil, UK, Turkey, Russia, Switzerland, Mexico, Norway, India, Oman, Egypt, Morocco and Nigeria. We also have a special activity in EU member countries like: Germany, France, Italy, Spain, Sweden, Austria, Denmark, Finland, Belgium, Ireland, Portugal, Netherlands, Greece, Romania, Poland, Hungary, Bulgaria and Cyprus.

doblot's goal in coming years is to make it's activities much stronger in countries which it currently offers services and try intelligently entering in the market of countries that have not been active yet and start activity.

We hereby invite you to view our digital product catalog.

Introducing Pistachios

Iran ranks **SECOND** in world pistachio production

Variety of Iranian Pistachios

1. Fandoghi Pistachios
2. Kalleh Ghochi Pistachios
3. Akbari Pistachios
4. Ahmad Aghaei Pistachios
5. Badami Pistachios
6. Whole Pistachio Kernel
7. Green Pistachio Kernel

Quality of Iranian Pistachios

You get more value for your money when you buy Iranian pistachios. Iranian pistachios have a high meat-to-shell ratio. It means you get more edible meat (kernels) for your money. The whole single jumbo pistachio, shell and all, weighs up to 0.02 ounces (around 1.07 grams). The nutmeat (the piece of the pistachio that you eat) makes up about 48 percent to 50 percent of that weight.

Iranian pistachios have a world-famous flavor for having rich contents of unsaturated oil. Their flavor can be improved by roasting at higher temperatures for at least 20 minutes.

The following list indicates the five notable factors that make Iranian pistachios special and tasty:

1. Iranian pistachios have had thousands of years to reproduce and diversify in the country.
2. Unique electromagnetic frequencies in the region affect the pistachios differently.

3. The soil is more fertile, which can affect the texture, taste, and quality of pistachio nuts.
4. The weather conditions and other factors affect the taste and quality of Iranian pistachios.
5. No pesticides, GMOs or artificial chemicals are used in their production, making them as natural as possible.

Perhaps, the most attractive feature of Iranian pistachios for suppliers is the integrity of the kernel. The kernel does not come off during packing, shipment, or storage. Iranian pistachio kernels hardly ever fall apart into pieces after packaging, regardless of the type. Iranian pistachios have a tenable texture because of their rich contents of unsaturated fatty acids. So the kernel does not become loose in the shell (shelling stock).

Properties of Pistachio

Prevents Cancer

Pistachios and pistachio pastes are rich in a type of vitamin E, called gamma tocopherol. This vitamin has been shown to reduce the risk of cancer, especially that of the prostate and lungs. Pistachios also carry resveratrol, which has antioxidant properties that are thought to prevent cancer.

Treats Inflammation

Chronic inflammation can be responsible for several conditions like arthritis, irritable bowel syndrome, ulcerative colitis, and even asthma. Certain antioxidants like flavonoids and phenols that are contained in the skin and kernels of

roasted pistachios are anti-inflammatory in nature and are used to treat inflammation.

Reduces the High Blood Pressure in Type II Diabetes Patients

High-fiber nuts like pistachios are recommended for an anti-diabetes diet. They not only help manage diabetes but also reduce the stress exerted on the heart of the individuals with type II diabetes.

Lowers Cholesterol

The “healthy cholesterol” level of pistachios (HDL) can reduce the “bad cholesterol” (LDL) levels and reduce risk of heart disease. Pistachios are also high in fiber, another nutrient that’s known for regulating cholesterol levels in your heart.

Nervous system

The high levels of Vitamin B6 in pistachios help in the formation of amino acids. Amino acid, in turn develops amines that act as neurotransmitters. Vitamin B6 also synthesizes myelin, which forms an insulating cover around the nerve fiber for proper transportation of signals. Pistachio also produces serotonin, melatonin and GABA, which help to reduce stress. It also contains trace amounts of copper, which is responsible for neurotransmission.

Keeps Bones Healthy

The benefits of pistachios pastes extend to the bones. They have a surprisingly high content of calcium, potassium, and magnesium. There’s even some vitamin K, which is crucial for bone health. These nutrients strengthen bones and prevent bone-related diseases.

Promotes Eye Health

Carotenoids are usually associated with orange fruits and veggies But pistachios also have these advantages! They’re packed with two carotenoids called lutein and zeaxanthin. In fact, pistachios have the highest level of carotenoids than any other nuts. The antioxidant properties of lutein and zeaxanthin are powerful. They protect the eye tissue from phototoxicity or damage from the sun.

Aids Weight Loss

If you’re looking to lose weight, it’s good to have a handful of pistachios every day, along with other tree nuts.

Promote Healthy Gut Bacteria

Pistachios are high in fiber, which is good for your gut bacteria. Eating pistachios may increase the number of bacteria that produce beneficial short-chain fatty acids like butyrate.

Pistachios Help Raise Red Blood Cell Count

Pistachios contain fair amounts of iron and substantial levels of copper, which is rarely discussed but very important factor determining iron absorption.

Nutrition Table of Pistachio

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	560	Kcal	Sugars	7.66	gr
Carbohydrates	27.2	gr	Cholesterol	0.0	mg
Protein	20.2	gr	Dietary Fiber	10.6	gr
Saturated Fat	5.91	gr	Sodium	1	mg
Trans Fat	0	gr	Potassium	1020	mg
Total Fat	45.3	gr	Calcium	105	mg



Fandoghi Pistachios

One of the most famous kind of Pistachios in the world which it's appearance resembles a hazelnut (Fandoghi).

Product Code: P1

Akbari Pistachios

One of the most Traditional Pistachios with unique taste and texture is called as "Akbari" that is one of the *Long* types. It's also available in 20-22, 22-24, 24-26 sizes.

Product Code: P3



Kalle Ghochi Pistachios

This kind of pistachios is called as kalleh ghochi, that is the Jumbo type and it's belong to *Round* pistachios family. It's also available in 20-22, 22-24, 24-26 sizes.

Product Code: P2

Ahmad Aghaei Pistachios

This type's name comes from it's shape that is long but its length can differ. In addition to coarseness and size, this type of pistachios is different from others regarding to having bony white shell and different taste. It's also available in 22/24, 24/26, 26/28 sizes.

Product Code: P4





Badami Pistachios

This shape of Pistachios is called as "Badami" that is one of the *Long* types. The most common characteristic to identify this type is its shape which is reedy and shorter than ahmad aghaei. It's also available in 28, 30, 32 sizes.

Product Code: P5



Whole Pistachio Kernel

Whole pistachios kernel is one the flavorful pistachios with reddish appearance which its fresh flavor made it as a delicious natural and useful snack for everyone.

Product Code: P6

Green Pistachio Kernel

Supper Green Kernel have a special green color and another grades are: Grade 'A', Grade 'B', Grade 'C', Grade 'D', Split green, Split light green.

Product Code: P7



Introducing Raisins

Iran ranks **SIXTH** in the world production of raisins.

Variety of Iranian Raisins

1. Sultana Raisins
2. Sun Dried Raisins
3. Golden Raisins
4. Green Kashmar Raisins
5. Golden Kashmar Raisins

Quality of Iranian Raisins

In Iranian raisin colors vary by their drying process. For example, a dark purplish/black raisin or Black Raisin is sun-dried. A light to medium brown raisins or *Sultana Raisin* is dried under the shade. A golden to bright yellow raisin is dried under shade and is also treated with sulfur dioxide to retain color and is called Golden Raisin or Golden Bleached Raisins. Green Raisin is green in nature but if sulfur is added the color will have a yellowish green color to it.

The processed raisins are prepared from clean, sound, dried grapes; are properly stemmed and cap stemmed except for cluster or uncap stemmed then the raisins are sorted and cleaned.

Properties of Raisin

Anemia

Raisins are full of iron, copper and B complex vitamins. They are a valuable addition to daily diet. Anemia or iron deficiency can be eliminate by regularly consuming raisins.

Cancer

High levels of polyphenolic antioxidants, known as catechins, destroy free radicals that lead to the occurrence of tumors, particularly colon cancer.

Poor Digestion

Raisins contain rich content of fiber. They serve as a great remedy to treat chronic constipation. Raisins regularize bowel movements, and keep gastrointestinal tract healthy.

Fever

Since they are rich in phenolic phytochemicals, they are great antibacterial and antioxidant agents. Raisins are helpful in relieving bacterial infections or fever caused by viruses.

