**Product Description**

**Amber dates :**

amber dates ( Also called Amber Khajoor ) are one of the most famously kind of dates in the Middle East  
which is originally cultivated in the Madina Munawarah, Saudi Arabia. Ambar Khajor is a fleshy and soft fruit with a dry texture.  
Not to mention that Khajor dates can be used as alternative of sugar because of their sweet taste.

**Amber healing properties:**

Speaking about Amber benefits, they are high source of nutrients such as fiber and they contain essential vitamins and minerals.  
More importantly, Amber dates are used to treat many health problems: inflammation, cold, oral diseases, diarrhea,  
fatigue and the list of amber health benefits goes long.

In addition, Here are some typical nutrition facts about Amber Khajoor ( the value per 100 grams ) :

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Energy | 282 Kcal | Total Fat | 0.4 g | Potassium | 656 mg |
| Cholesterol | 0 mg | Polyunsaturated Fat | 0 g | Sugar | 63 g |
| Carbohydrate | 75 g | Saturated Fat | 0 g | Protein | 2.5 g |
| Dietary Fiber | 8 g | Saturated Fat | 0 g | Sodium | 2 mg |

**product details**

Amber kurma khajoor, one of the big size date is amber khajur, clearly they are naturally dried fruit, its famous for its size as it is the biggest of the Medina dates

Premium amber kurma is a delicate and plump dry assortment of date products from Saudi Arabia.

Indeed they are one of the finest Madina dates. it’s a soft and fleshy dry variety of date fruit from Saudi Arabia. They are cultivated in Madina and are well renowned for their size, as it is the largest of the Madina dates. It is amongst the most expensive and also comes in king size.

The unique Amber kurma contain a rich flavor and premium quality. Featuring soft and dry skin with an aftertaste of mild sweetness. Also, amber dates are full of vitamins and healthy nutrition. The dates are grown under natural care for the most decaden taste.

**amber kurma khajoor**

One of the significant size dates are amber khajur, a naturally dried fruit, its famous for its size as it is the biggest of the Medina dates.

**quality dates**

Certainly Amber kurma is one of the finest Madina dates. Amber is a soft and fleshy dry variety of date fruit from Saudi Arabia. They are cultivated in Madina and are well renowned for their size, as it is the largest of the Madina dates. Amber Dates are famous for their extraordinary size, quality dates and health benefits.

**Amber dates benefit**

The growth and development of the body and the mind can benefit from eating amber. They are known to improve short-term memory because they regulate the protein synthesis that takes part in regulating and proper storage of shortterm memory. This is one of the reasons why they can do this. it contains folic acid, which helps your body produce and maintain new cells, as well as helps prevent changes to DNA that may lead to cancer, and is help treat certain types of anemia (lack of red blood cells) caused by folic acid deficiency. Folic acid deficiency can be a lack of folic acid in your diet.

Dates that are darker in color, such as amber, are better for the digestive system since they can use to cure diarrhea. You may incorporate it into your diet or have them as a snack in the middle of the day because they have a low-calorie count. This makes them useful for weight loss. They have a significant quantity of fiber, which can assist in lowering the likelihood of developing kidney stones. It  includes magnesium, which helps to cleanse the kidneys by flushing the kidneys of excess fluids and stones, calcium and phosphorus, which in turn help in keep the bones and teeth in sound health and fighting off painful ailments. They are an excellent source of magnesium.

Because of their high protein content, amber kurma an excellent source of supplemental nourishment for the body. They are an excellent source of minerals and vitamins A,  Vitamin B6 complex, magnesium, potassium, Niacin folate, Folic Acid, and Iron. as well as the antioxidant selenium.