



Fwamer

.com

Everyday is Friday



Our Products

We sell all varieties of foods from farmers. We sell different kinds of fruits local and international. We also provide Dry fruits and Nuts. Vegetables that are available locally and fresh hand picked. Seasonal Fruits are bit more attraction to our customers. Along with all these we also provide different kinds of rice (polished and unpolished), wheat, barley, soya, pulses, rajma, mushrooms, eggs. Additionally we have special flour and oil processing machines so that our consumers should enjoy the taste of purity.

Red Apple



1. Apples May Lower High Cholesterol and Blood Pressure.
2. Eating Foods With Fiber, Including Apples, Can Aid Digestion. reduce appetite and lead to weight reduction
3. Apples Can Support a Healthy Immune System.
4. Apples Are a Diabetes-Friendly Fruit.
5. The Antioxidants in Apples May Play a Role in Cancer Prevention.

Orange



1. Protects your cells from damage.
2. Helps your body make collagen, a protein that heals wounds and gives you smoother skin.
3. Makes it easier to absorb iron to fight anemia.
4. Boosts your immune system, your body's defense against germs.

Pineapple



1. Rich in Vitamin C.
2. Eating Pineapple May Enhance Your Weight Loss.
3. Eating Pineapple May Aid Your Digestion.
4. Manganese in it Promotes Healthy Bones.
5. Pineapple Is Packed with Disease-Fighting Antioxidants.
6. Pineapple Has Cancer-Fighting Properties.

Lemon



1. It promotes hydration.
2. It's a good source of vitamin C.
3. It supports weight loss.
4. It improves your skin quality.
5. It aids digestion.
6. It freshens breath.
7. It helps prevent kidney stones.

Pomegranate



1. More Antioxidants.
2. Rich in Vitamin C.
3. Cancer prevention.
4. Alzheimer's disease protection.
5. Increase Digestion.
6. Anti-inflammatory.
7. Reduce Arthritis.
8. Reduce Heart disease.

Green Apple



1. Weight Loss Aid
2. Improved Vision
3. Prevention of Asthma
4. Stronger Joints
5. Improves Digestion
6. Cleanses the Liver
7. Strengthens immune system



Kiwi Fruit



1. Ability to keep skin hydrated
2. High in antioxidants
3. Daily consumption would prevent the appearance of certain cancers
4. Limit the risk of cardiovascular diseases.
5. High concentration of vitamin C.

Strawberry



1. Excellent source of vitamin C and manganese.
2. Protect your heart.
3. Increase HDL (good) cholesterol.
4. lower your blood pressure.
5. Guard against cancer.

Litchi



1. Good amount of potassium
2. Maintain blood pressure
3. Reduces the risk of stroke and heart attack
4. It contains minerals like manganese, magnesium, iron, copper and folate that maintain blood pressure
5. Good source of antioxidants

Grapes



1. Relieves constipation. Grapes are categorized as a laxative food as it is effective in overcoming constipation.
2. Lowers cholesterol.
3. Prevents skin issues.
4. Good for bone health.
5. Good for eyes.
6. Cures migraine.
7. Treats kidney disorders.

Papaya



1. Good Eye Health. Papayas are loaded with Vitamin A an antioxidants, which helps in improving eye health.
2. Aids digestion.
3. Anti-ageing.
4. Boosts Immunity.
5. Helps in weight loss.
6. Better kidney health.
7. Great for diabetics.
8. Better cardiovascular health.

Dragon Fruit



1. It's rich in antioxidants like flavonoids, phenolic acid, and betacyanin.
2. It's naturally fat-free and high in fiber.
3. It may help lower your blood sugar.
4. It contains prebiotics, which are foods that feed the healthy bacteria called probiotics in your gut.
5. It can strengthen your immune system.



Banana



1. Bananas are respectable sources of vitamin C.
2. Manganese in bananas is good for your skin.
3. Potassium in bananas is good for your heart health and blood pressure.
4. Bananas can aid digestion and help beat gastrointestinal issues.
5. Bananas give you energy – minus the fats and cholesterol

Black Grapes



1. It known to help in maintaining good eyesight.
2. Healthier hair and skin
3. improve your heart health
4. protect your cells against cancer
5. Some varieties of black grapes are much higher in antioxidants than green or red grapes.

Guava



1. May Help Lower Blood Sugar Levels.
2. May Boost Heart Health.
3. May Help Relieve Painful Symptoms of Menstruation.
4. May Benefit Your Digestive System.
5. May Aid Weight Loss.
6. May Have an Anticancer Effect.
7. May Help Boost Your Immunity.
8. Eating Guavas May Be Good for Your Skin.

Mango



1. It helps in fighting cancer. ...
2. Helps in maintaining cholesterol level.
3. It helps in cleansing skin.
4. Helps in regulating diabetes.
5. Helps in alkalizing your body.
6. A way to lose weight.
7. An Aphrodisiac fruit.
8. For healthy eyes.

Musk Melon



1. Healthy digestive system
2. Helps in regulating blood pressure
3. Promotes hair growth
4. Muskmelon may support the vision and eye health
5. Boosts immunity
6. Muskmelon for beautiful-looking skin
7. It may help combat stress
8. Muskmelon for arthritis
9. Cures toothache
10. Beneficial for lungs

Water melon



1. Weight Loss Aid
2. Improved Vision
3. Prevention of Asthma
4. Stronger Joints
5. Improves Digestion
6. Cleanses the Liver
7. Strengthens immune system



Mosambi



1. Aids Digestion.
2. Relieves Constipation.
3. Prevents Scurvy.
4. Prevent Peptic Ulcers.
5. Decrease Respiratory Problems.
6. Improves Immune System.
7. Anti-Cancer Properties.
8. Protection Against Rheumatoid Arthritis.

Custard Apple



1. High in antioxidants. Cherimoya is loaded with antioxidants, which fight free radicals in your body.
2. Boost your mood.
3. Benefit eye health.
4. Prevent high blood pressure.
5. Promote good digestion.
6. Have anticancer properties.
7. Fight inflammation.
8. Support immunity.

Sapota



1. Promotes Gut Health. The natural plant compound tannins in sapota contain polyphenol which neutralizes acid secretion in the gut.
2. Stronger Bones.
3. Bolsters Immunity.
4. Boost Energy.
5. Healthy Skin.
6. Prevents Cancer.
7. Controls Blood Pressure.

Jack Fruit



1. prevent diseases like cancer and heart disease
2. eye problems like cataracts and macular degeneration
3. Jackfruit also contains many other antioxidants that can help delay or prevent cell damage in your body.
4. Immune-boosting vitamins A and C may help prevent illnesses
5. Preventing skin problems.

Indian Jujubes



1. Helps in improving the blood circulation.
2. Provides a glowing skin.
3. Good for your bones.
4. Good for your tummy.
5. It helps you sleep better.
6. Improves kidney function by declining the levels of creatinine and urea, and this treatment could prevent histopathological damages of kidney

Dates



1. Dates are rich in iron, potassium, calcium, magnesium, and they are a good source of fiber.
2. They are also rich in calories, making them a great energy source. High in Disease-Fighting Antioxidants.
3. May Promote Brain Health.
4. May Promote Natural Labor.



About Fwamer

We as a Team Thriving to help the Farmers as well as our customers to full fill their needs. We maintain that our food should be fresh, nutritious and healthy. When ever we see the smile in the face our customer is the day we won the game as a team. We have a special job quota for the Farmers children and also provide merit scholarships. We want to be helping hand between Farmers and Consumers.





IT'S HARD
TO GROW
AND
MORE
HARDER TO
STORE IT

**We Love To
Do It For You**



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