Poor Eye Health

It also include many polyphenolic phytonutrients that are great for ocular health. Because they protect eyes from many damages caused by free radical. They are also good sources of vitamin A and beta carotene to improve eyesight for maintaining good eye health.

Low Energy

Raisins are full of carbs, especially natural sugars including glucose and fructose. This is why raisins are always handy when it is need a quick boost of energy. They also help in good absorption of all essential nutrients including proteins in the body.

Bad Dental Health

Another great benefit of raisins is that it contains a phytochemical called oleanolic acid that offers incredible protection against all kinds of dental problems. If somebody suffers from cavities, tooth decay or brittle teeth; Raisins will prevent any bacterial growth in the mouth. Moreover, raisins are also rich in calcium to protect tooth enamel.

Hypertension

Raisins regulate blood flow and decrease high blood pressure. Since they contain many antioxidants along with iron, potassium and B-complex vitamins; It's helpful in reducing the stiffness of blood vessels. This greatly helps in relieving and lowering hypertension. The absence of sodium makes it a great snack during hunger pangs.

Cures Insomnia

They are also recommended as a beneficial treatment to help sleep disorders. It's guaranteed to fix a distorted sleep pattern.

Poor Bone Health

Raisins contain good amounts of calcium. This is important to strengthen bones and relieve joint pain. Raisins are also a

great sources of a micronutrient, It's also beneficial in preventing menopause induced osteoporosis and supports good bone health.

Nutrition Table of Raisin

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	296	Kcal	Sugars	59	gr
Carbohydrates	78.5	gr	Cholesterol	0.0	mg
Protein	2.52	gr	Dietary Fiber	6.8	gr
Saturated Fat	0.178	gr	Sodium	28	mg
Trans Fat	0.0	gr	Potassium	825	mg
Total Fat	0.54	gr	Calcium	28	mg



Sultana Raisins Dark

The product in process is from seedless grapes of the Vitis Vinifera variety. Due to their very high sugar content, Sultanas are very sweet and similar in flavor to honey. This type is used widely in bread industry and baking.

Product Code: R1



Sultana Raisins Light

Sultana Raisins No.10 is a bit lighter than Sultana. The percentage of sulphur is more than Sultana and because of that the taste is a little bit sharper. It is also known as Malayeri Raisins.

Product Code: R2



Sun Dried Raisins

Sun-dried raisins are seedless grapes dried in direct sunlight and as a result they are typically dark-brown in color. Sun drying is a natural way to produce raisins that keeps original grape's taste.

Product Code: R3

Golden Raisins

Golden raisins are made from Sultanas, treated with Sulfur Dioxide, and flame dried to give them their characteristic color. This nice product is reasonably uniform in color and may range from yellow or golden or yellow to light amber.

Product Code: R4



Green Kashmar Raisins

Green raisins are reasonably uniform in color and may range from green or light green to yellow. Kashmary raisins also known as green long raisins. The taste is more natural and grown in Iran-kashmar.

Product Code: R5



Golden Kashmar Raisins

This kind is famous for its special sweet and sour taste and its long length shape. Long raisin like golden raisins are made using sulfur fumigation process and shade dried so they are golden amber in color.

Product Code: R6



Introducing Dates

Iran ranks **FIRST** in the world in production of dates

Variety of Iranian Dates

According to available statistics, there are over 3,000 types of dates in the world! We all know that Iran is one of the best and most successful countries in the date culture industry. It's interesting to know that of the 3,000 varieties that exist in the world, over 400 of them are in Iran and doblot proudly offers the best types from these 400, Wich are following:

1. Date Syrup
2. Date Paste
3. Chopped Dates
4. Sayer Dates
5. Mazafti Dates
6. Piarom Dates
7. Zahedi Dates
8. Rabbi Dates
9. Kabkab Dates

The Most Important Varieties of Dates in Iran:

In Iran, more than 400 types of dates are produced, have devoted most of his palm cultivation. The fruit of paradise in tropical and subtropical regions grows and rich in vitamins, minerals and fiber.

Quality of Iranian Dates

Dates have largely the same nutrients, with just a little variation in the amount of these nutrients. Date quality is also determined by the degree of humidity of the dates.

Properties of Date

Cures Anemia

Anemia is characterized by unusually low quantity of red blood cells in the human body and is caused by the deficiency of iron. Dates contain an impressive level of iron which makes them the perfect home remedy for treating iron deficiency.

Treatment of Diarrhea

Dates are effective in treating diarrhea as they contain potassium which helps in managing looseness of the intestine.

Bone Health

Dates are useful in strengthening bones and curing painful diseases like osteoporosis. Minerals such as selenium, manganese, copper and magnesium found in Dates greatly contribute to healthy bone development and strength.

Maintains Healthy Nervous System

Dates are a good source of vitamins which enhance the health and functionality of the human nervous system. The abundant potassium content of Dates also works to increase the speed and alertness of the brain.

Treatment of Allergies

Dates contain organic sulfur, which is rarely found in other foods. Organic sulfur has several health benefits, which include reduction of allergic reactions and seasonal allergies.

Dental Health

Dates contain fluorine, an important chemical element that inhibits tooth decay by removing plaque as well as

strengthening the tooth enamel.

Good for heart

Dates are a rich source of potassium which has been shown to reduce the risk of stroke and other heart diseases. They prevent heart disease, heart attack and stroke by reducing the levels of LDL cholesterol (bad cholesterol) in the body.

Maintenance of Healthy Skin

Dates are loaded with vitamin C and flavonoids, which can improve the elasticity of the skin and enrich the subcutaneous tissues, thus making skin tender and smooth.

Anti-ageing Benefits

Dates are a rich source of antioxidants, which can effectively counter the harmful free radicals in the body, thus preventing premature ageing of skin. Vitamin C, in particular, helps to decrease the occurrence of wrinkles by resisting oxidation and preventing the accumulation of melanin inside the human body.

Healthy Hair

Dates are abundant in vitamins, particularly vitamin B5, which is vital for the maintenance of healthy hair. Deficiency of this vitamin can cause hair problems like hair loss, brittle hair and split ends. Consumption of Dates can help minimize these problems.

Nutrition Table of Date

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	282	Kcal	Sodium	2	mg
Carbohydrates	75	gr	Potassium	656	mg
Protein	2.45	gr	Calcium	39	mg
Saturated Fat	0.032	gr	Glucose	33.7	gr
Trans Fat	0.0	gr	Fructose	32	gr
Total Fat	0.39	gr	Sucrose	0.53	gr
Sugars	63.4	gr	Salt	0.005	gr
Cholesterol	0.0	mg	Ash	1.74	gr
Dietary Fiber	8	gr			



Date Syrup

Date Honey or Date Syrup is a thick dark brown and very sweet fruit syrup extracted from dates. Besides the depth of flavor and character in Date Syrup, you will find the added benefits of potassium, magnesium, antioxidants, and trace minerals.

Product Code: D1

Chopped Dates

After processing, dated will be coated with Rice flour and this mixture of date and rice flour create an appetizing and a very palatable taste. If you like Date products and are looking for a something new , the combination of date and rice flour can be delightful.

Product Code: D3



Date Paste

Date paste is a natural fruit sweetener that can be used in place of sugar, honey or maple syrup in different recipes such as: date paste brownies, cakes, cookies. The combination of Date paste with Pistachio paste products is the best choice for your breakfast!

Product Code: D2

Sayer Dates

Since dates contain relatively little water, and it's sugar is not harmful for human consumption. Dates are an important traditional crop and important nutrition of many countries In Islamic countries.

Product Code: D4





Mazafati Dates

Mazafati dates are a variety type of fresh (soft) dates that is also famous as "Bam Dates" that is growing in this area (Bam city) of Kerman province. Mazafati dates are Medium size, softy dark brown to black color with a fine texture. Moreover, its taste is very delicious.

Product Code: D5



Piarom Dates

Piarom's Date moisture is Less than other types of Dates (under %15) and figures are considered semi-dried. this kind of date has best tasting varieties of Dates, because this date taste is sweet and has a unique delicious and indescribable test.

Product Code: D6

Zahedi Dates

Zahedi Date is a yellow gold color to light brown Its Shape is short, oval, thick, elongated and at the end it is quite narrow and sharp, less sweet.

Product Code: D7



Rabbi Dates

Rabbi Date has attractive black color which is reddish black and soft texture. Rabbi Dates grow in Iranshahr, Zabol, Chahbahar and Saravan cities of the Sistan and Baluchestan province. These cities are most important areas in the production of Rabbi Date in Iran.

