



## Pomegranates

### Varieties Offered:

1. Ganesh – Known for its fresh yellow skin, dark red flesh, and sweet taste.
2. Bhagwa – Featuring a vibrant saffron to deep red exterior with rich red flesh.

### Popular in International Markets:

- Size: 250–300 grams per fruit
- Packaging: 5 kg corrugated boxes
- Minimum Order:
  - 1 MT (metric ton) by air
  - 1x40\* reefer FCL (full container load) or LCL (less container load) by sea

We take pride in delivering premium quality and carefully packed pomegranates, ready to meet global standards and satisfy customers worldwide.

Rich in Antioxidants – Helps protect cells from damage, slowing down aging and reducing inflammation.

Boosts Heart Health – May lower blood pressure and cholesterol, improving overall heart health.

High in Vitamin C – Supports immune function and helps in skin repair and radiance.

Anti-inflammatory Properties – Reduces inflammation, which can help with arthritis and other inflammatory conditions.

Aids Digestion – Contains fiber, which supports a healthy digestive system.

Supports Brain Health – Polyphenols in pomegranates are linked to improved memory and cognitive function.

May Help Fight Cancer – Some studies suggest pomegranates have compounds that can slow down the growth of cancer cells.