Product Code: D8



Kabkab Dates

Iranian Kabkab Date is a wet date which has semi-dried texture, and also it is long, row, dark brown. It's is very delicious, sweet and full of syrup.

Product Code: D9



Introducing Dried Fruits

Iran ranks **SECOND** in dry fruit production and has a 12% share of global production.

Variety of Iranian Dried Fruits

1. Dried Kiwis
2. Dried Apples
3. Dried Oranges
4. Dried Peaches
5. Dried Strawberries
6. Dried Plums
7. Dried Tangerines
8. Dried Apricots
9. Dried Figs
10. Dried Nectarines

Dried fruits are mostly dried either naturally, with sun drying or with specialized dryers such as heated wind tunnel dryers or dehydrators. Dried fruits retain most of the nutritional values of fresh fruits. They are delicious and full of energy also they are full of vitamins and minerals. Dried fruits are considered a super healthy food because of their nutrient particles. They provide dietary fiber, potassium (K) and a variety of health protective bioactive compounds. Dried fruits are also rich in proteins and they also boost immunity and prevent lifestyle diseases such as cholesterol and diabetes. They are also an excellent and healthy substitute for daily snacks.

Recommended storage times for dried foods range from 4

months to 1 year. Because food quality is affected by heat, the storage temperature helps determine the length of storage; the higher the temperature, the shorter the storage time. Most dried fruits can be stored for 1 year at 15.5°C, 6 months at 26.6°C.

You can consume up to 30 grams of dry fruits daily. They provide all the essential nutrients to keep the eyes and brain healthy.

These dried fruits are loaded with the element, boron. USDA researchers found that subjects taking in at least 3.2 milligrams of boron a day performed 10 percent better on attention and memory tests.

Dried fruits can help you with that and keep your skin radiant and glowing. They are rich in essential oils and antioxidants that help your skin to regenerate healthy skin and prevent aging.

In conclusion, dried fruit consumption is associated with higher diet quality and greater intakes of under-consumed nutrients and can be an excellent daily snack for us.

Sliced Dried Kiwis

A dried kiwi slice is an excellent way of preserving the exotic kiwi fruit for a longer time and also keeping the freshness alive. The process of drying makes the fruit lose the water content, making it richer in the vitamins and also enhances the taste as well.

Product Code: Dr1



Properties of Dried Kiwi

Vitamin c and boosting immunity

The dried kiwis are the richest source of vitamin C and immunity-boosting vitamins and other vital nutrients. It is believed that the vitamin C present in a single kiwi is equivalent to the same in three oranges. Dried kiwi, which is concentrated and dehydrated, have even more vitamins per gram than a raw one. The potassium and magnesium present in the kiwi helps in controlling the blood pressure and the adequate functioning of the nerves. It is also a good source of protective antioxidants and good for heart patients too.

Preventing the vision loss

Moreover, kiwi is the great supplement of folate which is ideally recommended for pregnant or nursing women. The phytochemical leutin available in the kiwi helps to have good eyesight and thus preventing the vision loss. Therefore, dried kiwi slices are delicious, sweet and have a slightly tangy taste.

Enjoy them as a healthy snack or dip them in chocolate for a real treat!

Nutrition Table of Dried Kiwi

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	375	Kcal	Cholesterol	0.0	mg
Carbohydrates	92.5	gr	Dietary Fiber	0.0	gr
Protein	0.0	gr	Sodium	0.0	mg
Saturated Fat	0.0	gr	Potassium	50	mg
Trans Fat	0.0	gr	Calcium	100	mg
Total Fat	0.0	gr	Salt	0.62 5	gr
Sugars	67.5	gr	Ash	2 - 3	%

Sliced Dried Apples

Apple is one of the fruits that was known before other fruits. Human civilization has been linked with apples from a long time ago. Apple is a sign of love, fertility, beauty, happiness, health, joy, strength and more. Dried apples have many different varieties.

Product Code: Dr2



Properties of Dried Apple

Vitamins

Dried apples contain vitamins that can be very beneficial to the body. Apples contain some vitamins A and C. These vitamins help keeping your bones and skin healthy. Apples also contain a lot of B vitamins. These vitamins regulate your body's natural metabolism and nourish your liver and skin. According to studies by the Linus Pauling Institute, one half-serving contains six percent of the daily vitamin B-6 and three percent of the body's B-5 vitamin. Both of these vitamins help produce the chemicals and neurons needed for brain activity.

Minerals

Dried apples help with your health because of their minerals. According to the findings of the Linus Pauling Institute, every half-serving of dried apples provides 4% of your daily need for potassium. Potassium is a mineral that is essential for neurons and brain activity. Dried apples also have some iron. According to the Linus Pauling Institute a serving of dried

apple, provides 8% of the daily iron requirement of men and 3% of iron required by women. The body uses this iron to create new red blood cells. The red blood cells are responsible for delivering oxygen to the cells. In addition, dried apples contain other minerals such as copper, manganese and selenium.

Skin Freshness

Dried apples can eliminate or reduce common symptoms such as dry skin, cracking, pallor, and many chronic and long-lasting skin diseases. It should be noted that this ability of dried apples is due to the presence of riboflavin (vitamin B2), vitamins C and A, minerals such as iron, magnesium, calcium and potassium.

Blood Pressure Adjustment

Eating dried apples and even smelling dried apples can lower blood pressure. The study found that just one smell of dried apples lowered blood pressure in patients.

The health of the gums

Acids found in dried apples kill bacteria during chewing and cleans teeth and gums. Chewing a dried apple is like using a natural toothbrush. Studies show that dried apples can cleanse the food particles left behind on the teeth and gums and prevent tooth decay and gum disease. Even those who have suffered from gum disease in the past can benefit high volume of vitamin C in dried apples. Nutrients in dried apples strengthen the structure of teeth. Strengthens tooth enamel and prevents the teeth from massing. Chewing dried apples makes the jaw muscles stronger. Dried apples are a simple

and natural mouthwash without any additives due to their anti-inflammatory effects.

Gout and Joint Pain

One of the diseases that is typically caused by overeating and constant consumption of animal resources (red meat and fat) and alcohol is joint pain and gout. Of course, prone to the disease is inherited. To prevent the spread of the disease, it is necessary to follow a non-fat diet. Dried apples are also a valuable fruit because they have little fat and reduce urea. Raw or baked apples prevent the formation of uric acid in the body and after that the total amount of uric acids, especially formic acid, is increased. Therefore, its use is recommended for patients with joint pain and gout.

Memory Improvement

Dried apples improves memory. Therefore, it is useful for those who do intellectual work. In general, apples, due to their phosphorus, strengthen the nerves and memory.

Tranquilizer

An infusion of dried apple peel that is sweetened with a little honey, is a relaxing drink. Eating raw dried apples also has a calming effect on the nervous system. In addition to the B vitamins, magnesium and phosphorus and some other elements found in dried apples have a calming effect on the nerves. Also chewing the dried apple reduces muscle contraction of the face.

Nutrition Table of Dried Apple

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	243	Kcal	Sugars	57.2	gr
Carbohydrates	65.9	gr	Cholesterol	0.0	mg
Protein	0.93	gr	Dietary Fiber	8.7	gr
Saturated Fat	0.052	gr	Sodium	87	mg
Trans Fat	0.0	gr	Potassium	450	mg
Total Fat	0.32	gr	Calcium	14	mg

Sliced Dried Oranges

Dried orange is the dried thin slices of orange. It can be naturally sun-dried or dried using dehydrators. It is used for its citrusy taste and aroma.



Product Code: Dr3

Properties of Dried Orange

Beauty for Skin

Oranges are used for gentleness and beauty of the skin. You can use dried oranges for a proper lean diet.

Relieving Pain

Decoction of dried orange leaves is useful for washing swelling and relieving pain.

Lowering blood cholesterol

Oranges and thin sheets between the oranges are the best medicine for lowering blood cholesterol. It is a blood thinner and therefore the best way to eliminate facial pimples.

Cancer

Orange prevents pancreatic cancer.

Antioxidants

It also contains various antioxidants called flavonoids, such as antioxidants found in grapefruit, lemon and peel of tangerines and oranges.

Sedative

Eating oranges is antispasmodic and sedative.

Vitamin c

Fruit peel in dried oranges contains more vitamin C per gram than fruit itself.

Use in your diet

You can use it in baking cakes and pastries , variety of syrups and tenderize meats like chickens, beef, fish and of course in teas! There is no limit to how often you use these dried peels in your diet.

Nutrition Table of Dried Orange

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	258	Kcal	Cholesterol	0.0	mg
Carbohydrates	64.5	gr	Dietary Fiber	19.4	gr
Protein	6.45	gr	Sodium	110	mg
Saturated Fat	0.0	gr	Potassium	0.0	mg
Trans Fat	0.0	gr	Calcium	258	mg
Total Fat	0.0	gr	Salt	0.275	gr
Sugars	41.9	gr	Ash	0.0338	%

Sliced Dried Peaches

Dried peaches are not only pleasantly soft and sweet but also full of essential nutrients that are very good for health. These health benefits include fiber, vitamins A, B, C and K and minerals such as iron, copper, magnesium, manganese and phosphorus.



Product Code: Dr4

Properties of Dried Peach

Excellent Source of Dietary Fiber

One serving of dried peaches contains 53% of the daily value of dietary fiber. Dried peaches contain a water-soluble fiber known as pectin. Pectin is a natural part of the human diet, but does not significantly contribute to nutrition. The daily intake of pectin from fruits and vegetables can be estimated at about 5 grams (assuming the consumption of approximately 500 grams of fruits and vegetables per day). Peaches contain more pectin than fruits such as cherries, grapes and strawberries. Dietary fiber lowers your cholesterol and helps regulate blood sugar levels. Prevents constipation due to its laxative effect. The daily intake of dietary fiber for women is 25 grams and 38 grams for men. One serving of dried peaches provides 7 grams of dietary fiber.

Health-Beneficial Potassium to Sodium Ratio

Dried peaches are high in potassium and low in sodium. A high-potassium, low-sodium diet helps prevent high blood

pressure and reduces the risk of heart disease and stroke. Potassium and sodium levels in dried peaches are relatively good for health. A healthy adult should receive about 4700 mg of potassium and more than 2300 mg of sodium per day.

Dried Peaches are Rich in Provitamin A

The orange color of dried peaches indicates that this dried fruit is rich in beta-carotene, a red-orange pigment that is converted to vitamin A in the body. Vitamin A, plays an important role in maintaining eye and skin health. Vitamin A, has also been linked to a reduction in cancer and heart disease.

Rich in Vitamin K

Dried peaches are a good source of vitamin K. The human body needs vitamin K to fully synthesize certain proteins that are prerequisites for blood clotting. It is also needed to control calcium binding in the bones. Vitamin K deficiency can weaken bones and potentially lead to osteoporosis.

Excellent Source of Vitamins C and B

Vitamin C is an essential nutrient that is involved in tissue repair and the enzymatic production of certain neurotransmitters that are important for strengthening the immune system because it acts as an antioxidant. B vitamins are responsible for brain function, fetal growth, red blood cell production and more.

Nutrition Table of Dried Peach

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	239	Kcal	Cholesterol	0.0	mg
Carbohydrates	61.3	gr	Dietary Fiber	8.2	gr
Protein	3.61	gr	Sodium	7	mg
Saturated Fat	0.082	gr	Potassium	996	mg
Trans Fat	0.0	gr	Calcium	28	mg
Total Fat	0.76	gr	Salt	0.0175	gr
Sugars	41.7	gr	Ash	2.5	gr

Sliced Dried Strawberries

Strawberry is one of the most popular and healthiest fruits on the planet. It also seems to have many health benefits. Today there are more than 600 varieties of strawberries. Sweet and spicy strawberries are among the top 10 fruits and vegetables that contain antioxidants.



Product Code: Dr5

Properties of Dried Strawberry

Cardiovascular Diseases

The high polyphenol content of strawberries can also reduce the risk of cardiovascular disease by preventing platelet buildup and lowering blood pressure through anti-inflammatory mechanisms. Also the fiber and potassium found in strawberries help with heart health. In one study, participants who consumed large amounts of potassium a day, up to 49% had a lower risk of dying from heart disease than those with low potassium intake.

Stroke

It has been proven that antioxidants quercetin and anthocyanins in strawberries are effective in reducing the formation of blood clots associated with stroke. High potassium intake is also associated with a reduced risk of stroke.

Cancer

As mentioned above, strawberries contain powerful

antioxidants that counteract free radicals and inhibit the growth of cancer tumors, and reduce inflammation in the body.

Blood Pressure

Strawberries because of their high potassium content, are recommended to people who have high blood pressure in order to offset the effects of sodium in the blood. Just as high sodium intake is a risk factor for high blood pressure, low potassium intake has a similar effect. It is also worth noting that high potassium intake reduces the risk of mortality by up to 20%.

Constipation

Eating foods that are high in water and fiber, such as strawberries, grapes, watermelons and cantaloupes, can help regulate your bowel movements. Fiber is essential to minimize constipation and increase stool.

Allergy and Asthma

Due to the anti-inflammatory effects of quercetin, strawberry consumption can help alleviate allergy symptoms, including runny nose, itchy eyes, and urticaria. However, up today, no studies on human has been done to prove this. Various studies have shown that the incidence of asthma is reduced by the high consumption of certain nutrients, especially vitamin C.

Diabetes

Strawberries are foods with a low glycemic index and high fiber content, which help regulate blood sugar and keep it stable. Strawberries are a smart food option for diabetics because

they have a lower glycemic index than many other fruits. Researchers in Year one discovered that eating about 4 strawberries a day can significantly reduce the complications of diabetes such as kidney disease and neuropathy.

Fertility

Adequate consumption of folic acid in pregnant women is essential to protect against neural tube defects in infants.

Depression

Folate in strawberries prevents excessive formation of homocysteine in the body. Homocysteine can prevent the brain from getting blood and other nutrients. Excess homocysteine interferes with the production of good hormones such as serotonin, dopamine and norepinephrine. These hormones regulate not only psychic states but also sleep and appetite.

Tooth Whitening

Mix the dried strawberries with half a teaspoon of baking powder and then use to whiten your teeth. The secret of this compound, or it's better to say, the result is malic acid, which is a very potent detergent for the stains from cigarettes and coffee on the teeth and on the other hand has a bleaching effect. It is also recommended that you do not use this method too commonly as it may damage your enamel. It is certainly not like Scaling teeth by a dentist, but it is inexpensive and will work intermittently.

Nutrition Table of Dried Strawberry

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	325	Kcal	Cholesterol	0.0	mg
Carbohydrates	80	gr	Dietary Fiber	2.5	gr
Protein	2.5	gr	Sodium	125	mg
Saturated Fat	0.0	gr	Potassium	238	mg
Trans Fat	0.0	gr	Calcium	275	mg
Total Fat	0.0	gr	Salt	0.3125	gr
Sugars	75	gr	Ash	0.3 - 1	%

Sliced Dried Plums

Plums belong to the same family as peaches, nectarines, and apricots. But plums are much more diverse than their stone-fruit cousins. They can be large or small, with red, purple, green, yellow, or orange skin, and pink, yellow, or orange flesh.



Product Code: Dr6

Properties of Dried Plum

Plum Health Properties

The vitamin C in plums helps your body heal, build muscle, and form blood vessels. It's great for your eyes too.

Heart Disease

Phytochemicals and nutrients in plums lower the inflammation that triggers heart disease.

Anxiety

A plum a day may keep anxiety away. When your antioxidants are low, anxiety can be high.

Constipation Relief

Plums, like prunes, can also help keep things moving through your system. They have a lot of sorbitol, a sugar alcohol that acts as a natural laxative.

High Blood Pressure and Stroke

The potassium in plums is good for blood pressure control in two ways. It helps your body get rid of sodium when you pee

and it lessens tension in the walls of your blood vessels. When your blood pressure is lower, your odds of getting a stroke go down.

Rich in Antioxidants

These substances protect the body against the cell and tissue damage that can lead to diabetes, Alzheimer’s disease, Parkinson’s disease, and cancer.

Reduce Blood Sugar

Plums are chock full of fiber, which helps slow down a blood sugar spike after you eat carbs. They can also boost your body’s production of adiponectin, a hormone that helps regulate your blood sugar levels.

Bone Health

Research on animals shows prunes (dried plums) may help reduce bone loss, and may even reverse it.

Prunes, which are dried plums, have the same nutrition benefits, but they’re much higher in sugar. One cup of pitted prunes has 66 grams of the sweet stuff.

One cup of prunes also has 12 grams of fiber. That’s why they’re a common home remedy for constipation. That fiber also gives them a low glycemic index, which means they help control your blood sugar.

Nutrition Table of Dried Plum

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	240	Kcal	Cholesterol	0.0	mg
Carbohydrates	63.9	gr	Dietary Fiber	7.1	gr
Protein	2.18	gr	Sodium	2	mg
Saturated Fat	0.0	gr	Potassium	732	mg
Trans Fat	0.0	gr	Calcium	43	mg
Total Fat	0.38	gr	Salt	0.005	gr
Sugars	38.1	gr	Ash	2.64	gr

Sliced Dried Tangerines

The tangerine is a type of citrus fruit that is orange in color. The name was first used for fruit coming from Tangier, Morocco, described as a mandarin variety. Tangerines were first grown and cultivated as a distinct crop in the Americas in Palatka, Florida.

Product Code: Dr7



Properties of Dried Tangerine

Packed with Nutrients

Despite their small size compared with other citrus fruits, such as oranges and grapefruits, tangerines are nutrient- and water-rich — in fact, they're about 85% water.

High in Antioxidants

Antioxidants protect your body by neutralizing the damaging effects of oxidative stress, which is caused by the accumulation of free radicals. These harmful molecules are involved in the development of chronic conditions such as heart disease, arthritis, and cancer.

Immunity Boosters

Vitamin C in tangerines may help protect your immune system from viruses and bacteria by acting upon T cells, a type of white blood cells that protect your body.

May Support Brain Health

Antioxidants in tangerines, such as vitamin C and nobiletin,

may protect against chronic brain disorders such as schizophrenia, Alzheimer's disease and Parkinson's disease.

Could Help Improve Skin Appearance

Adding tangerines to your diet may promote healthy skin due to vitamin C's effect on collagen production. Collagen is the most abundant protein in the body. It gives structure, strength, and stability to connective tissues, including your skin.

Weight-Loss-Friendly

Tangerines may aid weight loss by increasing your daily fiber intake. Citrus fruits, including tangerines, provide insoluble fiber — the kind that doesn't ferment in the intestine— such as cellulose and lignin.

May Support Heart Health

Antioxidants in tangerines, such as vitamin C, tangeretin, and nobiletin, may promote heart health. Human and animal studies show that vitamin C may reduce risk factors for heart disease by reducing blood pressure and platelet aggregation, improving blood vessel function and lowering blood triglyceride and LDL (bad) cholesterol levels.

Nutrition Table of Dried Tangerine

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Calories	333	Kcal	Potassium	166	mg
Protein	0.0	gr	Sodium	177	mg
Total Fat	0.0	gr	Cholesterol	0	mg
Total Carbohydrates	86.7	gr	Ash	0.38	gr
Dietary Fiber	3.3	gr	Salt	0.2925	gr
Sugars	73.3	gr	Calcium	75	mg

Sliced Dried Apricots

Dried fruits such as apricots have been found to have been part of human diet for thousands of years. Evidence of them has been found in Mesopotamian culture in 4000BC. Dried apricots are available all year round.



Product Code: Dr8

Properties of Dried Apricot

Improved Eye Health

In a 100g serving of dried apricots there's approximately 1280 IU of vitamin A and 1.53mg of vitamin A. These nutrients are essential for maintaining eye health. In particular, vitamin A helps with night vision whereas vitamin E helps to protect the eyes against damage from free radicals.

Cell Protection

In addition to this dried apricots also contain a specific type of antioxidant called flavonoids, including chlorogenic acids, catechins and quercetin.

May Support Immune System

As dried apricots are high in vitamin A, they may could also help with supporting the immune system too.

Improved heart health

Another benefit is that dried apricots may be beneficial for heart health. One of the ways in which it supports heart health

is through the flavonoids (as mentioned earlier in the article). But another way that dried apricots help in this area is through the potassium content, as a diet that is low in potassium has been linked to cardiovascular disease.

Better Digestion

In just one 100g serving of dried apricots there is approximately 7.3g of fibre. A recent study concluded that dietary fibre has the potential to change the gut microbiota as well as being able to alter metabolic regulation.

Reduced Risk of Diabetes

Remember those flavonoids we've mentioned a couple of times in this catalog? Well, they're coming in handy again, this time for diabetes. One 2019 study stated that flavonoids improve the pathogenesis of diabetes and the complications that come with it by regulating the glucose metabolism, hepatic enzyme activities and a lipid profile.

Improved Bone Mineral Density

Another key nutrient that apricots contain is boron, which may have beneficial effects on bone formation. In addition to this, a low boron intake reduces calcium and vitamin D levels which can affect bone mineral density.

Supports Skin Health

Dried apricots are also a good source of beta-carotene, which the body automatically converts into vitamin A (retinol). Retinol or retinoids are known to reduce fine lines and wrinkles, which contributes to good skin health and appearance.

Mayb Reduce Blood Pressure

Since dried apricots contain potassium, they may be able to reduce blood pressure levels. Studies have shown that potassium could reduce high blood pressure in patients with hypertension (high blood pressure).

Nutrition Table of Dried Apricot

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Calories	241	Kcal	Potassium	1160	mg
Protein	3.39	gr	Sodium	10	mg
Total Fat	0.51	gr	Cholesterol	0.0	mg
Total Carbohydrates	62.6	gr	Ash	0.98	gr
Dietary Fiber	7.3	gr	Salt	0.025	gr
Sugars	53.4	gr	Calcium	55	mg

Dried Figs

Figs are extremely sweet fruits with several crunchy seeds. These can be consumed fresh or dried and in fact, dried ones are available all through the year. As the fruit is dense in natural sugars it is known as nature's candy.



Product Code: Dr9

Properties of Dried Fig

Treats Sexual Problems

Figs are a wonder fruit and highly used since ancient times for treating various sexual dysfunctions like sterility, low stamina and erectile dysfunction. The wealth of vitamins B6, A and minerals potassium, copper and magnesium increase the semen production. Dried figs are super-rich in amino acids and it works as a great aphrodisiac fruit by increasing vitality and libido. Figs are also valuable for adolescent girls to alleviate PMS symptoms and regulates the cycle. Moreover, several studies have proven that figs are effective in treating the underlying causes of erectile dysfunction.

Sustains Weight Loss

Figs are an ideal snack for the ones who wish to lose weight. The richness of soluble fibre in dried figs keeps you satiated, curbs appetite and dense nutrients aid in losing weight. As per the study published in the American Journal of Clinical Nutrition, a high fibre diet assists in losing extra fats. However,

moderation is the key as dried figs are high on calories. It is recommended to limit portion size to about 2-3 figs per day. Moreover, dried figs serve as a healthy snack for gaining weight.

Regulates Blood Pressure

The abundance of potassium in anjeer helps in regulating high blood pressure. Potassium is a vital mineral that aids the body in controlling blood pressure as it facilitates to refute negative impacts of sodium. The goodness of potassium in figs helps to stimulate the functioning of muscles and nerves, balances the fluid in the system and maintains the electrolyte balance. Managing blood pressure can help in dilating blood vessels, improving blood circulation, relaxes and can also ease stress. Thus figs are the best fruit to add on to a high blood pressure diet.

Prevents Constipation

Dried figs are highly praised as one of the best fruits to replenish and soothe the intestines. It acts as a natural laxative as it is loaded with a good amount of soluble fibre. Evidence strongly proves that anjeer dense in fibre content can promote normal bowel function, add bulk to stool and ease the bowel movement averting constipation and serves as a natural remedy to treat digestive disorders like stomach flu.

Treats Piles

The natural laxative property of figs aids in lowering the pressure on the rectum thereby easing the hemorrhoids. As per the report published in Evidence-Based Complementary

and Alternative Medicinal Journal, figs are used as a traditional remedy for treating hemorrhoids due to its laxative and antispasmodic properties.

Nutrition Table of Dried Fig

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Calories	249	Kcal	Potassium	680	mg
Protein	3.3	gr	Sodium	10	mg
Total Fat	0.92	gr	Cholesterol	0.0	mg
Total Carbohydrates	63.9	gr	Ash	2.8	gr
Dietary Fiber	9.8	gr	Salt	0.025	gr
Sugars	47.9	gr	Calcium	162	mg

Sliced Dried Nectarines

The name nectarine means: sweet nectar. The Prunus Persica or peach, at the origin of the nectarine, appeared in the north of China 3000 years ago and was introduced in the West, through Persia and the Silk Road, by Alexander the Great.



Product Code: Dr10

Properties of Dried Nectarine

General nectarine properties

Nectarines support heart health, bone health and vision. They contain antioxidants that play a significant role in your overall health. Many people do not get an adequate amount of potassium or fiber in their diet. Low potassium can lead to a disorder known as Hypokalemia. An insufficient amount of fiber can lead to constipation, heart-related conditions and weight gain. Nectarines are a good source of potassium and fiber. Including them in your diet can help prevent weight gain and many of the adverse health concerns, such as diabetes, that accompany obesity. Not only can eating nectarines help you stay healthy, it can keep you looking good. Nectarines contain antioxidants that fight off free radicals that can adversely affect the condition and appearance of your skin. Nectarines can help reduce cholesterol levels and help blood pressure levels stay within a safe range. Adding dried nectarines to your diet can help you fight off illness and disease. Some studies show that nectarines have anti-cancer properties.

Beneficial Antioxidants Found in Nectarines

Free radicals can adversely affect your body in many ways. When you incorporate dried nectarines into your diet, you can benefit from the powerful antioxidants in the fruit that will help protect your body from these potentially damaging free radicals. Nectarines contain a high amount of the antioxidants polyphenols and cryptoxanthin. Nectarines are a good source of the antioxidant vitamin C. Vitamin C provides a powerful defense against illnesses and disease. Adding dehydrated nectarines to your trail mix, granola or simply enjoying this delectable fruit by the handfuls will provide your body with a good supply of beta-carotene. Beta-carotene is an antioxidant that converts into vitamin A. Vitamin A supports healthy skin, teeth, bones and vision.

Nectarines Can Support Cardiovascular Health

You definitely want to consider buying bulk dried nectarines so that you have a steady supply available for consumption if you are concerned about taking steps to improve your cardiovascular health. A lot is said about reducing your sodium intake when you're making diet changes to benefit your heart. In conjunction with reducing your sodium, you need to increase the potassium in your diet. Potassium helps blood vessels relax which helps you maintain an acceptable blood pressure. Keeping your blood pressure under control is essential to heart health. Nectarines are a good source of potassium. Adding dried nectarines to your diet is a flavorful way to increase your fiber intake. Fiber is also a key component in a heart healthy diet. The powerful antioxidants in nectarines help reduce LDL, "bad" cholesterol levels and stimulated HDL,

"good" cholesterol.

Nectarines Support Digestive Health

The majority of people do not get the recommended daily value of fiber. Fiber is important to your overall health. It is especially vital to your digestive system. You might want to consider buying dried nectarines wholesale in order to have a good supply available so that you can add them to your homemade snack mix, stir them into ice cream or yogurt. Constipation causes discomfort and can potentially cause other health problems. Getting the adequate amount of fiber each day can prevent constipation. If you're faced with the unpleasant situation of having diarrhea, you can possibly remedy the situation by eating a high-fiber food such as dehydrated nectarines. Fiber affects the rate of digestion and the absorption of nutrients.

Nutrition Table of Dried Nectarine

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Calories	239	Kcal	Potassium	996	mg
Protein	3.61	gr	Sodium	7	mg
Total Fat	0.76	gr	Cholesterol	0.0	mg
Total Carbohydrates	61.3	gr	Ash	0.0	gr
Dietary Fiber	8.2	gr	Salt	0.0175	gr
Sugars	41.7	gr	Calcium	28	mg

Introducing Spices

Iran ranks **FIRST** in saffron production in the world.

Iran ranks **FIFTH** in cumin production in the world.

Variety of Iranian Spices

1. Saffron
2. Ground Cumin
3. Ground Red Pepper
4. Ground Sumac
5. Golpar (Persian Hogweed)
6. Garlic Powder

Quality of Iranian Spices

Persian cuisine is colourful, rich and full of flavour. But it is also simple, healthy and very comforting, with recipes that are centuries-old. Incorporating a cornucopia of ingredients including rose petals, dried fruits and green pistachios, this food draws on the land's rich natural culinary resources and is a feast for the senses. In the treasure box of Persian ingredients, the spices are the glittering jewels. From the sweetness of cinnamon to the luxury of saffron, the lemony zing of sumac to the warm versatility of ginger which is the spices liberally drenched in and on Persian food are dynamic, flavourful and aromatic.

Saffaron

Saffron is a flower from the Iridaceae family. Each flower has three crimson stigmas, which are used as a spice and a coloring agent. Saffron is among the world's most costly spices by weight because 1 kg requires about 110,000–170,000 flowers.

Product Code: S1



Properties of Saffaron

Protects Against Cancer

Saffron contains a dark orange, water soluble carotene called crocin, which is responsible for much of saffron's golden color. Crocin has been found to trigger apoptosis (programmed cell death) in a number of different types of human cancer cells, leukemia, ovarian carcinoma, colon adenocarcinoma, and soft tissue sarcoma. Researchers in Mexico who have been studying saffron extract have discovered that saffron and its active components display an ability to inhibit human malignant cells. Not only does the spice inhibit cells that have become cancerous, but it has no such effect on normal cells and actually stimulates their formation and that of lymphocytes (immune cells that help destroy cancer cells).

Promotes Learning and Memory Retention

Recent studies have also demonstrated that saffron extract, specifically its crocin, is useful in the treatment of age related mental impairment. In Japan, saffron is encapsulated and

used in the treatment of Parkinson’s disease, memory loss and inflammation.

In delayed Puberty

In under developed girls, saffron has an overall stimulant effect. A pinch of saffron crushed in a table spoon of milk is useful to stimulate hormones and bring about desired effect.

Increase Vitality

In low libido saffron aids as a sexual stimulant and can be consumed in a dose of a pinch in a glass of milk at bed time.

In Patchy Baldness

Saffron mixed in liquorice and milk makes an effective topical application to induce hair growth in alopecia.

Protection Against Cold

Saffron is a stimulant tonic and very effective to treat cold and fever. saffron mixed in milk and applied over the forehead quickly relieves cold.

Nutrition Table of Saffaron

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	310	Kcal	Dietary Fiber	3.9	gr
Carbohydrates	65.4	gr	Sodium	148	mg
Protein	11.4	gr	Potassium	1720	mg
Total Fat	5.85	gr	Calcium	111	mg
Cholesterol	0.0	mg			

Sea Salt

Sea salt is made by evaporating salt water so preparation of sea salt usually includes very little processing. In result it retains it’s moisture and mineral treasure. These minerals are present in a form that is easily utilized and absorbed by the human body.



Product Code: S2

Properties of Sea Salt

Aid In Skin Care

The mineral content in Dead Sea salt has long been appreciated for its rejuvenating effects on the skin. Bathing in sea salt solution may help in keeping the skin moisturized and revitalized. Dead Sea salt baths may also help in improving the skin barrier function and eliminating the roughness and inflammation on the skin’s surface.

Improve Oral Health

Sea salt may contain fluoride, which is beneficial for promoting dental health. Fluoride may aid in protecting the teeth from acidic damage and prevent the development of caries and cavities. Regular rinsing and gargling with tepid sea salt water may help alleviate mouth sores, bleeding gums, ulcers, and the pain of sore throats. While fluoride is now added to the water in many countries around the world, sea salt may have been particularly important in the early 20th century, when many some countries did not have access to it this way.

Provide Relief From Rheumatoid Arthritis

Dead Sea salts have been proven to be effective in providing therapeutic relief to patients suffering from rheumatoid arthritis. One study showed that participants in baths containing these salts demonstrated significant improvements in such ailments as compared to normal sodium chloride baths. These results may be promising for an effective, natural method for providing relief in this population.

Encourage Exfoliation

Sea salt may find another use in the cosmetic industry in the manufacturing of scrubs and other skin care products like antiperspirants and deodorants. Exfoliation with sea salts may help remove dead skin particles, tone up the skin tissues, encourage peripheral blood circulation, and also promote skin renewal. Unlike table salt, the granular texture of sea salt may work very well in providing clean and smooth skin.

Relieve Symptoms of Psoriasis

Sea salt may be considered to be a natural remedy useful for the treatment of psoriasis, along with the appropriate medication. Use of sea salt has shown noteworthy improvements in patients who may have been suffering from skin conditions like itching and scaling. The efficacy of balneotherapy, which is done using a sea salt treatment with mudpacks and sulfur baths on those suffering from psoriasis and psoriatic arthritis may have also demonstrated promising results with respect to a reduction in spinal pain and increased flexibility of the spine.

Improve Pain in Osteoarthritis

One small study demonstrated improvements in patients possibly suffering from knee osteoarthritis after treatment using balneotherapy with Dead Sea salt. In addition to this, some patients might have been able to sustain their improved health parameters even after a few weeks, unlike those who took the bath treatment with normal sodium chloride.

Prevent/Cure Rhinosinusitis

Research studies have proven that the Dead Sea salt solution may also be effective in providing relief from rhinosinusitis. The study also concluded that nasal irrigation and sprays done with sea salt may have showed better symptomatic relief as compared to those made of hypertonic saline solution. The anti-inflammatory effects of Dead Sea salts may make them a natural and healthy alternative for relieving nasal allergies and other respiratory disorders; other remedies, such as nasal steroids have side effects like inflammation that can lead to mucus secretion. The mineral content present in Dead Sea salt may help alleviate swelling and congestion, as well.

Help Maintain Electrolyte Balance

Sea salt may help in maintaining a healthy electrolyte balance in the body, which is necessary for maintaining optimum blood composition and circulation, muscular strength, and overall functioning of the body. Minerals like potassium, calcium, magnesium, and sodium may contribute to the electrolytic equilibrium of the body. Sea salt may aid in maintaining healthy levels of blood pressure and helps normalize irregular heartbeats.

Give Relief from Acne

Sea salts may contain sulfur, which might help in cleansing and treating skin conditions like dermatitis and acne scars.

Relax Aching Feet

Soaking your tired feet in a warm sea salt solution may help relax the muscles, and relieve the soreness and pain in your aching feet.

Encourage Restful Sleep

Many consider that sea salt baths may have a calming and soporific effect, thus helping in inducing profound and rejuvenating sleep.

Help In Eye Care

A sea salt solution may be considered an effective homemade remedy for relieving puffiness around your tired eyes. A sea salt compress might aid in reducing the dark circles and sagging bags under the eyes, while inducing a calming, stress-relieving effect.

Reduce Acidity

Sea salt is thought to help in alkalizing the cells of the body by facilitating the excretion of excess acids through urination. According to many who follow the alkaline diet, this may help in maintaining the optimal acid-alkali ratio of the body. While there is much more research on this topic to be conducted, some research reviews suggest that there may be some validity in following an alkaline diet to reduce morbidity in the future.

Red Pepper Powder

Red pepper fruit is used raw or cooked, and red pepper powder is used as a spice in all kinds of foods. The properties of red pepper for the body are countless and you can use the benefits of this plant to treat some diseases.



Product Code: S3

Properties of Red Pepper

Like black pepper and mustard, red pepper should not be included in the list of spicy seasonings because mustard and black pepper are stimulants, but red pepper has a calming and pain-relieving effect, and hence the property of red pepper is to treat many diseases and relieve pain.

pain Reliever

Consuming red pepper can control the pain in the body well and in addition improve the blood circulation in the body, therefore it can be useful in healing any wounds and injuries. Red pepper cream or powder is used as a painkiller for chronic pain such as toothache, herpes pain, herpes, etc. Medicinal properties of red pepper can also heal many chronic skin pains. At the beginning of the treatment, this substance may cause burning and itching, which will disappear soon.

Benefits of Red Pepper for the Heart

Red pepper can be useful for cardiovascular health, and the properties of red pepper include improving blood circulation

and blood pressure and increasing heart activity, and in addition, red pepper reduces the risk of heart attacks and strokes.

Prevention of Stomach Ulcers

In the past, it was thought that the use of red pepper makes stomach ulcers worse, but today, according to the theory of researchers, the use of red pepper is useful for preventing stomach ulcers.

Headache Reliever

In Iranian traditional medicine, red pepper was prescribed as a headache reliever, and today scientists have come to the conclusion that red pepper contains a stimulant that can reduce headaches, and sometimes this substance works better than pain reliever pills to reduce headaches.

Reducing the Risk of Cancer

Capsaicin in red pepper can stop the growth of cancer cells in the body. Note that if you consume red pepper more than the allowed amount, it will cause cancerous tumors and if red pepper is consumed in the allowed amount, it can act as an anti-cancer agent.

Toothache Relief

In the past, the use of cayenne pepper was common for home treatment of toothache, so when you have a toothache, you can use some red pepper to reduce your pain.

Nutrition Table of Red Pepper

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	318	Kcal	Cholesterol	0.0	mg
Carbohydrates	56.6	gr	Dietary Fiber	27.2	gr
Protein	12	gr	Sodium	30	mg
Saturated Fat	3.26	gr	Potassium	2010	mg
Trans Fat	0.0	gr	Calcium	143	mg
Total Fat	17.3	gr	Salt	0.075	gr
Sugars	10.3	gr	Ash	6.04	gr

Garlic Powder

Garlic powder is a spice that is derived from dehydrated garlic and used in cooking for flavour enhancement. The process of making garlic powder includes drying and dehydrating the vegetable, then powdering it.

Product Code: S4



Properties of Garlic Powder

Garlic Contains Compounds with Potent Medicinal Properties

Garlic is a plant in the Allium (onion) family. It is closely related to onions, shallots, and leeks. Each segment of a garlic bulb is called a clove. There are about 10–20 cloves in a single bulb, give or take. Garlic grows in many parts of the world and is a popular ingredient in cooking, due to its strong smell and delicious taste. However, throughout ancient history, the main use of garlic was for its health and medicinal properties. Scientists now know that most of garlic's health benefits are caused by sulfur compounds formed when a garlic clove is chopped, crushed or chewed.

Protects Against Illness, Including the Common Cold

Garlic supplements are known to boost the function of the immune system. A large, 12-week study found that a daily garlic supplement reduced the number of colds by 63% compared with a placebo. The average length of cold symptoms was also reduced by 70%, from 5 days in the placebo group to just

1.5 days in the garlic group.

The Active Compounds in Garlic Can Reduce Blood Pressure

Cardiovascular diseases like heart attack and stroke are responsible for more deaths than almost any other condition. High blood pressure, or hypertension, is one of the most important factors that may lead to these diseases. Human studies have found garlic supplements to have a significant impact on reducing blood pressure in people with high blood pressure. In one study, 600–1,500 mg of aged garlic extract were just as effective as the drug Atenolol at reducing blood pressure over a 24-week period.

Improves Cholesterol Levels

Garlic can lower total and LDL (bad) cholesterol. For those with high cholesterol, garlic supplements appear to reduce total and LDL cholesterol by about 10–15%. Looking at LDL (bad) and HDL (good) cholesterol specifically, garlic appears to lower LDL but has no reliable effect on HDL which may lower the risk of heart disease.

Prevents Alzheimer's Disease and Dementia

Oxidative damage from free radicals contributes to the aging process. Garlic contains antioxidants that support the body's protective mechanisms against oxidative damage. High doses of garlic supplements have been shown to increase antioxidant enzymes in humans as well as significantly reduce oxidative stress in people with high blood pressure.

Garlic May Help You Live Longer

The potential effects of garlic on longevity are basically impossible to prove in humans. But given the beneficial effects on important risk factors like blood pressure, it makes sense that garlic could help you live longer. The fact that it can fight infectious diseases is also an important factor, because these are common causes of death, especially in the elderly or people with dysfunctional immune systems.

Athletic Performance is Improved with Garlic Supplements

Garlic was one of the earliest “performance enhancing” substances. It was traditionally used in ancient cultures to reduce fatigue and improve the work capacity of laborers. Most notably, it was given to Olympic athletes in ancient Greece.

Eating Garlic May Help Detoxify Heavy Metals in the Body

At high doses, the sulfur compounds in garlic have been shown to protect against organ damage from heavy metal toxicity. A 4-week study in employees at a car battery plant (who had excessive exposure to lead) found that garlic reduced lead levels in the blood by 19%. It also reduced many clinical signs of toxicity, including headaches and blood pressure.

Garlic May Improve Bone Health

No human studies have measured the effects of garlic on bone loss. However, rodent studies have shown that it can minimize bone loss by increasing estrogen in females.

Garlic is Easy to Include in Your Diet and Adds Flavor

The last one is not a health benefit but is still important. Garlic is very easy to include in your current diet. It complements most savory dishes, particularly soups and sauces. The strong taste of garlic can also add a punch to otherwise bland recipes. Garlic comes in several forms, from whole cloves and smooth pastes to powders and supplements like garlic extract and garlic oil. A common way to use garlic is to press a few cloves of fresh garlic with a garlic press, then mix it with extra virgin olive oil and a bit of salt. This works as a very simple and nutritious salad dressing.

Nutrition Table of Garlic powder

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Calories	331	Kcal	Potassium	1190	mg
Protein	16.6	gr	Sodium	60	mg
Total Fat	0.73	gr	Cholesterol	0.0	mg
Total Carbohydrates	72.7	gr	Ash	3.54	gr
Dietary Fiber	9	gr	Salt	0.15	gr
Sugars	2.43	gr	Calcium	79	mg

Sumac Powder

Sumac is a small shrub, 3-4 meters height, flowers form a compact cluster, fruits are red to brown, pinnate leaves, leaflets dentate and fruit flesh is sour. It has many variable species and some of which are ornamental.



Product Code: S4

Properties of Sumac

Provides Anti-inflammatory Effects

Sumac is packed with anthocyanins, tannins, flavonoids, and other antioxidant compounds that have anti-inflammatory effects.

Supports Metabolic and Cardiovascular Health

One study published in the Journal of Research in Medical Sciences looked at the effects of sumac on 41 people with type 2 diabetes. The participants were split into two groups: One received a placebo, while the other received 3 grams of sumac powder daily for three months. At the end of the three months, they found that participants taking sumac experienced a decrease in insulin and were, therefore, at a lower risk for developing cardiovascular disease.

Contains Antimicrobial Properties

Along with providing anti-inflammatory properties, the tannins in sumac contain antimicrobial (biofilm) properties. Research has suggested that these antimicrobial properties

help inhibit the growth of five common oral bacterial strains that can lead to infectious diseases of the mouth.

May reduce muscle pain

A study published in 2016 found that sumac juice was beneficial in reducing muscle pain in 40 healthy participants following a four-week aerobic exercise program. Those given sumac juice (compared to the placebo beverage) experienced a lower pain score. The researchers suspect the antioxidant activity of sumac may be responsible, but more research is needed.

Nutrition Table of Sumac

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	8	Kcal	Cholesterol	0.0	mg
Carbohydrates	1	gr	Dietary Fiber	1	gr
Protein	0.0	gr	Sodium	77	mg
Saturated Fat	0.0	gr	Potassium	53	mg
Trans Fat	0.0	gr	Calcium	10	mg
Total Fat	0.0	gr	Salt	0.1925	gr
Sugars	0.0	gr	Ash	1.8	%

Cumin Powder

Many dishes use cumin, especially foods from its native regions of the Mediterranean and Southwest Asia. Cumin lends its distinctive flavor to chili, tamales and various Indian curries. Its flavor has been described as earthy, nutty, spicy and warm.

Product Code: S3



Properties of Cumin

Contains Antioxidants

Cumin seeds contain naturally occurring substances that work as antioxidants. That means that these substances (called apigenin and luteolin) keep the tiny free radicals that attack healthy cells from being successful. Antioxidants help you feel healthier and more energetic, and they help keep your skin from looking aged.

Has Anticancer Properties

Cumin appears to have the ability to keep cancer cells from multiplying, according to some experiments. In one study, rats that were fed cumin were protected from colon cancer. Researchers in another study found that out of nine popular herbs and spices, basil and cumin were the most powerful anticarcinogen plants.

May Help Treat Diarrhea

Traditional medicine practitioners have recommended cumin for the treatment of diarrhea for centuries. Western medicine

is starting to catch on to this benefit of cumin. An extract of cumin seeds was given to rats that were experiencing diarrhea. Researchers concluded that the extract helped to cure their symptoms.

Helps Control Blood Sugar

Cumin was used as a part of an herbal drug trial for diabetes. The drug successfully helped people with diabetes to manage their condition. Diabetic animals in lab studies were also found to benefit from consuming cumin. It's generally accepted that cumin oil is a hypoglycemic agent.

Fights Bacteria and Parasites

The oil extracted from cumin seeds has been used as an effective larvicide and antiseptic agent. The oil even kills strains of bacteria that are resistant to other antiseptics. Researchers believe that cumin could help kill harmful bacteria that's trying to attack your immune system. This may explain why cumin has been used as a preservative in food for centuries.

Has an Anti-Inflammatory Effect

The active ingredients in cumin seeds have an anti-inflammatory, antiseptic effect. This means that if you have pain or inflammation that trigger other conditions, cumin in your diet may counter the effects. The essential oil of cumin alone wasn't found to have anti-inflammatory properties. But the cumin seeds themselves worked to reduce pain and inflammation in a laboratory study done on rats.

May Help Lower Cholesterol

A hypolipidemic is a substance that helps your body control high levels of fats that hurt your heart and cholesterol levels. Cumin is considered to have hypolipidemic properties. A dietary supplement of cumin powder mixed in yogurt helped reduce cholesterol in one study. Another group of people with high cholesterol had beneficial results after consuming cumin.

Aids Weight Loss

Several group studies have looked into ways cumin can help you lose weight. More research is needed, but results of these studies is promising. Overweight women that were given cumin powder and ate a healthy diet showed improvement Trusted Source in their weight and vital statistics. Another study showed that a mixed population of overweight men and women saw improvement in their weight equal to taking a popular diet pill.

Helps IBS

Researchers have evaluated cumin extract for treating the cramps, digestive spasms, nausea, and bloating associated with irritable bowel syndrome (IBS). Cumin extract was able to treat these symptoms for as long as participants were consuming it in one study. It's so effective that researchers hope cumin might be an effective replacement for people who cannot afford expensive prescription drugs to treat their IBS.

Boosts Memory

Cumin can help your body stimulating your central nervous

system to be more effective. This can result in a sharper memory and greater control over your limbs. Cumin might even be able to help treat Parkinson's disease because of its contribution to the body's central nervous system function.

Nutrition Table of Cumin

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	375	Kcal	Cholesterol	0.0	mg
Carbohydrates	44.2	gr	Dietary Fiber	10.5	gr
Protein	17.8	gr	Sodium	168	mg
Saturated Fat	1.54	gr	Potassium	1790	mg
Trans Fat	0.0	gr	Calcium	931	mg
Total Fat	22.3	gr	Salt	0.42	gr
Sugars	2.25	gr	Ash	7.62	gr

Golpar (Persian Hogweed)

Heracleum persicum, commonly known as Persian hogweed or by its native name Golpar is a polycarpic perennial herbaceous flowering plant in the carrot family Apiaceae, originally native to the region of Iran.



Product Code
S5 & Ground: S5g

Properties of Golpar

Is Known to be Beneficial for Cancer

This herb has been known to be beneficial for prevention against numerous diseases such as cancer. The high amounts of anti-oxidants present in this herb have a strong impact on free radicals and thereby reducing the chances any serious illness.

Is Known to Have Anti-Inflammatory Properties

This herb is known to be effective in treating symptoms of serious issues such as arthritis as well as rheumatism.

Known to Have Anti-Microbial and Anti-Viral Effects

This herb has been known to have numerous anti-microbial effects and anti-viral effects and is known to be helpful in treating external wounds and infections.

Nutrition Table of Golpar

Principle	Value / 100g	Unit	Principle	Value / 100g	Unit
Energy	271	Kcal	Cholesterol	0.0	mg
Carbohydrates	60.6	gr	Dietary Fiber	40.3	gr
Protein	12.7	gr	Sodium	77	mg
Saturated Fat	0.529	gr	Potassium	1520	mg
Trans Fat	0.0	gr	Calcium	1990	mg
Total Fat	7.04	gr	Salt	0.1925	gr
Sugars	4.09	gr	Ash	12.1	gr

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Pistachios Consumer Pack



Chili Pistachios



Lemon Pistachios



Raw Pistachios



Saffron Pistachios



Salty Pistachios

Raisins Consumer Pack



Sultana (Dark) Raisins



Sultana (Light) Raisins



Sun Dried Raisins



Golden Raisins



Golden Kashmar Raisins



Green Kashmar Raisins

Dates Consumer Pack



Date Syrup



Date Paste



Chopped Dates



Sayer Dates



Mazafati Dates



Pirom Dates



Zahedi Dates



Rabbi Dates



Kakkab Dates

Dried Fruit Consumer Pack



Dried Fruit Mix 1



Dried Fruit Mix 2



Dried Fruit Mix 1+2



Dried Kiwis



Dried Apples



Dried Oranges



Dried Peaches



Dried Strawberries



Dried Plum



Dried Tangerines



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Dried Nectarine



Dried Figs

Spices Consumer Pack



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